



THE NEW WAISTLINE

Higher and looser, the new waistline itself. The shoulder line, wider but same marked by a band in the soft, is obtained by a lowered arm-hole seam. Double row of buttons, softly tailored collar and pockets at the hip are among other details of this Paris-designed suit.

ELLEN'S DIARY

A Million Dreams

Today the sun was warm along the white-spread April fields. And a sunset in flaming, spreading colors at the gates of the west was so beautiful, we quite forgave and forgot April's former moody wiles of this week. And loved after fitful days, the scene: woodlands flamed feebly against its bright glow, last sunlight in little pools of brightness here and there along the farmlands before the purple shadows of twilight commenced to pour into the valley, from the dusky-waved vast river of Night.

And presently in calm weather attends the day's passing—as the twilight fades into the dusk, we watched first stars appear. Then the moon a month set her sail and intriguingly moved along the night-mantle of blue. What items she bore away in that new and shining craft! Every care of the magic hour, every perplexity, and foreboding and sigh. And always we fancy, it carries off to some near or far harbour, a million lovely dreams and hopes, wrapped in gold tissue and sealed with small symbols: imprint of horseshoe or a rabbit's tread; wish-bones and true-love's knots and others of Dame Fortune's talismen. And all we think, bound about in a broad ribbon of prayer.

So night came to us in Island places, clear and beautiful, though with Winter's footprints and designs still patterning the farmlands.

And what of today? It was one to favor the cleaning-to wash curtains and spread them to the sunlight and hear again a robin's trill and see a dark arrowhead of wild geese hastening toward some refreshing oasis of flight: a day to see children with bat and ball come to a bare spot of yard and institute with merry laughs another assurance of the season. A pup-dog joining in the pastime, eyes, ears alert. And obviously settled back into the good graces of an owner.

In the morning things had been different. While we breakfasted Mack came in, dog on leash, to seat himself without a word in the old armchair. "And how are your ears?" James asked.

HOUSEHOLD HINT

Before washing nylon mesh shoes stuff them with a towel to absorb their soapy or clear rinse water that might seep through. Use a stiff brush to lather the shoes, and a clean cloth or sponge to rinse. Touch up leather sections with polish and put the shoes on shoe trees to dry.

TURNING IN

It seems you've exhausted yourself critically, trying to "add cubits to your stature" psychologically, by your own efforts. In so doing, you've been attempting the impossible.

You can't be better than you are, by nature and home conditioning, until God makes you so. And the job isn't really His to take over, until you've recognized your inadequacy without His help, and, by some act of the will, have "tuned in" to Him. Or until someone's believing prayer, on your behalf, affords a connecting link between your need and God's response.

So, how to tune in? Well, you might start by reading C.S. Lewis' book "Beyond Personality"—published by Geoffrey Bles Ltd., 52 Doughty Street, London W.C. 1. This is a compilation of short talks by one of the most brilliant men of our times, on the reality of man's need and God's compassion.

RECEIVE GOD
Two other books by the same author (of many he has written) might also help to remove your spiritual blinders: namely, "Christian Behavior" and "The Problem of Pain" (MacMillan publishers). Evelyn Underhill, another English author, also writes with inspired insight about God's concern for me. And you might try her book "The Fruits of the Spirit" (Longmans, Green).

I am not recommending laborious reading as medicine. Rather, I expect the reading to give you light; and you should relax in that light, and let God do the work of healing you. Receive Him, and let Him make you a worthwhile man.

SOLID GIFT
MEXICO CITY (AP)—President Ruiz Cortines of Mexico received a really heavy donation for the national child welfare fund. An anonymous donor sent 120,000 pesos (\$10,000) in gold coins.

HISTORIC NEWSPAPER
The first English newspaper with a continuous history was the Worcester Journal, founded in 1606.

WOMEN

Page 8, The Guardian Friday, April 20, 1956

LET'S EAT Coffee Parties Take Colors From Flowers

By Ida Bailey Allen

"Coffee parties are a favorite in our town," said Mrs. Felix Dezauche of Opelousas, Louisiana, as we settled down for a good old-fashioned visit.

"I suspect that one of the reasons I enjoy giving them is because they can be so pretty. You can work out a color scheme that can be carried throughout."

FLOWER GARDENS

"For example, right now our flower gardens in Louisiana are at their prettiest. Sweet peas, delphinium, larkspur, cornflowers, snapdragons, forget-me-nots, lupins, poppies, are all plentiful. With that wonderful array think of the floral arrangements which can be made! Every season suggests its own color scheme.

"I especially like a yellow and green coffee party.

"After I have decided on the colors, I take the baker samples."

DECORATIVE COLORS

"Of the decorative colors to be used, the baker then tints the dough for my rolls or bread with vegetable coloring to match the samples and bakes it.

"I'm planning a yellow and green coffee party soon for 12 guests. The flowers for the buffet table will be in yellow tones, several varieties, with soft greenery. My linen is yellow, napkins green, the dishes and glassware are green. The following is what I've planned."

Plain Wheat Cream Cheese Sandwiches: A stuffed olive in the center, cream cheese tinted pale yellow, bread tinted pale green.

Vienna Sausage Closed Sandwiches: The bread tinted yellow by the baker, the filling minced Vienna sausages blended with mayonnaise.

Open-Faced Chicken Salad.

Sandwiches: Spread white bread with minced chicken salad. Top with minced hard-cooked egg and dots of green pepper.

Iced Coffee: Top with whipped cream or ice cream and serve from a punch bowl.

"There's one specialty I always include—cocktail size yam balls. I use the formula for full-size Yam balls or croquettes, but make them marble size for parties."

Yam Balls: Combine 2 cups smooth hot mashed cooked or canned yams, 2 tsp. melted butter, 2 tsp. orange juice, 1 tsp. fine-grated orange rind, 1 well-beaten egg, ½ tsp. salt, 1-8 tsp. pepper and 3 tsp. fine-chopped pecans. Mix thoroughly and cool.

For croquettes, shape into balls, using 1 generous tablespoonful each; for cocktail service shape into marble-sized balls, using 1 heaping teaspoonful each.

Dust lightly with flour. Brush with 1 egg white slightly beaten with 2 tsp. cold water. Then roll in fine dry bread crumbs mixed with 1-3 the quantity of fine-chopped pecans.

Fry in deep vegetable fat hot enough to brown a 1" cube of bread in 40 sec., 375 deg. F. Drain on crumpled paper towels.

Hors d'Oeuvre Service: Impale the hot small balls on picks and stick into a grapefruit base.

TOMORROW'S DINNER
Tossed Lettuce-Dandelion Salad
Ham baked in Milk
Yam Orange Slices
Hot Green Beans Vinaigrette
Apple Pie

Coffee Tea Milk
The Chef's Yam-Orange Slices
In a buttered low baking dish, alternate layers of sliced cooked or canned yams and orange sections. Mix each layer with 1 tsp. brown sugar and 1 tsp. melted butter. Bake 30 min. at 350 deg. F.

HAPPENINGS

Senator Elsie Inman returned Monday to Ottawa.

Senator Elsie Inman has recently been in Wolfville where she was the guest speaker at the Women's University Annual Dinner. Senator Inman was the guest of Miss Elizabeth MacMillan, Dean of the Household Economics Department at Acadia University.

Mr. and Mrs. R.R. Bell and Mr. and Mrs. A.L. MacPherson and son Mark, have returned from a trip to Washington and New York City.

Mrs. G.M. Avard who has been visiting in Moncton will proceed with Mrs. L.H. Simmons to Saint John, New Brunswick, where they will attend a convention of the King's Daughters.

Mrs. Ralph Manning and Mrs. Burton Howatt were joint hostesses last evening at bridge. Four tables were in play.

Mrs. Arthur Hogan has been visiting in Halifax. She will be accompanied home by her sister-in-law, Mrs. T.D. MacDonald.

Mrs. Harry Biden, Amherst, was in Charlottetown to attend the funeral of her sister-in-law, Mrs. Harry James.

Mr. and Mrs. Stuart Chandler have returned from a trip to Montreal, Boston and New York. They came home via the White Mountains.

Col and Mrs. G.E. Full and son, Gordon, are in Boston and are registered at the Statler Hotel.

Mrs. R. Vessey, Charlottetown, and her daughter, Miss Kay Vessey, have returned from Stranraer, Saskatchewan, where they attended the wedding of Mrs. Vessey's son, Mr. Athol Vessey. They also visited Mrs. Vessey's sister and brother-in-law, Mrs. Brown and Major R.H. Brown, Regina, Saskatchewan.

STANHOPE W.M.S.
The March meeting of the Stanhope W. M. S. was held at the home of Mrs. Warren Marshall. The meeting opened with the theme and call to worship, followed by singing "O Word of God Incarnate," and repeating the Lords Prayer in unison.

Four members read the scripture followed by prayer and hymn "From ocean unto ocean."

Mrs. Louis Kiedly read a chapter in Husbands Bible Stories.

Mrs. Harry Lawson invited the members to meet at her home in April. Roll Call is to be answered with a verse containing the word "Easter."

Mrs. Harry Lawson and Mrs. Lloyd Shaw will read the stories.

Mrs. Louis Marshall will be the leader. Mrs. Harry MacLaughlan, Mrs. Ray Carr and Mrs. Horace Marshall will be on the lunch committee.

Hymn "We sing the praise of Him who Died" and prayer closed the meeting, after which Mrs. Marshall and committee served lunch.

COOK'S CORNER



BAKED PORK CHOPS

4 shoulder pork chops - trim off fat and brown in 2 tsp. fat place in baking dish, pour fat from pan. Pour 1 can mushroom soup in to frying pan, add ¼ cup water and few grains pepper. Stir and heat then pour over chops. Cover and bake 1½ hours in 350 degree oven for 1½ hours.

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THE FASHION SHOPPE

KEEP IN TRIM

Test Of Middle Spread

By Ida Jean Kain

At first blush, it would seem that a cinched-in waist and trimmed-down hips would give a neat and tidy figure. But if the big muscles that form the abdominal girdle have lost their bracing tone, the figure spreads.

April is no time to put up with that middle spread. . . especially in middle age. So let's measure up. Whip out the tape and measure the abdomen first. Starting below the waistline in back, circle around the upper hips, bringing the tape measure across the crest of the hipbones in front. While commonly called the stomach, this part of the figure is anatomically the abdomen.

For comparison, measure the

hips, circling tape around the biggest area to include the derriere. When the abdomen and hips measure practically the same, the middle spread is on. . .

Fat amidehips contributes to the spread, of course, but it can happen even without excess pounds. And what's more, in figure fixing, it's surprisingly easy to miss these muscles. One model, 5 ft. 4 in., weighing 140 pounds, reduced to 124 pounds and still looked far from streamlined. She had whitened the waist and slimmed the hips, but had skipped the girdle muscles. Here are the corrective exercises which slimmed the middle measurement from 40 to 33 inches.

Position: Lie on back on floor, feet elevated to bench or chair seat to give internal organs a lift, arms down at sides.

Movement: Bring one knee vigorously up toward chest as both arms are raised and stretched back on floor overhead. Pull! Concentrate on the up-and-in pull of the abdominal muscles, pressing small of back to floor. Return arms and foot to starting position and continue flexing alternate knees. . . 6 counts, later 12, still later 18.

Position: Lie on back on floor, left knee flexed, palms of hand on bias muscles of abdomen.

Movement: Pull up-and-in vigorously, and raise right leg just slightly off the floor. Very slowly move the leg away from body, knee straight. . . hold for a second . . . then very slowly return to position. The movement of the leg is incidental. It's the bias muscles of the abdomen that must take the action. Repeat 6 times, change

MORNING SMILE

Uncle Willie, a small businessman, sold out his business—lock, stock and barrel—and promptly reinvested his money in a skunk farm.

"Now," he said, "maybe the government will keep its nose out of my business."

Words Of The Wise

Beware of little expenses. Small leak will sink a great ship. —(Benjamin Franklin)

position of legs and repeat with left leg.

Exercise whittles the middle measurement, but what actually shrinks the stomach? Smaller meals! Stop crowding in too many calories at dinner.

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