



"FLUID" LINE REMAINS POPULAR

For a fabric that pleats to lasting perfection, here is a fine jersey weave, featherlight, lustrous soft — yet a full-bodied fabric. Many couturiers believe that a feeling for longer skirts is in the

air — but day skirts are lengthened only to about 13". Couturiers state that "a petrol crisis is hardly the moment to introduce any more cumbersome length!" A popular couturier continues

his "fluid" line of last season, says a "dressmaker should consider a body in movement rather than stationary." He likes bloused bodice effect, here shown in intricate pleating . . . with it a minuscule, side-tilted hat.

KEEP IN TRIM

Our Mystery Dieter Is Just 10 Miles From Goal

By IDA JEAN KAIN

Our Mystery Dieter on January 7th reported that she weighed in at "just a shade over 140 pounds." For those who tuned in late, our Mystery Dieter, whose name is Eleanor, started her slimming program on October 30 at 157 pounds. Previously she had tried "hundreds of diets" which all ended in failure.

To date, Eleanor has slimmed down 17 pounds and is just 10 pounds from her goal of 150. Why is she succeeding this time when in the past all diet attempts were futile?

Basically, the scientific pattern of eating, with calories restricted to 1025 daily, is responsible for the regular weight loss. However, other important factors figure in. To begin with, Eleanor set a definite goal. . . 37 pounds off in 15 weeks, with a late February wedding as a special incentive. She

writes that the fact that she knows she is to report her weight loss each week keeps her on the course.

For this dieter, the late afternoon was always zero hour and apt to be her downfall. From the start, Eleanor warned that cake is her weakness. Before she started her diet, she wrote. . . "I can resist refreshments with company. . . and the next afternoon ruin the effect by eating a piece of cake when I sit down to read. I hate myself afterwards and don't understand why I do it."

NO EXCEPTIONS

Eleanor is an "all or nothing" type of dieter. In her words, "If I step backwards once, all will be lost." Recognizing this fact, she resolutely decided not to break over "even once." She is on sound ground in that decision. In attempting to break any habit, it is important not to allow a single

exception to occur until the new habit is securely fixed. The secret is to build up rhythm with an unbroken sequence, building strength on strength.

Elated over the fact that she is just about to leave the 140's, she wrote: "The last time I was in the 130's was when my daughter was born seven years ago. . . My friends are now making favorable comments about my loss in weight. My husband has given me a gift certificate from a lovely shop, and I'm saving it for The Day."

Our Mystery Dieter is now stepping up her daily exercises. . . and has a regular session each morning and again in the evening. In order to be her shapely best, she must slim off 3 inches from the waistline, 5 inches from the abdomen, and 4 from the hips. Exercise is the streamlining measure.

For those of you who are slimming along with our Mystery Dieter, how about a progress report?

CEYLONESE PEAK

Highest point in Ceylon is Adam's Peak, reaching 7,420 feet.

MARY HAWORTH

Mother Nags At Daughter

MARY HAWORTH'S MAIL

Dear Mary Haworth: I am a girl 22, living with my parents and going to college at my own expense. And the problem is, I am tired and cross, with a quick temper, at home. All anyone has to do is say something ugly (in any way) and I blow up.

To give you the background: I had wanted, for a long time, to go to college. Then one day my mother and I talked things over, and she said if I went to college, I'd have to pay for it. But if I finished college and worked for six months afterwards, they (my parents) would refund the money I had spent for my education.

At that time I had a savings account in a local bank; but not quite enough to pay for my tuition when I enrolled. So I got a job as elevator girl at school, to make up the difference.

I got off at 2:30 in the afternoon, and usually I am tired and feel like being along for a little while when I get home. . . Today for example I came in tired, and mother and I were in the living room talking; and something was said about my not having heard from a close friend for several days. I flared up, thinking I was the one to worry about that.

I have a really tough grind at school. Trying to keep up with job-work and study is a bigger task than the average person may realize; and would be hard on almost anyone.

At present I am so upset that I feel my heart is pumping out. I wonder what you would suggest to a girl in my situation? K.N.

UNDER PRESSURE

Dear K.N.: As I get the pitch, your heart was pounding with fatigue and frantic emotional stress as you wrote the foregoing appeal for help.

It is my impression that you are getting a pretty rough deal at home; that you feel under pressure constantly to justify your personal worth to your family — and to your mother especially.

It isn't clear whether your parents could afford to pay your tuition at present. But it is my inference that they can, and that your mother's stand-offish financial attitude is what you can do, much to expect of your folks — as they would, if they had the good sense to be kind.

NEEDS CONFIDANTE

For advice: Talk things over with your dean of women. You need a first-rate confidante as a skeptical challenge of the genuineness of your hunger for a college education. It amounts to saying: Miss Ambitious, before we invest a cent in your "biggety" wishes. . .

Thus I surmise that you are desirous of a proposition is (in effect) a perately driven by family-fueled anxieties, enroute to your goal; and wary of not only heavy exertions, but also by lack of emotional support from home. It wouldn't cost the family a thing to supply warm-hearted interest in your venture (supposing they've no cash to spare)—but still, they prefer to needle and nag you in the midst of your forlorn struggle, I gather.

Because of enduring so much strain, you sorely need periods of quiet and rest, after school hours; and a loyal family would recognize this, and conspire to see that you get it. But that seems too safely val — some adult with wisdom, who knows the ropes of helping students. Consider the possibility of working out a self-help method to live on campus. Maybe you could qualify for a scholarship to reduce expenses. Get some psychological counselling — from a Family Service (or similar) agency — as a guide to emo-

WOMEN

Lena Caroline McLure, Women's Editor. Phone 5506

Page 8 The Guardian Thursday, Feb. 21, 1957

HAPPENINGS

The Portuguese are going all out to make Queen Elizabeth comfortable during her visit here. They went so far as to camouflage the view from her bedroom window at Queluz Palace, eight miles outside Lisbon, where she slept Monday night. Her hosts dug up and replanted 40 tall Cypress trees to hide a sagging row of peasant huts.

The old palace, specially refurbished for the visit, was provided with everything from hand-painted cupids in the dressing room to infra-red heating lamps. A plane-load of orchids from Madeira decorated the Queen's quarters, separated from her husband's, the Duke of Edinburgh, by an elegant boudoir.

Dr. and Mrs. J. A. Clark are holidaying in Florida. Mrs. Clark writes on February 13th as follows: "We had a pleasant quick trip leaving Charlottetown by M.C.A. at 3 p.m. Feb. 12th and arriving in Tampa, Florida, about 7 a.m. this morning. We changed to T.C.A. at Moncton for Saint John and took another T.C.A. from Saint John to Boston arriving there about midnight. From Boston we came by N.A.L. to Tampa, arriving by cab in Lakeland be-

fore 9 a.m. this morning."

Mr. Hal Warren, son of Mr. and Mrs. Roy Warren, Hillsboro St., is a member of the C.B.C. staff in Toronto's T.V. building. One of Mr. Warren's recent very important assignments was the Grey Cup game in Varsity stadium. Mr. Warren and Mr. Herman Bresser operated two normal processing machines. They recorded the pregame and intermission features and were ready to take over if the H.P.'s broke down. (They did not). The Eksks won the Grey Cup.

A stenographer makes banking history in this Canada of ours. Miss Mary Pollock, a quiet-spoken, unassuming person has been appointed assistant to the manager of the Sherbrooke and Drummond streets branch of the Bank of Montreal. This unprecedented appointment, like the majority of similar cases, had its small beginnings.

Miss Pollack joined the bank in 1936. She started at two dollars a day — and was glad to get it. A girl had to be on her mark in those days. "If you weren't, there were four others, ready, willing and able to take your job," says Miss Pollock.

Miss Pollock graduated from a St. Lambert secretarial course in 1935. She began as a stenographer, and didn't have at first any special goal in mind. Then she enrolled for courses with the Canadian Bankers' Association. She passed her associates examination with

honors in 1939 and five years later became one of the few women to be made a fellow of the C.B.A. Miss Pollock feels that stenography is a "door opener" in most fields.

Mr. B. E. Rogers, manager of the Bank of Montreal, Charlottetown, knows Miss Pollock and her family very well. Mr. Rogers comments highly on the banking appointment. He says Miss Pollock is particularly good with the public — in fact she is outstanding in public relations. Prince Edward Island has been noted for its men in banking circles. Now we shall hope to have a well-known woman banker.

Miss Anne C. Chisholm, Reg.N. formerly on the staff of the Provincial Sanatorium, Charlottetown, has returned to her home in Saint John, N.B., after spending 15 months abroad, during which time she toured Britain, Ireland, Europe and Israel. While in Israel she was a guest of His Eminence Shoghi Effendi, Head of the Bahai World Faith at the International Headquarters in Haifa.

Adjudicator Has Good Advice To All Amateurs

WINNIPEG (CP)—The weakness of Canadian amateur theatre productions is in voice and timing, says Cecil Bellamy, British producer-actor, here to adjudicate three plays in the Manitoba Regional Drama Festival.

"I try to get across to the cast that the essence of theatre is hearing to speak the lines so as to bring the author's character alive," he said in an interview. "The actor must have a good sense of criticism, insight and be willing to work hard."

The bilingual drama judge said his job—to explain acting faults

and to encourage actors—is not easy and it is particularly difficult to criticize performances without destroying egos. He says he has been overwhelmed by two things so far on his cross Canada trip — the hospitality and the cold weather.

NATO COUNCIL MEETS

PARIS (Reuters) — The permanent council of the 15-country North Atlantic Treaty Organization has decided provisionally to meet Friday to discuss Britain's proposed defence cuts, usually reliable sources said.

WIFE PRESERVERS



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