



In Competition For Title Of "Miss Europe"
 This group of beauties walk on the Champs Elysees in Paris before leaving for a tour of Europe and then to Stockholm, Sweden, where they will compete for the title of Miss Europe. In the group from left to right, are June Peters, Miss England; Anita Astrand, Miss Sweden; Rosette Chislain, Miss Belgium; Margit Nunke, Miss Germany; Rita Schmidt, Miss Holland and Brunella Tocci, Miss Italy.

KEEP IN TRIM

Exercise Can Slim Off Fat

Exercise is a slimming measure, so get over the notion that calisthenics are no help in taking off bulky fat. To begin with, there is more fat in some spots than in others, for fat tends to accumulate in the least used places. When the circulation is stimulated in fat susceptible areas, these fat cells get into the blood stream. Then the freed calories will be ready to be used for energy — provided, of course, your daily calories are below your normal requirements.

Nature uses calories generally, not just from certain spots. That is, calorie burning is an all-over proposition, not a localized one. However, with specific exercise movements directed through the fatty areas, the fat cells which are bunched in the bulges are made more readily available for use.

Now for the streamlines—exercise restores tone to flabby muscles. Toned muscles have a better shape, so the figure becomes more shapely.

While exercising, breathe deeply and aim for long, smooth movements and increased flexibility. Get an easy rhythm. Begin with a warming-up stretch. Raise arms

ELEANOR ROSS

Hints On Cleaning "Plastic Leathers"

Vinyl plastic "leather" which stands up under almost every type of use, is a boon to budget-conscious households. This material is not only practical. It is smart and fashionable, too. Simulated leather accessories and garments have the same smart styling as those made of natural hides.

WARM LININGS

For example, many simulated leather coats and jackets are made with insulated or other warm linings for wear in just about any weather. As for upkeep, simulated leather is extremely practical. All it needs—or should have—is suds and water care in fact, manufacturers say it should not be dry-cleaned.

It is best not to immerse a simulated leather garment. Instead, spread it out on a good-sized work table or counter, so that no soiled spot is likely to be overlooked. Whip up thick warm suds of soap or detergent and go over the entire garment with a sud-y sponge or cloth. Wipe with a cloth or sponge wrung out of clear water and polish with a clean, dry cloth.

COATS AND JACKETS

Because simulated leather coats and jackets, just like those of real leather, are made with heavy seams which tend to collect dirt easily, it's smart to give them special attention.

Take an orange stick covered with a well-sudged washcloth, or wound with cotton and work it gently underneath the edge of welted seams or into flat seams to remove any embedded grime. If the stitching thread is a light shade, "scrub" the seams with a sudsy, soft brush. The simulated leather doesn't absorb dirt but the thread does.

Pockets also deserve a little extra



Why your child needs your help when pimples strike

by MARCELLA HOLMES NOTED BEAUTY AUTHORITY (former Beauty Editor of "Glamour" magazine)

Of all the mail that reaches a beauty editor's desk, there is none so urgent as letters from adolescent girls with pimples. That's why I want to alert mothers to the double dangers of this problem. Specialists warn that pimples undermining poise and self-confidence, can cause permanent damage to a child's personality. And everyone knows that acne-type pimples, if neglected, can leave permanent scars on the skin.

Is there a way you can help your child? Yes, thanks to CLEARASIL, a modern, scientific medicated formulation especially for pimples. In actual clinical tests, CLEARASIL brought positive relief in a high percentage of cases.

Greaseless, fast-drying, anti-septic... CLEARASIL dries pimples surprisingly fast. Ends embarrassment immediately because CLEARASIL is skin-colored to hide pimples as it works. Must work for you as it did in clinical tests or money back. Only 69¢ and \$1.19 at all drug stores.

Clearasil is non-colored... HIDES PIMPLES WHILE IT WORKS

WOMEN

Tues., March 20, 1956 The Guardian, Page 9

MRS. GORDON MacMILLAN

A COUNTRY GARDEN

Of all the charms of spring, its informality is the most surprising. Makers of calendars record a certain date. "On such and such a date" they state "The spring arrives to stay". Then, the wind turns winter cold, the spring has not arrived to date.

But I have known slipping between the snow and the west wind, a breath of daffodils, a sigh of crocus-threaded grass. And I have heard, breaking upon a February morn, a bird flashing his song as if the sun had sprung out of an April sky.

Let no one say "The spring arrives on such and such a day". However dull the weather, or unkind, for those who keep an open mind, the first sweet burst will be all informality. Tomorrow is supposed to be the first day of spring, spring with that nameless pathos in the air which dwells with all things fair. Mostly, it is wind and water that tells of spring. The silver of a soft blue with scraps of fluffy cloud racing along in the gales overhead. Tiny trickles of water glisten from under the snowbanks where the sun strikes. We will have wonderful promises of spring, nipped in the bud, literally speaking, by winter the next day, but we can get the fullest enjoyment out of the slow approach of spring by enjoying every moment.

PREPARATION

Preparing for spring and summer is the best way to enjoy the days. Seeds of fragrant stocks and bright colored snapdragons were sown today in flats of fine sandy soil with peat moss added. These wooden flats were well watered and the seed just pressed into the soil then covered with a plastic covering to keep the moisture and placed in a warm spot in the garden room. Other seeds to be sown are petunias in variety and lovely blue ageratum for edging. These all require a long season to grow, and many of the annuals are sown where they are to grow so as to eliminate much transplanting.

In gardens as well as in other things, success depends upon previous preparation, and without such preparation there is sure to be failure. So plans are made for more of the dependable plants of

INDIAN AGRICULTURE

Indian Agriculture was an established tribal pursuit long before Columbus arrived in America. From the Indians the white man learned new methods of hoeing, weeding and planting seeds in hills; he learned about interplanting corn with squash and beans. In addition to cultivated plants, the aborigines had numerous practical ideas concerning edible and useful wild plants. This experience and knowledge was an important factor in bridging a serious food gap between the white man's first arrival and his subsequent establishment.

The Pilgrims and the Puritans had never heard of hominy or pone or succotash before they reached New England. Also we can thank the Indians for an introduction to maple syrup and sugar. One legend has it that maple syrup was discovered by an Indian woman who was tired of going a long way for water to the spring, so

she filled the cooking vessel with liquid flowing from a gash in a nearby tree, boiled some venison in the maple sap and so earned an undeserved reputation. Perhaps maple sugar was first used by the Algonquians, because a large part of their non-flesh food consisted of bread made from the cambium layers of red, silver and sugar maples. As a matter of fact, the name Algonquin actually means "tree-eaters".

They made use of stones to shade and keep the moisture around their plants, and also used mulches so they did not need to do any weeding. Indeed we can learn from them many ways to enjoy our gardens in the summer days.

MAPLE SAP

Every spring in this garden we gather the sap of the maple trees at this time of the year. The sugar maple tree is a wonderful tree as in winter when this familiar tree stands out as a sturdy sentinel against the sky; in summer it is clothed in a deep green mantle. In autumn its argument is richer than any red or gold tapestry imaginable. Then, as each spring approaches we tap its trunk and transform the sweet flowing sap into sugar or syrup. What hard-worked gardeners have more in the way of year-round beauty, delectable sweetmeats and cold-season

SUMMERSIDE M. S.

The regular monthly meeting of the Summerside Presbyterian Missionary Society met in the church parlor on Tuesday afternoon. The meeting opened with Mrs. James W. MacKenzie in charge of the devotional, on the theme, "The first Easter day." The devotional opened with prayer. Scripture was read by Mrs. MacKenzie and Mrs. Brecken Simmons gave an interesting reading on "means of the cross." The Lord's prayer closed this part of the meeting.

The business session opened with approval of minutes and roll call. An excellent visitors' report was given by Miss Jean MacFadyen. Mrs. William Forbes, the president, supervised the study period on the subject, "What is the world offered?" An open discussion on communism followed.

The offering was received by Mrs. Harold Hall and dedicated by Miss Jean MacFadyen. The

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comfort by the fireside? Plan to plant some of these wonderful trees this spring, then you will hear sap swelling and the trees busy with leaves before a leaf is out whenever you are near the trees the very presence of spring is there.

No one but spring can open these small buds, she holds the key alone. Only to spring these caskets will reveal their treasures green and gold. No one said spring can coax these so shy buds to leave their brown retreat. Winter may shout with voice wind-borne and strong but his calling is foolish, for it is a song Spring useth, low and sweet.

Beyond the dark horizon of the days, it stirs again—the flower of spring. A golden-fringed defiance through the haze of sullen clouds. The far, faint trumpeting of leaf and bud and bayoneted grass throbs in the muffled conduct of the earth. I sense the growing tumult as I pass these fields that wait the old, old side of birth. Not many dawns will break before dull clouds will cleave away before the bluebird's wing. Meadows will be riotous with crowds of cyrcuses and dandelions that fling their yellow banners all about. I have always enjoyed the dandelions in the

garden among some gardeners cannot abide them among their flowers.

The blue of the hundreds of forget-me-not plants make a lovely complement for the gold of the dandelions and a letter received from a friend who moved from our northern climate to the hot, dry state with its lovely roses and camellias writes: "You know I miss the dandelions every spring, miss that we used to think they were. I keep looking for the bits of gold." She can see six or seven feet high camellia bushes with deep red blooms near her home and many, many rose trees. The red buds are lovely now and she sent clippings from the Camellia flowers show she still has arrangements and corsages were featured and cameo... are queens of the evergreen shrubs with glossy leaves all year round. The come in shades of reds, pinks, and white, also variegated. The forms differ from single, semi-double rose form double, formal, peony form to anemone form and there are varieties that bloom from May to September. In the garden room there have been lovely pink blooms on my one camellia for weeks. How lovely the shrubs must be in the garden!

YOUR MARCH Monarch mix CONTEST!

50 PRESTO STEAM IRONS TO BE WON IN ATLANTIC PROVINCES ONLY

CLOSING DATE MARCH 31st

HERE'S ALL YOU DO: Write on plain paper your name and address and the answer to this question: "Who was the English Monarch for whom Sir Walter Raleigh is said to have laid down his cloak?"

Win a Presto Vapor-Steam Iron... the "convenience and economy" steam iron that turns ordinary tap water into even, pressurized vapor-steam in 90 seconds or less. Presto's exclusive Soleplate Heat Indicator eliminates all "temperature guesswork" too, indicates when the iron has reached correct temperature for any fabric. This month 50 of these beautiful irons will be won by users of Monarch Mixes.

CONTEST RULES:

- Each entry must be accompanied by the lion's head from any Monarch Mix Package.
- Entries must be mailed to "Monarch Contest", Box 686, Saint John, N.B., and postmarked not later than midnight, March 31st, 1956.
- Finalists will be the first 50 correct entries opened after contest closes. To win a prize, each must answer correctly one further question. A list of winners will appear in this paper about three weeks after contest closes.
- Employees of Maple Leaf Milling Co. Ltd., its advertising agency and their families are ineligible.

Mix it with ease. Serve it with pride. Monarch the mix. With the eggs supplied.

Now to the famous family of fine Monarch Mixes is added Monarch self-saucing Sponge Puddings—the hot pudding mix that makes its own sauce while baking. Mixed in minutes, four fabulous flavours to choose from—chocolate, lemon, caramel and raisin. Try Monarch Sponge Puddings soon.

Shop for Monarch mixes today!

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- MRS. R. B. CAMPBELL
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- MRS. C. PENNY
- MRS. HELEN McQUILVARY
- MRS. GEORGE CHARLOTTE CA. M.S.
- MRS. W. CLARK
- MRS. HEDDIE McLEOD
- MRS. JOSEPH GALLUP
- MRS. HEDDIE McLEOD
- MRS. DOROTHY McCLUSKEY
- MRS. FRED COLLINS
- MRS. 157, HINDS, N.B.
- MRS. WALLACE WOOD

Choice of 4 ASSORTMENTS \$1.25 THE POUND

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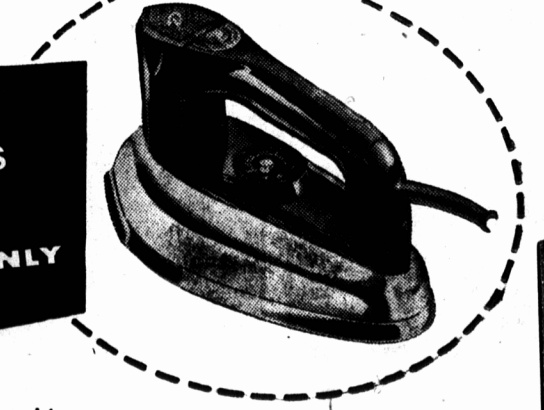
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YOUR MARCH Monarch mix CONTEST!



HERE'S ALL YOU DO: Write on plain paper your name and address and the answer to this question: "Who was the English Monarch for whom Sir Walter Raleigh is said to have laid down his cloak?"

ANY OF THESE FAMOUS MONARCH MIXES ENABLES YOU TO QUALIFY

- MONARCH WHITE CAKE MIX
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