

# WOMEN

Page 8 The Guardian Wednesday, March 23, 1955  
KEEP IN TRIM

## Bulges And Girdle Top Roll

By Ida Jean Kain

Spring . . . Spring . . . SPRING! Let's pull out of the winter slump. At this season one's figure is apt to look soft around the edges. The waist has lost its clearly defined, snug contour, and there is likely to be a lax, girdle top roll. The lateral muscles which bound the sides of the silhouette tend to lose tone. We habitually use some muscles over and over



Be slim and supple.

and leave others untouched and seemingly dead.

Ease into exercise by stretching and bending through a single record. Music stirs up the life blood, quickens energy and lifts the spirit. So turn on the music and s-t-r-e-t-c-h. Make it a slow, smooth elongated stretch.

Aim to increase flexibility through the waist and midriff. Pull the waist section out long and bend sideways to ex-

tend the stretch. To keep young, keep that middle measurement supple. Make up your own exercise routine fashioned on stretching, side-bending and waist-turning. Use imagination . . . As you stretch, r-e-a-c-h up. In tune with the music, reach high, stretch up with alternate arms pulling straight through the middle . . . and swing on a star! . . . You will like this smooth side-bend:

Standing with feet well apart, place left hand on thighline, ballerina style, and arch right arm overhead. Bend smoothly sideways . . . and hold the side-bend. Picture the way you want your waist . . . smooth, slim. Three times will be ample if you hold the movement at the height of the stretch-bend.

To banish the girdle top roll, execute a quarter twist at the waistline, and stretch and bend from that angle. Here it is . . .

Standing, with feet well apart, arms stretched overhead. The action is to twist at the waist, but only a quarter of the way around. Hold the twist and bend to the sideback, pulling smoothly. Then, still holding the quarter turn at the waist, bend forward at that angle. As you can see, this helps to pull out fore and aft bulges. Do a quarter twist in the other direction, and bend sideback, then sideforward. At the height of the exercise, hold the movement.

Stop exercise when you feel pleasantly tired. At this season there is a tendency to overdo. Tomorrow you should feel better and more alive for having exercised today.

## MARY HAWORTH'S MAIL

### Widower Says He's Too Old To Remarry

DEAR MARY HAWORTH: After having been a widower for four years, I have grown to care very much for an older man whom I have known all my life. But the question is whether there is too much difference in our ages to permit worthwhile marriage. John says he is afraid that he will grow old too soon.

I am 46 and John is 64, a difference of 18 years, you see. He lost his wife six years ago and has no children. After the death of my husband I went back to work. I have two lovely daughters. The elder, 19, is now away in college; and the younger, 15, is in high school here.

John is as fine a man as you could ever meet. Our likes and dislikes are the same, and our families are very congenial. He is financially independent, so we foresee no problem there. If we marry, it would necessitate my pulling up stakes, and going to live in his city. But I believe my girls would make the adjustment.

Would it be better for us to continue to be just friends? Or should we avail ourselves of happiness in marriage now, while we can, and refuse to worry about the future? Your comment will be much appreciated. D. Y.

Man Is Jaded By Solitude

DEAR D. Y.: It has been said, waggishly but with truth, that woman is as old as she looks, and a man as old as he feels. Thus John, at 64, could be older or younger than his calendar age, in terms of mental attitudes and vitality.

As for his present complaint, that he fears he will grow old too soon as compared to you, I think we ought to remind him that creaky pessimism is a byproduct of living alone in later life. And by the same token, marriage for love in autumnal years tends to stabilize health and promote a happy outlook.

Presumably John has lived alone the past six years, since losing his wife. Or at any rate, in an arrangement where he isn't a featured person in a family relationship, responsibly involved in a meaningful interchange of devotion. This kind of emotional isolation from people after middle age tends to undermine the widowed individual's morale, causing him (or her) to feel closer to death than to the living.

For Whom Is Man Concerned?

I would guess that something of the sort is giving John pause about marrying you—fearful that he might be a disappointing bridegroom. But if you are strongly in favor of being his wife, due to a wealth of shared affections, and if he is thinking twice purely out of concern for you, then I'd say



MR. AND MRS. JAMES WALKER

A pretty wedding was solemnized at Zion Manse on February 25 when Joan Elizabeth, daughter of Mr. and Mrs. J. C. Lewis of Charlottetown, was united in marriage to James Walker, son of Mr. and Mrs. Clarence Walker, Charlottetown. The Rev. Harold Brown officiated.

The bride chose a navy blue gabardine suit with navy and white accessories and a corsage of red roses.

The bridesmaid, Miss Jean MacDonald, wore a brown gabardine suit with brown and turquoise accessories and a corsage of yellow roses.

Mr. Paul McEachern of Charlottetown was best man. After the wedding, a reception was held at the home of the bride's parents for relatives and close friends of the young couple.

## MORNING SMILE

"Mummy, why do some people object to having children in their house?" asked little Elsie. "I don't know," her mother answered sharply, "and I can't be bothered with such things now. Go and see what baby's crying about, tell Billy to stop aiming that catapult at the ornaments on the mantelpiece, make Betty and Johnny stop sliding down the banisters, and tell Willie that if he doesn't stop blowing that trumpet I'll take it away from him. Go on, hurry up! And don't let me have to repeat it as usual."

Cypress trees of the Pacific coast may grow 100 feet high, with a trunk up to three feet in diameter.

## How to improve your speaking voice

A warm, assured voice can enhance your personality, broaden your opportunities, help you make the right impression—and there is no one who cannot make his or her voice more appealing.

In April Reader's Digest a noted speech counselor tells 5 major voice faults, gives you step-by-step advice on how to overcome them. Get your April Reader's Digest today: 39 articles of lasting interest, including the best from current best favorites and leading magazines, in condensed form.

## Household Hint

A good ironing board cover is essential for washday success. For best results, it should be snug-fitting to assure a smooth surface, scorch-resistant to prevent damage, and as clean as the fresh laundry that's being pressed.

## LET'S EAT

### Ancient Easter Legend About Hot Cross Buns

By Ida Bailey Allen

For centuries, in the British Isles, hot cross buns have been a traditional food of the Lenten season.

The ancient legend goes that Jesus, on His way to Golgotha, knocked at a cottage door, and asked the homemaker for water and bread, for "The way is long, and the cross heavy."

## Fresh Baked Loaf

She offered him a seat by the fire, a fresh baked loaf, and water from the well. And from that day to this, according to the old belief, women who bake bread on Good Friday are blessed.

It was in the 17th century that Hot Cross Buns were first sold in Great Britain. Pioneer English women brought the formula to this country, baking the buns in built-in brick ovens.

Today, America's bakers make them for us, but in case you wish to bake your own, you'll find a short-cut recipe in this column.

## TOMORROW'S DINNER

Tossed Romaine Salad  
Beef Steak Saute  
Fresh Fried Potatoes  
Mixed Vegetables  
Hot Cross Buns  
Coffee Tea Milk

Hot Cross Buns (3 hours): To the contents 2 pkgs. dry granular

## Cook's Corner



## TUNA FISH SALAD

2 c. flaked tuna fish  
1 c. celery hearts, diced  
1 shredded pimento  
1 tsp. lemon juice  
1/2 tsp. salt  
1/4 tsp. paprika  
Mayonnaise  
Lettuce

Remove fish from can to colander. Pour boiling water over it, drain and flake, removing all skin. Add lemon juice, dressing, and chill. When ready to serve, mix with celery, pimento, salt, paprika and enough salad dressing to moisten. Arrange on crisp lettuce, garnish with stuffed olives in halves and additional mayonnaise. Serves 2.

## ELLEN'S DIARY

by an Island Farmer's Wife

A quiet leisurely day this was for us, until James came in during the afternoon with a piece of saving. "Put it in the closet off the dark room so I'll know exactly where to put my hands on it, if I want it in a hurry!" he said, which brought us to a spell of tidying before we would add anything more to the miscellany already saved there. After school Granddaughter came up the stairs to join us.

"And 'What's this?' she queried. That was the hanging lamp from the front entry, a quaint thing of cloudy glass and brass. We had forgotten for the moment that she had been only a little girl when it was taken down and replaced by a new magic light."

"And whatever is this?" That was the tall stone jar which in the years of home dairying at Alderley, held the collections of churning cream. Pretty in its soft shades of ivory and golden-brown, quaint in shape, truly to some, now a collector's item, but we recalled quite heavily to lift when filled, to the churn. Sometimes water was brought from the spring in the field across the creek to wash the butter. Should we take time to tell the child these nice old tales? Not now, with all this to tidy. Some other day. Perhaps after all, there was more poetry for her in the sight of shiny taps.

Turn to brown other side; then season and cook more slowly. Turn once again. Allow 15 min. altogether for medium rare steak. Dot with a little butter and let stand until it melts, or top with slices of maitre d'hotel butter.

"And just look at these pitchers and basins, as Granddaddy would say 'as old as Methuselah's cat' she twinkled. 'Here's a big one . . . pretty . . . blue on white.'"

"That one isn't old" we returned, dusting a cobweb from a

corner. "That's the basin the babies were bathed in. Uncle Rob and your Dad."

"And you, say it's not old," she chuckled.

"And here's an old trunk" she said exploring further the lenient windowless place, by the light of the bulb she carried. "Will you open it? Do!"

"Yes" we replied, "but watch when the cover is lifted; there may be a mouse!"

"Was there ever one before this?"

"No" we laughed, "but there might be one today."

"And no chair to jump to here!" And we laughed with her over the thought. But there was no mouse, only discards of long years we could never find the urge to destroy, interesting relics of the past: a long black taffeta skirt and longish coat, a frilled petticoat to match; a bonnet, ostrich-tipped and sequined, also black; an engaging, beaded purse ("I guess they carried their handkerchieves in these, in those days," Granddaughter observed picking it up).

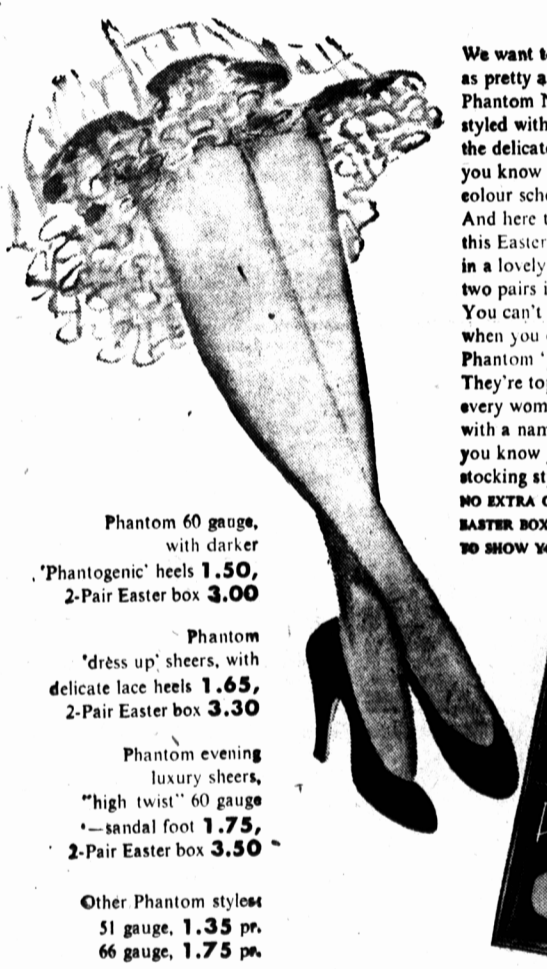
"And smelling salts" we smiled. "I've read about that" she nodded. "If they felt faint they sniffed them."

"Eileen!" it was James calling. "No sign of supper yet?"

"Isn't that the way—and we not nearly finished of it yet?" she offered. "But men are like that, aren't they? Always interrupting something! We'll do the rest some other day, won't we? You'll let me know when? I love it."

As we did this day, with quiet mist of March on the hillsides. Until tomorrow . . . — Diary

## GIVE YOUR LEGS AN EASTER TREAT! "dress them up" in PHANTOMS



We want to make your legs as pretty as springtime. Phantom Nylons are beautifully styled with the soft dull finish, the delicate shades you know will match the colour scheme of your Easter finery. And here they are, for you, this Easter, elegantly done up in a lovely beribboned box, two pairs in each. You can't go wrong when you choose Phantom "pencil seam" nylons. They're top favourites with every woman. When you buy nylon with a name—like Phantom—you know you have the utmost in stocking style and quality. NO EXTRA CHARGE FOR THE EASTER BOX YOU'LL BE PROUD TO SHOW YOUR FRIENDS.

Phantom 60 gauge, with darker 'Phantogenic' heels 1.50, 2-Pair Easter box 3.00

Phantom 'dress up' sheers, with delicate lace heels 1.65, 2-Pair Easter box 3.30

Phantom evening luxury sheers, "high twist" 60 gauge — sandal foot 1.75, 2-Pair Easter box 3.50

Other Phantom styles: 51 gauge, 1.35 pr. 66 gauge, 1.75 pr.

NO EXTRA CHARGE FOR THIS EASTER BOX.

SEE PHANTOM'S NEW SPRING SHADES AT THESE STORES:

- Fashion Shoppe 141 Great George St.
- Sunter's Ladies' Wear 162 Great George St.
- Prowse Bros. LIMITED
- Norma's Ladies' Wear 180A Kent Street

## ALICE BROOKS DESIGNS

### IRON-ON DESIGNS IN COLORS



7108

by Alice Brooks



### YOUR CHILD MAY HAVE PIN-WORMS

1 OUT OF 3 DOES! Pinworms, nose-picking and a tormenting restlessness are the tell-tale signs of Pin-Worms . . . tiny parasites that medical experts say infest one out of every three persons examined. Entire families may be victims and not know it. To get rid of Pin-Worms, these pasts must not only be killed, but killed in the large intestine where they live and multiply. That's exactly what Jayne's P.W. tablets do . . . and here's how they do it! Pinworms are a scientific coating carries the tablets into the bowels before they disperse. Then—Jayne's P.W. tablets, medically approved ingredients go right to work—killing Pin-Worms quickly and easily. Don't take chances with this dangerous, highly contagious condition. Get Jayne's P.W. Vermifuge . . . small, easy-to-take tablets . . . special sizes for children and adults. Perfected by Dr. D. Jayne & Son, specialists in worm remedies for 100 years.

### JAYNE'S P.W. for Pin-Worms



## Color Pictures Of Princess's Tour

Thrice Welcome to the South. O Dear Princess—That was the message on the big street banners when Princess Margaret arrived in the Caribbean to begin her tour of the British West Indies. And the people of Trinidad really meant it, as you'll see in some of the beautiful full-color pictures of the Royal Tour appearing in The Standard this week. Get The Standard — on sale now, complete with Magazine, 12-page novel and 20 pages of comics. Only ten cents!

## The Standard

### Clean Baby's Bath with SODA

Baking Soda is a safe and mild cleanser. To clean baby's bath, sprinkle a little baking soda on a damp cloth and wipe over fabric. FREE 16-page booklet of recipes, nursery and household uses. Check & Bright Ltd., Sea Life Bldg., Montreal.

### COW BRAND BAKING SODA



## Win praises — and prizes — with Monarch CAKE MIXES



HOW TO SERVE THE BEST "HOME-MADE" YOU'VE EVER MADE—TONIGHT!

Think of the kinds of cake your family likes you to serve. How about a delicate, fluffy, white cake? Rich 'n' dark chocolate cake? Monarch offers you the choice of seven heavenly cakes — and that's the hardest part of making a Monarch Cake—choosing which flavour to try first! Ready in the kitchen, all you do is pour the contents of the

package into a bowl—ADD ONLY WATER—mix—then pour into a pan, and your Monarch Cake is ready for the oven!

When you open the door again, you'll have the best "home-made" you've ever made. A fragrant, handsome cake that proves itself a thrilling success. Get a Monarch Cake Mix and triumph, tonight!

FIFTY 5-PC. SETS OF BEDDING TO BE WON THIS MONTH BY RESIDENTS OF THE MARITIME PROVINCES

5-pc. Set Includes 2 TEX-MADE PERCALE SHEETS 2 MATCHING PILLOW SLIPS 1 AYERSPUN BLANKET (rose-coloured)

NEW, EASY "WHO WAS THE MONARCH" CONTEST CLOSING MARCH 31ST. FOR RESIDENTS OF THE MARITIME PROVINCES ONLY

Here's your easiest-ever opportunity to win a pair of the very finest quality full-length sheets (104 inches), plus a pair of matching pillow slips, each bearing the famous TEX-MADE name, plus a super-soft, rose-coloured AYERSPUN blanket.

This month, fifty of these 5-piece sets must be won by users of Monarch Mixes. It's fun finding out "Who was the Monarch?"—and you could be a winner. Send in as many entries as you like—the more you send the better chance you have of winning—but be sure to enclose the top half of the front panel from a Monarch Mix package with each entry.

It's Fun To Enter! HERE'S HOW: Write on plain paper your name and address and the answers to these four questions about Kings and Queens of the English Monarchy: 1. Who was the reigning English Monarch during World War II? 2. Who was the English Monarch reputed to have "burned the cakes" in the 9th century? 3. Who was the reigning English Monarch when the Spanish Armada was defeated in the 16th Century? 4. Who was the English Monarch known as "The Unready"? Mail your entry to "Monarch Contest", Box 325, Saint John, New Brunswick.

CONTEST RULES 1. Each entry must be accompanied by the top half of the front panel from any Monarch Mix package. 2. Entries must be postmarked no later than midnight, March 31st, 1955. 3. Prize-winners will be the first fifty correct entries chosen after the contest closes and will be notified by mail within 14 days after closing date, and a list of prize-winners will appear in this paper. 4. This contest is limited to residents of the Maritime Provinces only. 5. Employees of Maple Leaf Milling Co. Ltd., its advertising agency and their families are ineligible.

## Monarch CAKE MIXES THE COMPLETE MIXES—EVEN TO THE EGGS AND MILK!