

KEEP IN TRIM

Clothes That Don't Fit
Will Make You Diet

Why not add zip to a reducing program? Any plan that helps make dieting a personal challenge stimulates enthusiasm, which in turn strengthens will power. Often an added "gimmick" will turn the trick.

A successful reducer from Pennsylvania devised an ingenious technique which has kept her happily on the slimming course. To date she has lost 35 pounds. To let her tell you what prompted her to action and how she carried out.

"I thought you might like to hear about my diet secret. It all started when I went to buy a dress, size 24½, and a girdle, size 34. The girdle would not zip, so the salesgirl suggested a size 35. That did it!

MADIE: THREE LISTS
"Instead of buying that larger size girdle, I deliberately bought a smaller one, size 32. To strengthen my resolve, I also purchased a dress, size 22½. Then I got on the scale . . . 203 pounds.

"I came home and made three lists of foods—those I should eat, those I could eat, and those I could not eat. I told no one I was on a diet. For almost a month no one noticed anything, even though I lost 7 pounds the first week. At the end of 4 weeks, I was wearing

the 32 girdle and the smaller size dress had to be taken in.

"Now for the secret. Every week I went to the same scale to be weighed. The scale gives a small ticket recording the weight, and this ticket has become the price of my life. Starting with the first one at 203 pounds—I have saved them all. When I was tempted to slip, I reminded myself that it was only until Monday (weight day). Then on Monday, I started working for the next week ticket. It really works.

GOAL OF 14½
"I now weigh 168 and wear a 28 girdle and 36 bra (instead of 42). A size 18½ dress is getting a little loose. My next size will be 16½. I will always wear a half size, as I am big in the bust and the half sizes fit me better. Size 14½ is my goal. I am big boned, and 150 pounds is my ideal weight."

The real secret of this dieter's success is that she turned reducing into a game with tangible rewards right from the start. She did not tell anyone she was reducing, so she did not expect praise. In her case this was wise, for when there are many pounds to be lost, the initial weight loss is not readily noticeable. The weekly scale ticket was all she needed to keep her morale high.

Oldest Twins
Think Parents
Should Be Strict

EASTVILLE, N. S. (CP)—Believed by their families to be perhaps Canada's oldest twins, Mrs. Samuel Cox and Mrs. Rupert Archibald, now 94, have lived on adjoining farms here for 67 years.

They were born in New Annan, N.S., and their family moved to this northern Nova Scotia village in 1877. Mrs. Archibald was married in 1889, and her sister married a year later.

The twins attribute their longevity to "clean living and hard work." They helped with the farm chores for more than half a century, and still work around their homes. They attend church when the weather is fine.

Neither smokes nor drinks, but they eat plenty of home-made bread and molasses.

They agree that the younger generation has an easier time of it these days. But both think that the modern generation is "too much of this world." Mrs. Cox said she thinks parents should be more strict with their children.

Mr. and Mrs. Cox have four children, including a daughter, Mrs. W. W. Rogers of Edmonton, a teacher who was elected to the Alberta legislature in 1935. Mrs. Archibald, whose husband died a few years ago, has two daughters.

Respect Senoritas
Except In Shorts

BARCELONA, Spain (AP)—A nice girl can feel free to come to Barcelona and not get whistled at on the street unless she makes the mistake of wearing slacks or shorts.

That's the word of Jorge Vila Fradera, a travel director.

In Spain the word whistle is called "piropo" and it is not a whistle, but rather appreciative remarks made by littering caballeros assessing the charms of a passing senorita.

"In Madrid the piropo is very bad," said Jorge, "but this is not so in Barcelona. Here we respect the senoritas. Here a young lady need have no fear of the piropo—unless, of course, she invites it, which is different."

her parents' farm near Delia, 75 miles northeast of here, she keeps six Shetland pony mares, three stallions and seven big brood mares.

These together with horses she breaks for others take up any time she has left after helping her father run the farm. Last year she imported a Shetland pony stallion and mare from Scotland and now intends to concentrate on raising the 36-inch-high ponies.

As for breaking horses, Mary's theory is: "Take it easy. The easier you can break a horse the better it's likely to turn out. Gentleness really pays."

"Oh, I've had my share of lumps," she said. "I got bucked off and landed on my head once and I've scars on my legs where I've been thrown and then kicked. But somehow I always come through."

Mary's plans for the future begin—and end—with horses. "No men for me," she says. "I'm sticking to horses. They're easier to train."

Nigeria, British colony in West Africa, annually exports about 100,000 tons of chocolate beans.

FAST RELIEF
FROM PAIN OF
NEURALGIA

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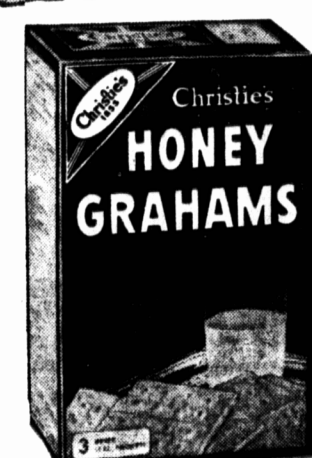
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SUNTER'S LADIES' WEAR



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(and won't spoil
appetites!)

Pure farm honey and rich, natural graham flour make Christie's Honey Grahams taste extra good—country good. Christie's baking makes them crisp, tender, golden brown. Perfect for children's snacks—won't spoil appetites because they digest so easily. Always reach for Christie's Honey Grahams.



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Father knows (he learned from watching Mother) that the quickest thing to swish grease and stains from the range, refrigerator and sink is Javex. And Mom knows at least twenty other ways Javex makes housework easier, helps keep things white, bright, sweet, clean and sanitary.



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HALF-SIZE HAS FASHION FLAIR

There is true artistry in designing half-size printed patterns that are as fashionably fresh and pretentious as this one created to make the 3 1/4" figure look taller, slimmer, smarter.

Were You There—If
Not Read All About It

On April 8th, Norborne held a great concert in Springfield Hall which the W.I. sponsored. They had the talent, and strive to be good. Most all enjoyed it, think everyone would. It was sure worth the effort for on that night, the hall was full, the crowd packed tight.

At the opportune time, Thane Douglas arose. He makes a good burman, as everyone knows. He made remarks, then audience did great. Announced sixteen numbers, quite hard to beat. Instrumental music, kept each wanting more. Played by the ever musical Greg, with harmonica, Ivan's electric guitar, Ella on the organ, all set the desires.

Next was a "chorus" with harmony complete, "Coming Round the Mountain," no chance for a rest. The applause received made one feel gay. As they responded with "Darling Nellie Gray" and "Seein' Nellie Home," the "Well of an Egg," "A Chicken," "The Good Girl Part." The "Sonsorial Quartette" was next on the slate. They were Mulligan, Day, Bonness and Waite, and in harmony, their minds went to room, as they were visiting "Seein' Nellie Home." The "daunted yet good to hold," they sang, "When My the Moon Turns Again To Gold." The Moon still held them, they were ready to go, to go riding on a "Bicycle Built For Two."

The program changed for a moment, perchance. When Muriel Fisher stepped a lively step, Thane Douglas with monologue, was next in line. Presently "Caleb's Courtship," he did a part fine. Although he is single, his advice had much zest. He concluded by saying "A single horse to memorize two, shows he's smart eh? As he came back with, "Has Any One Seen Artha?"

song by the two Ivan's who young again Told how they did to go "Courtin' In The Rain." "I believe and can sure safely on "The Television Set." "Your Pardon" was then well planned by Bessie and Ercol, very well trained. They both bicycles, right on the stage, when they collided still acted as age.

WIFE PRESERVERS
A clean, absorbent bath towel...
Wife Preservers

LET'S EAT

Try Flounder Casserole
With Green Olive Sauce

By IDA BAILEY ALLEN
"Flounder is available all over the country, either fresh or in the form of frozen fillets," observed the Chef. "When flounder filets are combined with a tasty sauce and attractively served, the flavor is excellent and comparable in flavor to the famous sole of England."

Green - Olive Flounder Casserole: First prepare the Green - Olive Sauce:
Melt 3 tbs. butter or margarine. Add 1 sliced peeled Bermuda onion. Saute until soft.
Stir in 3 c. instant non-fat dry milk crystals into 3/4 c. water. Add gradually to the sauce. Simmer-broil over low heat until thickened.
Mix in 1-3 c. sliced pimiento-stuffed green olives, 1 tbs. capers and 1 tsp. Worcestershire sauce.
To Complete: Brush 1 1/2 lbs. fillets of flounder or whiting (fresh, or frozen and thawed) with 1 tbs. lemon juice. Dust with 1 tsp. salt and 1/2 tsp. pepper. Roll jelly roll fashion. Arrange fold side down in an oiled low casserole. Top with the olive sauce.
Bake 25-30 min. in a moderate oven, 350 degrees F. or until the fillets begin to look flaky and are lightly browned.

Tomato Soup
Casserole of Green-Olive Flounder.
Casseroled Rice
Casseroled Carrots
Coleslaw Warm Rolls
Complate of Rhubarb-Orange Sections
Coffee Tea
All measurements are level. Recipes proportioned to serve 4 to 6.

Casseroled Rice: Measure 1 1/2 c. uncooked rice into a 2 qt. casserole. Stir in 2 1/4 c. boiling water, 3 tbs. butter or margarine and 1 tbs. salt. Cover.
Bake 45 min. in a moderate oven, 375 degrees F. or until the rice is fork-tender and the liquid is absorbed. Uncover about 3 min to dry.

Sunday Dinner
Shrimp-Gelery Cocktail
Chicken Fricassee on Biscuits
Buttered Green Beans
Pickled Beets Salad
Orange-Date Pielets
Coffee Tea Milk
Orange - Date Pielets: Line 4 tart pans with American pie pastry, rolled 1/4" thick. Spoon in half-cooled orange-date filling to within 1/4" from the top.
Bake about 20 min. in a hot oven, 400 degrees F. or until the crust is golden.

Heap with high meringue made from the remaining egg whites and bake 12 min. longer at a lower heat—325 degrees F.
Orange - Date Filling: Stir together 1 c. sugar and 3 tbs. cornstarch. Slowly stir in 1 c. boiling water. Stir-boil 3 min. Add 1 tsp. butter, the grated rind 1/2 orange, 3/4 c. orange juice.

MORNING SMILE
The difference between the driver of a new automobile and the owner of an automobile is 24 monthly payments.

COOK'S CORNER
FRYING PAN COOKIES
Break 2 eggs in frying pan. Add 1 cup white sugar. Mix together. Add 1 1/2 cups chopped dates, 2 tbs. butter and salt.
Cook for 20 minutes over low heat, stirring occasionally remove from heat and add 1 tsp. vanilla and 3 cups rice krispies. Mix and roll in ball or long roll. Roll in coconut.

Caull.
Mrs. Smith expressed regret that so many of the members were unable to be present on account of illness. The study on Hong Kong and Formosa was presented by Mrs. Patterson, assisted by Mrs. Lloyd Carew and Mrs. J. E. Cousins. 44 Social calls were reported and 17 books read.
The May meeting is to be at Mrs. J. S. MacLeod's. Roll call is to be word "Mission." Mrs. John Craswell is in charge of the study. Mrs. MacKay, Mrs. Cousins and Mrs. L. Carew to be the lunch committee.
The meeting closed with the Lord's Prayer. Lunch was served by the committee, assisted by the hostess.

HEATHERDALE W. I.

Members of the Heatherdale W. I. held their monthly meeting at the home of Mrs. Malcolm Matheson on April 3rd. The meeting opened by singing the Ode, followed by the Collect in unison.

Minutes were read by the secretary, approved and signed by the president. Correspondence was read and discussed. It was moved and seconded that \$2.00 be sent to the Multiple Sclerosis Society of Canada. Also \$2.00 was sent to the Easter Seal Campaign.

New sick committee is Mrs. D. A. MacPhee and Christine MacRae. Programme Mrs. Martin MacDonald and Mrs. John Bruce.

Plans were made to hold the Farm Forum banquet on April 11 at the hall. An auction sale was held proceeds amounting to \$3.70. Penny sale was put on by Mrs. John Bruce and won by Christine MacRae.

next roll call is to be answered by a household hint. Next meeting is to be at the home of Mrs. Martin MacDonald. Meeting closed by singing the Queen after which a delicious lunch was served.

YORK W.C.T.U.

The annual meeting of York W. C.T.U. was held on Thursday evening, April 18th, at the home of Mrs. Frank Vessey. The president, Mrs. Harry Lewis presided and led the devotional period. The pledge was repeated in unison. Several members gave interesting readings.

The Union decided to buy gifts for the seven pupils who wrote the Temperance Examination named by Gordon Vessey, Nelson Vessey, Lorna Vessey, Beryl Vessey, Raymond Chappel, Pauline Swan and Marilyn Lewis, Mrs. Clifford Chappel and Mrs. Frank Vessey were asked to buy the gifts.

The following is the state of officers for next year: President, Mrs. Frank Vessey; vice president Mrs. Raymond Vessey; secretary, Mrs. Richard Vessey; treasurer, Mrs. Elmer Brown (re-elected).

Finds Horses
Easier To Train

CALGARY (CP)—"Bring it in, Mary." is becoming a theme song with auctioneers at the Calgary horse sales. Every time they repeat it, Mary Lindsay rides another horse into the ring.

"She must have ridden nearly 100 horses in the sale last year," one official said during the latest sale here.

Mary, in her early 20s, laughed at this. Tall and friendly, she said "I'll admit I'm beginning to feel like I've ridden 100 horses today."

Actually, the number was about a dozen.

During the horse sales Mary is hired to ride them around the ring. Owners have found that she can show off their animals to best advantage.

RODE SINCE CHILDHOOD
"I learned to ride as soon as I could walk," she said. "And I began breaking my own horses when I was riding ponies to school."

She has turned her interest into a profitable sideline—breaking and selling her own horses. On

HOUSEHOLD HINT

Quick-drying nylon mittens give sure protection if you wear them while washing your fragile hose. They prevent fingernail catches that sometimes occur when your hands are under the soapy water.