

WOMEN

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KEEP IN TRIM

Curves For The Thin Girl

By Ida Jean Kain

FEEL LIKE A NEW GIRL IN 30 DAYS

Once upon a time, there was a thin girl who often grabbed a hasty bite of lunch so she could squeeze in a little shopping at the noon hour. And to eke out the money for a new bonnet or nylon sheers, she ate from the price side of the menu more than from taste appeal. Of course she didn't eat much breakfast either—she didn't have time, and besides she wasn't hungry in the mornings. And she lamented that it was impossible for her to gain an ounce.

Could that description fit you? Well, on that pattern, a thin girl hasn't a ghost of a chance of adding curves. If you tend to



No breakfast is a mistake.

Eight your meals, chances are your appetite is not very demanding. And poor appetite can result from a combination of factors—chronic overdoing, faulty food habits and irregularity of meal hours.

Let's start with the most important meal of the day—breakfast. The test of whether or not you eat enough breakfast is how you feel between 10 and 11 in the morning. On a good breakfast, you should be going strong until lunch time. No appetite for the first meal of the day is largely habit. Here's a promise—if you will get up just fifteen minutes earlier and eat a leisurely, relaxed breakfast, you can add curves. Tomorrow morning, have a hot cereal with milk and cream. In place of your usual two cups of coffee, have only one cup, plus a glass of milk. Milk furnishes protein, and it's surprising the energy carryover that comes from

increasing the protein at breakfast. At lunch, take advantage of the hot dishes offered. The day's specials often give the most for the money. Get away from the sandwich, pie and coffee routine. If you carry your lunch, vary the sandwich fillings, and even the bread—for appetite appeal. Increase the calories by using both butter and mayonnaise on the bread. Take along some mixed nuts, dates or figs, as well as a piece of juicy fruit and a molasses cookie. Have milk, if possible, as well as a hot beverage.

For the next thirty days, plan to use your whole lunch hour to eat lunch and relax afterwards. . . . you'll look more rested and prettier. You might take a leisurely stroll in the fresh air. Or if the day isn't going smoothly, drop into a quiet church and lay your burdens down. Sit there relaxed for a brief quarter hour and you'll come away refreshed in spirit and calm in your mind.

If you have between meal pickups, they must be the type of food that is easily and quickly digested, such as fruit juices, egg nog or milk. Skip the sweets, for they blunt appetite.

It is a definite help to rest before dinner if possible, even if only for a few minutes.

GRADE A NUTRITION

- Breakfast**
Chilled Orange Juice
Scrambled Eggs (2) with Crisp Bacon
Hot Buttered Toast—Strawberry Jam
Glass of Milk
1 Cup Coffee, if desired
- Luncheon**
Cream of Tomato Soup with Croutons
Toasted Club Sandwich
Ripe Olives
Fruit with Cream
Glass of Milk
- Dinner**
Baked Chicken
Whipped Potatoes or Rice
Cream Gravy
Peas
Tossed Green Salad with Toasted Almonds
Cup Custard with Frozen Strawberries
- An hour before bedtime:
Glass of Milk
Raisin Cookie.
- Note: One teaspoon of cod liver oil or one Vitamin A & D capsule should be taken daily.

Elaine Duguay And Henry Perry Wed

The wedding was solemnized at the Immaculate Conception Church, Palmer Road, on Wednesday, Feb. 2, of Elaine Duguay, daughter of Mr. and Mrs. Frank Duguay, St. Edward, to Henry Perry, son of Mr. and Mrs. John P. Perry, also of St. Edward. Rev. Emanuel Richard celebrated the nuptial mass.

The young bride chose a street-length dress of light blue nylon lace over taffeta, with white accessories and a corsage of pink roses. She was attended by Miss Katherine Gaudet and groom was supported by Mr. Joseph Allan. Following the ceremony a wedding dinner was served at the home of the bride to the immediate family and friends. In the evening the bridal party met at the home of the groom, where a large crowd awaited them and a bountiful supper was served to a large number of relatives and friends. The remainder of the evening was spent in dancing.

Islander Takes Bride in Saskatoon

A double ring ceremony was solemnized at Knox United Church, Saskatoon, Sask., recently when Dr. D. G. Wilkie united in marriage, Josephine daughter of Mr. and Mrs. M. Hunchork, Halford, and Mr. Harold Lloyd Manderson, son of Mr. and Mrs. H. Manderson, New Annap, P. E. I.

The bride, given in marriage by her uncle, Mr. Dick Hawrysh, wore white lace and net over satin, with matching jacket and fingertip veil. Her bouquet was of white carnations and baby Mums.

The groom was attended by Mr. Lawrie Ruttle and Mr. Hal Hayes acted as usher. Dick Hawrysh acted as usher. The bride wore a grey dress, with black accessories. Following the ceremony a reception was held at the home of the bride.



MR. AND MRS. LELAND THANE ELLIS (Photo by D. W. Sears)

The wedding took place on February 2, at the home of the bride's uncle, Mr. Frank Hardy, of Marion Lois, daughter of Mr. and Mrs. Cecil Hardy, Freeland, to Leland Thane Ellis, Northam. The marriage was performed by Rev. David Mawhinney.

During the ceremony music was supplied by Mrs. David Mawhinney, who also sang, "I'll Walk Beside You," while the register was being signed.

The bride chose for her wedding gown a gown of nylon lace over taffeta. She also wore a fingertip veil with a silver coronet and carried a bouquet of American Beauty roses.

The maid of honour was Miss Muriel Palmer, who wore a dress of yellow nylon net over taffeta, and matching headdress and mitts.

She carried a bouquet of pink roses. Best man for the occasion was Mr. Ernest Hardy.

Following the ceremony a reception for 75 guests was held at which Miss Rheta Ellis had charge of the guest book. The room was decorated with ferns and pink and white ribbons and the bride's table was centered with a three-tier wedding cake which was flanked by white candles and red roses.

For travelling the bride wore a dress of blue corded bengaline, topped with a black fitted coat and red accessories. The newly-weds left on a short honeymoon trip.

MORNING SMILE

Publisher's so indistinct I can hardly . . . yours. Why didn't you before bringing them to me? Would-Be-Poet—Type 'em? D'you think I'd waste my time writing poetry if I could type?

ELLEN'S DIARY

by an Island Farmer's Wife

We think now of folks in hospitals island-over, those destined to remain there, it may be only briefly or perhaps for a more extended period of treatment and care. Like those we visited this evening, kin and friends, and others we glimpsed as we walked by open doors with our young farmer and James.

Here from a bed, one chatted with a loved one visiting, there eyes looked up expectantly as though another awaited the entrance of a face most beloved. Nurses on quiet steps moved about on their missions of healing, bearing in word or touch, relief to the patients; and all about was the white efficiency, the hush and comfort of the place.

As always we were impressed with the serenity of the patients themselves. It seemed as if now come away from the rush and worry and noise of the world without, here in this one quite apart, they had reached a quiet haven. It was as though one had left the distressing clouds of circumstance to enter alone the cloister of a Church, to leave the cares of heart and spirit from whence rested and refreshed one should at length emerge into the clear sunshine of the day. For here in this strange border-land of place it seems many a fear is dissolved, worths evaluated, new perspectives gained, and of course joys born.

We who have experienced some minor illnesses in our time but know little of hospitalization, except by visiting there, and by that contact gained by having near kin members of the nursing profession, are curious about it. "Were you worried by the prospect of it?" we asked one who has come safely through the deep waters of a major operation. She considered the question. Then she smiled—and what a happy smile it was!

"Oh, I did . . . but one learns to accept—and is so pleased afterwards!"

"How do you like it here?" we queried of another—a farmwife, always an extremely busy woman, doomed (or, for there are two points of view, privileged) to spend a spell of rest, quietly, there. "I like it—why shouldn't I. But" the smile was wistful—how did scenes were beckoning to her. "I would like better to be at home."

said, rising and dressing quickly. "No cat that!" he returned. "Perhaps you heard a cat crying?" we offered sleepily. "Listen! there it is again!" and he was gone down the stairs in haste. We could hear nothing—no sound in the wide silence of before dawn.

But James had. We found out about it when we came through the daybreak to a stable. There in a straw nook, in a cuddled dampish round lay the first calf of the new year! James was obviously well pleased. He is one who even if he is only a family of kittens that has arrived, is intrigued by the miracle of birth. How gently he handles the newborn, so happy to have them safely here. We stopped a moment beside him, looking down at this heifer of a beef line.

"And you didn't hear the mother or lowing, Ellen? Strange?" he offered with a pleased smile. "The sound roused me from my sleep . . . I heard the first call."

Before long a moving hand of clock warns us, a new morning will be calling at a window.

Until tomorrow . . . Diary

Good-night . . .



LAUGHS Even at Teething Time

Baby's Own Tablets have long been a faithful standby—used confidently by mothers for over 40 years. Especially helpful during teething time because they give prompt, dependable, and effective relief from feverishness, restlessness, cranky upsets, and other minor infant troubles resulting from irregularity of teething time. No "sleepy" stuff—no dulling affect. Easy to take, mild and they taste good. Help keep your baby happy. Get a package today.

BABY'S OWN Tablets



EASY COLE-SLAW RECIPE

- 1/2 small cabbage
- 6 radishes
- 2 medium carrots
- Mix finely sliced cabbage with grated carrots and radishes.

Sauce:
2 lbs. prepared mayonnaise
1 lbs. vinegar
1 tsp. ketchup
1/2 tsp. prepared mustard
1/4 tsp. horseradish
Mix sauce ingredients well, then add to vegetables.

COMING MONDAY!

JANE WYMAN
ROCK HUDSON
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LLOYD C. DOUGLAS
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with AGNES MOOREHEAD • OTTO KRUGER

PRINCE EDWARD

END OF THE MONTH SPECIALS

LADIES'	CHILDREN
Balance of Winter Coats, reg. to \$59.50—NOW	Burberries and All-Weather Coats—
25 30, 39.50	12.95 to 22.50
Skirts, reg. to \$9.95, clearing at	Balance of Winter Dresses in Wool and Corduroy, reg. to \$5.95, clearing at
3.00 and 4.00	2.49
New Skirts—just arrived—	Wool Pullover Sweaters, reg. to \$3.95. EXTRA SPECIAL
2.95 to 6.95	1.88
Grey Flannel Slacks, 5.95	Balance of Wool Gloves and Mitts, reg. to 89c. Special
Cotton Jersey Pullovers, 1.95	59c
Trim	Balance of Winter Hats, regular to \$6.95, clearing at
1.95	1.00
Balance of Winter Hats, regular to \$6.95, clearing at	New Teena-Paige and Margo Walters Dresses in straight and half sizes. Select yours now
1.00	6.95 to 12.95
Spring Coats, Suits and Shorties arriving daily in all the newest styles. Choose yours now.	

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CONFIDENTIALLY YOURS

—by Byrne Hope Sanders

MONTREAL, February 24th—Saw a familiar sign yesterday . . . that set my imagination going. It hung over a busy door, on a busy street . . . IAC MERIT PLAN. I thought of the thousands of families across the country who planned for important household equipment—and bought it, through using the IAC Merit Plan service. These families have proved that it's easier to get the Canada want those comforts of life that save time, energy and money—while their family is young, and they can all enjoy it together. The IAC Merit Plan has helped them—and can help you, too! Ask your dealer about it.

I Like Talking Sense! And, believe me, the merits of Blue-Jay Corn Plasters make lots of sense! For there's a wonderful relief from painful corns . . . as near as you can get to a drug counter . . . in Blue-Jays. Wonder-working Phenylum, now part of all Blue-Jays, is the first really new medication for corns and calluses in over 70 years. By active test BLUE-JAY goes to work faster and more surely than any other remedies—because Phenylum gets right down under your corn and helps push it out from underneath. It's good sense, I think, to get rid of the tensions and pain caused by corns and calluses this certain-sure Blue-Jay way!

You Can Make Sure the children have mitts on when they go out into the mid-winter winds—but you can't make sure they keep them on! That's why so many of them have chapped hands—and that's why it's a wise mother who keeps a good supply of MENTHOLATUM always on hand. For there's nothing better than Mentholatum for chapped, rough hands, ankles or heels. Use a generous amount and rub it gently, but firmly into the chapped skin. Soon Mentholatum's soothing medication brings a relief that lasts! Do remind everyone in your family how helpful Mentholatum is! And write —won't you?—for a FREE GENEROUS SAMPLE to Confidentially Yours, 1411 Crescent St., Montreal.

Hoo-Ray For Gay! That's What We Say In Our House . . . because GAY LIQUID DETERGENT makes dishwashing easier—and, what pleases me—less expensive, too! You'll find that one bottle of Gay does fifty dishwashings . . . that's more than any 100 boxes of powder detergent. You get more—for the price—than any other liquid detergent, too. I like Gay because while it has extra grease-cutting power, it is mild and gentle on my hands. You should see the way this new liquid detergent loosens egg yolks in seconds—washes away tough grease on pots and pans! Ask today for liquid fine fabrics.

Just A Minute, Dear Sir! Let us homemakers in on this debate over what makes Instant Chase & Sanborn such a truly great coffee! Now you, Mr. Chase, say the real secret lies in your unique brewing methods. And you, Mr. Sanborn, are just as sure it's the top-quality of the choice coffee beans, selected so carefully! . . . Hold on, dear sir!—You're both right! It's the perfect beans and the unique brewing method—plus 100 years of coffee know-how—that bring us the delight of a cup of INSTANT CHASE & SANBORN COFFEE. And thankie, sir, for it!

Got Home Improvements On Your Mind? Most home-owners have—constantly. It's amazing when you tote them all up just how many things need repairing or modernizing. And how many things go undone because of a lack of ready cash? THE BANK OF MONTREAL is prepared to help you realize your plans with a Home Improvement Loan . . . available for almost any worthwhile purpose—from building a spare room in the attic to painting the basement laundry. Your cost is low, too—only 5 1/2% interest per annum—and repayment is made on a monthly basis. If you would like more information on Home Improvement Loans or would like to talk over some project you have in mind, see your local B of M manager. He will be glad to show you how a B of M Home Improvement Loan can help you.

LENTEN SPECIALS AT CUDMORE'S

Lobster Cocktail	6 oz. tin 59c	Cloverleaf Fish 4 oz. bot. Spreads	19c
Jello and Jello Puddings	3 pkgs. 29c	Large Florida Grapefruit	6 for 39c
Zero Pack Frozen Peas	Box 29c	Large Florida Oranges	2 doz. 65c
Dates	2 lbs. 29c	Seedless Raisins	2 lbs. 35c

ROBIN HOOD VELVET PASTRY FLOUR
5 Lb. Bag 33c

ROBIN HOOD WHITE CAKE MIX or SPICE CAKE MIX
2 Pkgs. 43c

Thrifty Pack 20 oz. tins Peas	2 tins 35c	Aymer Cream Style 15 oz. tins Corn	2 for 29c
Large Rinso or Lux	pkgs. 34c	Prunes	2 lbs. 39c
Peter Pan Peaches	2 tins 39c	Clark's large 20 oz. tin Pork & Beans	2 for 43c
Island Honey	3 lbs. 49c	Stickeys 15 oz. pkg. Raisins	2 for 49c

PALMOLIVE BEAUTY SOAP

For Pies Rhubarb 30 oz. tin 23c

Blueberries 15 oz. tin 30c

Barbour's Pepper 90 oz. pkg. 19c

Red Rose Instant Coffee 2 oz. jar 59c

3 for 25c

DIAL 3818

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1 ELM AVE. 29c