

# "Time" for bags of fun in big local contest!

## How long will the 8-day clock run?

### Cream of the West Flour wants your answer!

Here's fun for everyone! A contest in which you can win a genuine Forestville Mauthé 8-day mantel clock. Yes, here's your chance to win not just a 1-day, or a 2-day clock but a real, honest-to-goodness 8-day Westminster Chime Mantel clock valued at \$75.00. All you do is estimate how long this 8-day clock will run after it is fully wound. If you are right (you might be) or come closer than anyone else, YOU WIN THE CLOCK. Imagine winning THE clock, the most famous clock in the district! Why, you'll have the "time" of your life in this contest that's fun for everyone!

But here's the big news. This contest is open to residents of this district only, so you actually have a real good chance of winning. Even if you don't win the clock—you may not "have time" to be disappointed, because there are no less than 12 big consolation prizes. Mighty consoling they are too, because each is a complete set of four handsome red and white canisters, one each for tea, coffee, sugar and flour (Cream of the West, we trust). So you see, you have plenty of chances to win something.

### Contest starts today!

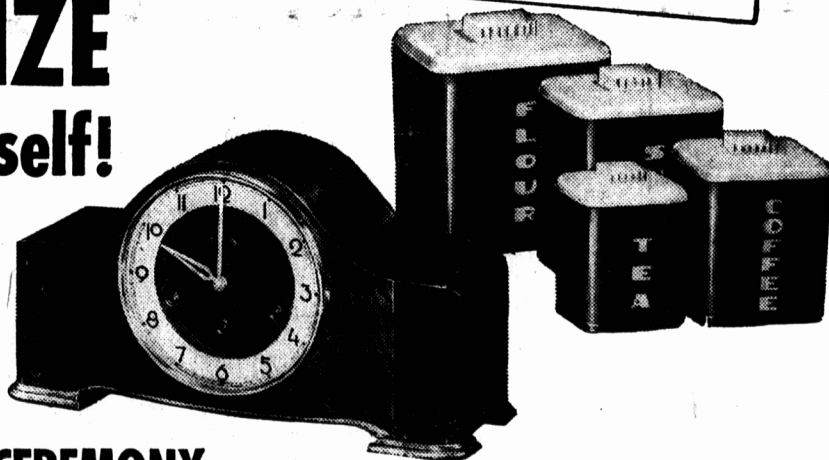
Official Cream of the West Flour ballot boxes in local stores are now open for entries. You don't even have to wait for the clock to be wound. Get in your first estimate or estimates right now and leave yourself time to get in more entries while the clock is running. Ask your grocer for more details.



## CLOCK NOW ON DISPLAY in window of HOOLEY'S MEN'S WEAR MONTAGUE

## FIRST PRIZE is the clock itself!

Beautiful Forestville Mauthé Mantel Clock, with Westminster Chimes. Valued at \$75.00  
Twelve other prizes:  
Lustro Kitchen Canister Sets.



### CLOCK-WINDING CEREMONY Tuesday, April 17 at 6 P.M.

CLOCK WILL BE WOUND BY HIS WORSHIP MAYOR B. H. YEO

### How to enter!

Every time you buy new High-Protein Cream of the West Flour, your grocer will give you official entry forms as follows:

- 4 entry forms with a 98 or 100 pound bag
- 2 entry forms with a 49 or 50 pound bag
- 1 entry form with a 24 or 25 pound bag

Write on each entry form your name and address, and your estimate of how long the fully-wound 8-day clock will run—days, hours, minutes. Closest wins the clock. In the case of tie, each wins a clock. You can enter as often as you like, but entries can be made only on official entry forms, and must be deposited in one of the official ballot boxes. Only one prize per household. Clock must run a minimum of four days. If through some mischance such as its not being placed on a level surface, the clock should stop before the contest deadline, it will be immediately wound and the time will then be calculated from the second winding. Deadline for entries: two weeks this Saturday at 6 p.m.

The purpose of this contest is to introduce you to a great new all-purpose flour, the new High-Protein Cream of the West Flour. Actual baking tests have proved that the new Cream of the West Flour is so superior, we can make you this guarantee:

You are guaranteed better baking from High-Protein Cream of the West Flour or your money refunded plus 20%  
**THE MAPLE LEAF MILLING CO. LTD.,**  
THE ALL-CANADIAN COMPANY.



CONTEST LIMITED TO THE AREA SERVED BY THESE MONTAGUE DISTRICT STORES

- |                      |                   |                     |                     |                    |
|----------------------|-------------------|---------------------|---------------------|--------------------|
| T. M. LLEWELLYN LTD. | FRASER & ANNEAR   | J. A. MacLEAN       | McGOWAN'S LTD.      | D. A. MacRAE & SON |
| RAY LAVANDIER        | P. L. BOUDREAU    | HARRY YORSTON       | F. J. DeLORY & SONS | JAMES JAY & SON    |
| MRS. LAURETTA DEVINE | A. I. CURRIE      | H. G. MacLEOD & SON | D. R. CUMMINGS      | DAVID ROSS         |
| M. W. MacDONALD      | D. J. MacPHERSON  | WM. MacKENZIE       | A. A. BEATON        | COMPTON'S          |
| HECTOR MacDONALD     | CARLETON HUME     | HARRY T. MacLEOD    | JOHNSTON & SON      | BROOKS & IRVING    |
| W. C. JORDAN         | MRS. HILDA SHARAM | D. G. REID          | CLOW BROS.          | ANDREW MacKENZIE   |
| C. H. HICKEN & SON   |                   | McKENNA'S GROCERY   | MRS. IRA ROSS       |                    |

# WOMEN

Wed., April 4, 1956 The Guardian, Page 9



WEDDING BELLS FOR MP

Howard Green, veteran Progressive Conservative member of Parliament for Vancouver Quadra and the former Donna Kerr, leave Shaughnessy United Church in Vancouver after their mid-morning wedding ceremony conducted by Rev. Douglas Talfer. Mr. Green was a widower.

### KEEP IN TRIM

## Special Exercises For Reducer's Problem Areas

By Ida Jean Kala

The record-making reducer described in yesterday's column who took off 150 excess pounds and slimmed down from size 50 to 14, now needs toning exercises for two measurements, the bosom and the inner thighline. With many reducers, these are the problem areas. Since the bust is usually the first portion of the figure to be affected by a general reduction in weight, we'll start there.

The role of exercise for bust improvement is indirect, with the toning action through the supporting muscles. The breasts are composed of glands, but they are supported by the powerful pectoralis major, a large fan-shaped muscle which lies just underneath the breasts, spreads fanwise across the chest and inserts into a groove in the upper arm. As excess fat is removed, toning in this area is particularly important. With a pendulous bosom, a bra which gives support from underneath, should be worn while exercising. Have the shoulder straps loosened to allow for freedom of motion.

Position: Standing chest up, with hands at waist, thumbs forward.

Movement: Inhaling deeply, swing elbows vigorously toward the rear, repeating six counts. Relax, shift hands to hipbones, again thumbs forward, and repeat the exercise six counts. Later increase the total count, relaxing after each six thrusts.

Position: Elbows bent, hands in front of chest, left fingers grasping of right hand, right palm toward body, left palm outward.

Movement: Pull toward the left, slowly and forcibly, resisting with right arm. Continue this tug-of-muscle as far as you can, then reverse the position of the hands and pull toward the right. Continue 8 to 10 times.

Inner thigh muscles tend to flabbiness since they are not used in everyday movements. Dancers, particularly ballerinas, have strong thigh muscles. For the rest of us here's an effective toner. For this exercise a hassock or footstool is needed.

Position: Lie on left side, with weight braced on left forearm. Have inner border of right foot resting on low hassock or footstool. Movement: Raise hips, bringing the left leg up to meet right leg. You'll feel a strong pull along the inner thighline of top leg. Continue three to six times. Change sides and repeat the exercise.

To tone the pectorals and the inner thigh muscles, exercises must be done daily and continued for several months. Do not expect sudden improvement.

### COOK'S CORNER



#### PEANUT SPREAD

Take an equal quantity of peanut butter and very thick cream and blend well together, add a pinch of salt and you have a sandwich spread that is in a class by itself. Do not mix more than you are going to use at once.

RED REPRIMANDS BROTHER BERLIN (AP) — Otto Nuschke, one of Communist East Germany's deputy premiers, attacked another Communist leader Sunday for compering religion with superstition.

### ANNE ADAMS PATTERNS



#### 80-0-0 FLATTERING

Here's the top silhouette in fashion—the lovely long look seen everywhere this season! So-o-o flattering, the lowered waistline, dipping even lower in back — stop a whirling bonfant skirt. A dress you'll want to sew in all three lovely sleeve versions!

Pattern 4827: Misses' Sizes 10, 12, 14, 16, 18, 20. Size 16 takes 47-8 yards 35-inch fabric.

This pattern easy to use simple to sew, is tested for fit. Has complete illustrated instructions.

Send THIRTY-FIVE CENTS (35 cents) in coins (stamps cannot be accepted) for this pattern. Print plainly SIZE, NAME, ADDRESS, STYLE NUMBER.

Send order to ANNE ADAMS care of Charlottetown Guardian, pattern Dept., 60 Front Street, W., Toronto, Ontario.

#### HOUSEHOLD HINT

If the shower water in the bathroom pours, instead of sprays, the shower head needs cleaning. Often mineral deposits clog the spray holes and distort the shower stream.

Remove the shower head and poke out the dirt with a needle or pin, then wash the head in soap and water and replace.

#### MORNING SMILE

"He said there was a fool in every family, so I bopped him." "Why, what's wrong with that?" "He knows I'm an only child."

4827 10-20

by Anne Adams