

KEEP IN TRIM

How Do You Shape Up?

By Ida Jean Kain

What is your problem measurement and can it be brought into line? So many of your letters include the vital statistics with regard to your figure, along with "ideal" measurements. Let's talk about the so-called ideal proportions.

We all inherit a certain body and normal variations in the way fat is distributed. Measurement charts to the contrary, there can be no one perfect set of measurements for a given height. While we might yearn to be long-stemmed and willowy with "model" proportions, most of us are just not built that way. But with weight at healthy normal for structure, harmony of proportion can give a better than average figure.

Test for harmony of your proportions. Use the bust measurement as the base. The waistline is rightly proportioned at eight to 10 inches smaller than the bust circumference. The average difference is 8 1/2 inches. There should be only a slight curve of the abdomen. Ideally, this measurement should be from one-half to two and a half inches smaller than the bust circumference. Alas, this measurement increases with excess weight. Slumped posture and flabby abdominal muscles aid and abet the spread too.

The hip measurement will vary with body type. Ultra-streamlined hips measure the same as the bust. Hips that measure from one to two inches larger than the bust are termed average. Hips that measure three to four inches larger than the bust are termed full.

Be sure to take correct measurements to get the facts about your

figure. To make the test accurate, here are the rules. The bust measurement should be taken over a properly fitted bra. Circle tape around back and under arms, and bring it together at the center of the bust at the level of maximum curve. Next, circle tape around your natural waistline. To determine the abdominal extension, circle tape around body to include the curve of the abdomen at the level of greatest protuberance, as viewed from the side. Last, the hips. To get the full measure, circle tape around lower hips at the largest part to include the buttocks.

Body type is inherited, and your normal weight depends on whether you have a small, medium or large frame. It is true that with overweight, all your measurements will be too ample, but more than likely, some will be more out of proportion than others, for excess fat always parks on the least used areas.

Aim at normal weight and symmetry of measurements. Then be fashion wise and compliment the effect by selecting clothes with the right lines for you and you'll have your "ideal" figure.

ELLEN'S DIARY

Robert Burns' Anniversary

Now do the hearts of those who can claim Scottish ancestry warm with affection and pride on this day which honors an anniversary of the birth of their national bard. Almost two centuries have passed since that "blast of Januar" blew hansom in on Robin" but today-night, still keeping evergreen the name of Robert Burns, his songs will be sung world-over, his verses read.

And again folks will meet those whose lives and living appear in his writings loved ones and cronies, the people of the village and countryside about, the geny of the land. Mary Campbell loved and lost by death, who figured in "The most interesting passages of my youthful days."

Does his shade walk tonight? A dark-haired man, with nice dark eyes and an uncommonly interesting and expressive countenance, to wander along the banks of the river and places of that Scottish countryside both near and far that I knew? We fancy rather it would be in the July-time, on the anniversary of that hour when his spirit fondle Campbell's ailing body for that abode where in his own words, "The wicked cease from their troubles and the weary are at rest."

Then he would come to wander on the banks of a loved river, where so often in the serenity and peace of the surroundings he found that inspiration which sparked his genius, making him the faithful interpreter of his race and giving succeeding generations wherever they chanced to stray inimitable lovely lyrics to carry with them in their hearts.

"He was passionately fond of the beauties of Nature," a biographer writes. "The sensibility of his temper and the force of his imagination exposed him in a particular manner to the impressions of beauty. How well he appreciated Nature! To a friend he wrote of an engaging evening of Spring:

"The evening sun was flaming over the western hills, not a breath stirred the crimson opening blossom or the verdant spreading leaf. It was a golden moment for a poetic heart. I listened to the feathered warblers pouring their harmony on every hand with a congenial kindred regard, and frequently turned out of my path lest I should disturb their little songs or frighten them to another station. Surely, said I to myself, he must be a wretched indeed, who regardless of your harmonious endeavour to please him, can eye your elusive flights to discover



Commons Member Marries In Montreal

Hector Dupuis, Liberal member of the House of Commons for Montreal St. Mary, is shown here with his bride, the former Mrs. A. Legault of Ottawa. The wedding was a quiet ceremony in Montreal's Ste. Brigid Church. (CP Photo)

MORNING SMILE

Shaving cream makers have been trying to get a scent that would drive the girls crazy—all they need is something that smells like dollars.

Words of The Wise

Juvenile delinquency can be prevented. It is not a scourge which rules with an inevitable necessity. One of the best weapons with which to attack this malady is religious training. The young boy and girl trained in the teachings of the Bible have a moral reliance which serves as a compass for everyday living. They know the difference between right and wrong, good and evil. They are able to conquer the temptations of life.

(J. Edgar Hoover)



Injured In Crash

Jobidon, 23, of Quebec City, a stewardess, was injured when a Quebecair Company DC-3 plane crashed on Lake Achoupan in north-eastern Quebec Orevay. Two persons were killed, one is missing and several others injured in the night crash. (CP Photo)

Bridal Trousseau Should Be Practical, Not Too Frilly

By OLI DAUM
TORONTO (CP)—This may whisk the smell of orange blossoms right out from under a prospective bride's nose but, says a brides' counsellor, a trousseau should not be too frilly.

Miss Claire Dreier, counsellor for 9 years at a department store here, says most of the traditional muslin on a bride-elect's shopping list are unnecessary.

Most brides-to-be ignore an expert's advice to be practical and spend their nest-eggs on delicate undies and elegant party dresses, she says.

"It's the one time in a girl's life..." they say.

That may be so, says Miss Dreier but later on they will regret their happy-go-lucky spending spree unless the love of their life has a good bank account.

Miss Dreier, who says she set up the world's first brides' counsellor service here in 1937, says a bride-to-be should give herself a break and be practical.

She should forget romantic dreams and consider, instead, her clothing needs in married life. The trousseau she buys is not just for a honeymoon but for years of wear in a new life.

If the couple is to live in a warm



Mills Turn To Synthetics

Faced with severe foreign competition, Canada's textile industry has had to turn to new methods and new products in order to survive. An appeal to the government met with refusal to protect the industry through high tariffs, and though the U.S., British and other countries can sell their surplus natural textiles here at very low cost, Canadian manufacturer

ers now are turning out synthetics rather than natural fibres and finding that they can retain at least part of the Canadian market. Here are samples of the industry's new product—draperies of spun glass which are wrinkle proof and fireproof and will not fade in sunlight nor shrink when laundered.

LET'S EAT

Yogurt Adds Flavor To Soup And Dessert

By Ida Bailey Allen

"In the Near East, yogurt is a standard form of milk," observed the Chef. "It is used not only as a dessert, with a little honey and cinnamon or with crushed fruit, but also instead of sour cream over raw or cooked vegetables or with meats."

A FAVORITE DISH
"On the Isle of Cyprus, a favorite dish is the shish kabob. The chefs often slide the cooked shish kabob and vegetables from the skewer into a big hot flat yeast bread roll cut partly open to form a pocket. Then they add a spoonful or so of yogurt to make it as tasty a treat as you could wish."

"Yogurt also gives a creamy texture and appetizing flavor to soup. However you eat yogurt, it is as you have so often said, Madame, part of the day's quota of milk."

TOMORROW'S DINNER
Tomato Yogurt Soup: Heat 1 can condensed tomato soup with onion salt. Bring to a boil. Stir in 1 (8 oz.) container yogurt. Continue to stir until blended. Do not re-boil.

Crumb-Top Apple Gingerbread Pudding: Into a 3-pt. buttered shallow baking dish, turn the contents of 1 (No. 2) can sliced green apples mixed with 1/2 c. sugar. Make up half the recipe for gingerbread mix; pour over the

apples. Bake 35 min. in a moderate oven, 375 deg. F. Cream and work together 1/4 c. butter, 1/2 c. brown sugar, 1/4 c. flour, 1/2 tsp. cinnamon, 1/4 tsp. grated orange rind and 1/4 c. finely-chopped nuts, any kind.

Ten minutes before the pudding will be done, remove it from the oven and lightly cover with the crumb mixture. Return to the oven and bake 10 min. longer.

Serve warm, plain or with yogurt or a whipped topping.

THE CHEF COOKS BROCCOLI
It is an infringement of good taste to serve broccoli that tastes watery and lacks washed out. To prevent this, cook it in this way: Wash the broccoli; cut off the tough lower ends of the stems. Peel the stems and slit once so that they will cook through quickly.

Tie the broccoli in bunches and stand up in boiling water about 2 ins. deep. Add 1/2 tsp. each salt and monosodium glutamate. Cover and boil about 12 min. or until the broccoli ends are fork-tender and the tops are done. Then lift from the water and dress for service as desired.

The broccoli will not be watery because the green tops will cook by steam.

Mary Haworth

Working Wife

Lacks Support

From Husband

DEAR MARY HAWORTH: I have been married two years and have a daughter age 9 months. My problem is my husband, who does not seem interested in anything I do. He goes to law school and is away from home all week; and when he comes home weekends he never asks how I am, or what I did. All he wants to do is read.

But he will go down to his mother's and talk for hours. When I make an issue of this, he says I don't know the people he is talking about. If I ask, he says he didn't go out during the week, but months or so later, he will speak of having gone here or there, etc. Last week I was telling him something that happened at my place of work, and he said he wasn't at all interested. This hurt; and many nights I cry when alone.

His mother takes care of our baby during the week; and has since she was a month old—so I see her at night, but not during the week. I see her at night, but not during the week. I see her at night, but not during the week.

LONG CREEK W. M. S.
The members of the Long Creek W. M. S. assembled at the home of Mrs. F. W. Stretch on Monday evening, Jan. 2, 1956. Meeting opened by singing "Jesus the very thought of thee."

Scripture reading was taken from St. John's gospel, chapter 14 and read by the president. In absence of the leader Mrs. Hector Curran read from Tidings in connection with three Maritime missionaries, Miss Bain, Miss Law and Miss Sprague, followed by the reading of a New Year's resolution.

The Lords Prayer was repeated in unison. "What a friend" brought the devotion to a close. Six members and three visitors responded to roll call.

Minutes of previous meeting were read and adopted. Mrs. Wilfred Stretch contributed to our birthday box. Four members paid dues. Mrs. Dan MacEwen thanked the members for remembering her husband at Christmas.

Collection amounted to \$6.20. Next meeting to be held at the home of Mrs. Wilfred Stretch. Following the Mizpah Benediction a delicious lunch was enjoyed by all.

DOCK W. I.
The January meeting of the Dock W. I. was held at the home of Mrs. Howard Clark, with the President, Mrs. C. W. Hayes in the chair. The meeting opened with the singing of "The More we get Together" followed by the Creed repeated in unison.

The topic for the evening was "Health and Social Welfare." Roll call was responded to by each member giving a health report.

The minutes of the previous meeting were read and approved. A letter from the Convener of Health and Welfare was placed on file until a later date. Copies of our planned program were distributed.

The music committee stated that the music teacher had started her class in the school the first of the year, and that an organ had been kindly given for use in the school. It was moved and seconded that a letter of appreciation be sent the donor.

Mrs. C. E. Walper will be hostess to the February meeting, assisted by Mrs. C. W. Hayes. The program will be in charge of the Misses Shirley MacArthur and Margaret Forsyth.

An article on "Organizing Public Health Services" was read by Mrs. Walter Wells, and a talk on various aspects of health, given by Mrs. L. L. Wilkie.

The program for the evening consisted of a "Scotch Song" prepared by Mrs. L. Wilkie. Contest, "The Catter" Saturday Night," read by Mrs. Howard Clark, and several humorous readings by Mrs. George Irving.

The meeting closed with the singing of Auld Lang Syne, after which delicious refreshments were served by the hostess assisted by Mrs. Irving.



Jenkins-Beck Vows At Montague

Candlelight formed the background at the Church of Christ, Montague, on December 26, 1955 at 7 p.m. for the marriage of Miss Barbara Redpath Beck, youngest daughter of Mr. and Mrs. Robert W. Beck, Montague, and Mr. Paul Jenkins, son of Mr. and Mrs. Ralph E. Jenkins, Charlotte-town. Mr. Kenneth T. Norris officiated.

Given in marriage by her father, the bride wore a gown of white tissue bengaline styled with a long skirt falling into a short train. Her chapel veil misted from a pillbox headpiece matching the gown and she carried a small cascade bouquet of white carnations.

Mrs. Wilfred Giffin, sister of the bride, was matron of honor, and Mrs. Gilbert Clements was bridesmaid. They were gowned in identical walk-length dresses of poinsetta red bengaline with small white feather headresses and short white gloves. Their wristlet bouquets were of white carnations.

Leut. R. Irwin Jenkins, brother of the groom, was best man. The ushers were brothers of the bride, Mr. Ralph Beck and Dr. Malcolm Beck. Miss Peggy Beck played the wedding music and before the ceremony Mrs. Ralph Beck sang "O Perfect Love." At the close of the ceremony Mr. Morris presented the couple with a white Bible on behalf of the congregation.

For her daughter's wedding, Mrs. Beck wore a navy blue ensemble with red carnations on corsage. Mrs. Jenkins, mother of the groom, wore a gown of ice-blue crystaletta with a corsage of pink carnations. A reception followed at the home of the bride's parents which was decorated with white carnations, red roses and candlelight. Tea was poured by Mrs. Harold Saunders, Halifax; Mr. and Mrs. Harold Saunders and Mr. and Mrs. Preston Beck, Charlottetown. (Photo by Montague Camera Club)

Out-of-town guests were Mrs. C. J. Cooke and Mr. and Mrs. Gordon Cooke, Kensington; Mrs. R. I. Jenkins and Miss Alix Jenkins, Halifax; Mr. and Mrs. Harold Saunders and Mr. and Mrs. Preston Beck, Charlottetown. (Photo by Montague Camera Club)

buffing your shop talk. Very likely his rejecting attitude gives the measure of his ingrained shortsightedness, in the matter of being-or rather, not being—emotionally integrated, mature and manly. It seems he just isn't organized for marriage—for the responsible acceptance, and hearty relish, of matehood, parenthood and home-making partnership.

It appears that John is still involved, up to his neck, as it were, in being a mama's boy; and that his mother is (figuratively at least) preempting the role of his wife, in nowadays keeping his child for him. Altogether you've been jockeyed into a fifth-wheel position, in his scheme of emotional upset. And d'ares' his mother has a hand in this, trying to perpetuate his filial dependency, rather than than him.

FEELS TRAPPED
John probably feels, obscurely, that he was tricked or stampeded into marriage; and that the child was "put over" on him—produced, that is, to bind him in conscience and economically. And thus he re-sents the whole proposition, retrospectively; and "takes out" his resentment by being coldly difficult with you, in the co-parent situation.

As to how you can solve the problem, I think the first step is to begin to understand and clarify your own feelings about the stalemate. And, via understanding, to develop some freedom of spirit in relation to John. As you lean less towards him, and gain strength and zest-for-living from your own resources, you will become irresistibly more attractive to him.

You can't change John for the better by striving to do so. You can only become a personal success, in dealing with your circumstances. Thus you may interest him in profiting by your example. In my opinion, you need first hand psychological help (from a psychiatric counsellor) to get yourself straightened out.

M.H.

HOUSEHOLD HINT

If a member of your family needs heat treatment, and you have no rubber hot water bottle or electric heating pad, put a 24 bag of salt into a skillet and heat. Wrap the bag tight in closely woven cloth, and it will hold the heat for a long time.

• Tend to baby's needs first. Add household chores slowly.

• Let things that can wait, wait.

• After you finish one chore, re-lax before you start another.

Early addition to baby's bill of fare: vitamin C, to help keep baby's gums and body tissues in good condition. Gerber's Strained Orange Juice, specially processed for tiny ones, has a uniformly high vitamin C content the year around. Made from tree-ripened oranges, selected for mild, natural flavor and appealing purity. Careful pasteurization makes it easy to feed from spoon, bottle or cup.

Nipple note! Nipples will last longer if you turn nipples inside out and sud-cleanse thoroughly. Butter fat deteriorates rubber.

Bottle bit. If nursing bottles get cloudy, a tablespoon of vinegar in the rinse water will re-sparkle 'em.

Spoon-fed foods in sight for baby? In all likelihood, cereal will be suggested first. Gerber's 5 Cereals should fill the bill beautifully... Rice, Barley, Oatmeal, Wheat and Mixed Cereal for easy introduction of variety. Flavors are distinctive but bland enough to suit baby's sensitive palate. Texture smooth. All are enriched with iron, calcium and B vitamins. Gerber-Ogilvie Baby Foods Ltd., Niagara Falls, Canada.

FAST RELIEF
FROM PAIN OF
NEURALGIA
When you suffer from pain of Neuralgia, Headache or Muscular aches you want relief and you want fast relief. That's Aspirin! Aspirin starts disintegrating almost the instant you take it—starts to relieve that pain almost instantly!

Always Ask For
ASPIRIN
A PRODUCT OF BAYER

COOK'S CORNER



BANANA LOAF

1/2 cup butter
1 cup white sugar
2 eggs
2 cups flour
2 bananas beaten
1 tsp. soda
1/2 tsp. salt
1/4 cup chopped walnuts
Mix and bake 40 minutes at 375 degrees temp.

ANNE ADAMS PATTERNS

SHAPELY SHEATH
With this shapely sheath in your wardrobe, you'll never have another "what-to-wear" worry! It's so versatile, smart, new-looking! Not the easy squared armhole, squared hip pockets. Sew this now in faille, wool jersey, or novelty cotton—you'll love it!

Pattern 4560: Misses' Sizes 12, 14, 16, 18, 20, 40. Size 16 takes 4 yards 38-inch fabric.

This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions. Send **THIRTY-FIVE CENT** (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 St. W., Toronto, Ont.

SUPERMARTS OUTDATED
PRESTON, Ont. (CP)—A Toronto packaging executive says the modern supermarket is already obsolete and cities can start tearing them down to make parking lots and parks. Charles Cornell, general manager of the Packaging Association of Canada, said the time has not yet come when shoppers will rebel against "crowding in around" between crowded aisles to find groceries and then wait in line to pay for them.

COOKING HINT
When making gravy, added richness is gained by using the water in which vegetables have been boiled.

4560
by Anne Adams

SIZES 12-20-40