

KEEP IN TRIM

Progress Report On Year After One Year Of Dieting

By IDA JEAN KAIN
One year and two weeks ago, a courageous young woman came to grips with a mountain of overweight and resolved to make a miracle happen in her life. You will remember Jean, our model who weighed in at 410 pounds and wore size 60. Her abnormal weight gain dated back to a serious illness in her childhood.

By mid-February of this year, Jean had lost the impressive total of 120 pounds. Ah, our dieter is no longer "carrying" her sister too! Jean's younger sister weighs 125 pounds.

For the past two months, our dieter has held her weight at this lower level in order to give her system a chance to adjust to the change. Here is her progress to date:

"It was a year this month since I began dieting, and what a full and happy year it has been. When I first started, I had the gloomy feeling my world was going to cave in on me. Well, it didn't, but it was rough either. There were times when I've overindulged in an extra treat and then worried about the results on the scales. But in the year of dieting I re-gained only three pounds. But oh, those three pounds seemed like 30 when it came to having to lose them all over again!"

SECOND LAP
On Easter Sunday Jean started the second lap of her reducing program. She writes: "I'm ready to go again. I'm happy to report that I am now working. I love my new job and this has given me a fresh incentive to reach normal weight. I'm setting my second goal for 90 pounds off by the end of the year. By Christmas morning I want to bring my total loss to 210 pounds. That's the winning spirit! Jean is an enthusiastic member of T.O.P.S. Club in her home city of Chicago. At the end of a year of dieting, the club crowned Jean their queen, awarded her a certificate of merit and made her their leader. Pictures were taken on this occasion, and Jean sent one along to your dietitian.

This young woman is a potentially beautiful girl, and the slim, attractive part of Jean is wildly signalling to be released from the burden of fat.

Now that Jean knows she can do it, the hardest part of the battle is won! With the added incentive of the new job and her new responsibilities in the club, she is sure to be a winner.

Our next report will be in three months. Jean, honey, let's make the report 150 pounds off by then. We'll all be cheering for you.

treasurer gave her report—all fees paid.

A letter from the diocesan treasurer was read asking the members to pay their fees immediately. Mrs. Pineau the retiring education convener stated that an honorary member would like a good attendance at the Home and School meeting. She also suggested inviting Cecile Buote and Ellen Gallant to give a report which they had given at the Catholic Action Convention in Charlottetown where they tied with Souris for first place.

Fr. LeClerc reported he had received the compositions composed by pupils of Grade VI VII VIII Eleanor Dolron and Alyre Dolron were chosen the best. The league then gave five dollars for prizes to give to the pupils. Fr. also asked the C. W. L. to take charge of the cleaning of the church then gave us a short encouraging

talk which we appreciated very much.

Mrs. Maurice Doucette was received as a new member. It was decided to have the meetings in the hall for summer months and serve lunch. Fr. LeClerc gave his blessing and the meeting closed with a prayer.

RCAP BAND TO TOUR
LONDON (CP) — The 55-piece RCAP central band begins a tour of Britain and the Continent today with a concert during the lunch interval at the Nottingham county cricket ground at Trent Bridge. They will appear in France, Germany, Belgium, Luxembourg and Italy.

Ice covers about half the area of the Arctic Ocean, which altogether extends over 5,500,000 square miles.



LOVELY LACE

Lovely lace dresses beautifully the evening scene everywhere. The neckline is softly young, the high, wide line set off by ties at each shoulder in matching mousseline de soie. This filmy fabric is also crushed at the waistline and forms panels in back.

WHY HAVEN'T WE A FLAG?

WHY can't Canadians agree on the flag issue? Canada is the only major country without a distinctive banner. Thousands of designs were submitted to Ottawa. What stands in the way of a final decision? Let's find out.

In this week's Star Weekly Monroe Johnston begins a searching series on this controversial question.

And that's not all in the feature-packed Star Weekly... Over 100 pages of pictures, current articles, sport, adventure, wildlife, color comics, full-length fiction stories and a women's section devoted to fashion, kitchen activity and homemaking.

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BLITHE BONNET

Femininity is highlighted in this gently-titled bonnet of novelty pink straw. A Mr. John Jr. model. Pink roses with realistically long stems and green leaves trail gracefully across the brim, the roses placed to accent the softly curved line. To complement this hat, a soft hairdo features a deep wave dipped to one side of the brow and a fluff of brushed up curls at side and back.

Girls Work Way Through Canada

WINNIPEG (CP)—Two English girls seeing Canada by motor scooter stopped here to restore their finances after a trip from Toronto.

Pat Fitzgerald, 19 and Shirley Caulkett, 23, both of London, England, met last August on a lake trip from Toronto to Niagara Falls. They pooled their resources to buy the scooter and leave Toronto. Before either had left England, they had had the idea of working at different places in Canada so that they could see the country.

They started out from Toronto with a stake of about \$335, but spent most of it on the way. They went through Sault Ste. Marie, took a ship to the lakeland and spent three days in Fort William before continuing.

The girls went to work for a secretarial firm here to recoup their finances for the next journey. Travelling about 140 miles a day, they intended heading for Calgary, with a possible stop at Regina. And with the weather warming up, they figured on being able to use their tent on overnight stops.

Their ultimate destination is Vancouver, but time of arrival there is undetermined. Once they get there, they said, they have an open mind about what they will do next.



BETTE JOYCE WILTON DR. A. E. JOHNSTON

ENGAGEMENT ANNOUNCED

The engagement has been announced of Bette Joyce, younger daughter of Lieutenant Commander P.K. Wilton and the late Mrs. Wilton, Halifax and Saskatoon, to Doctor Albert Ernest Johnston, son of Mr. and Mrs. Leon Johnston, Montague, P.E.I.

The wedding will take place July 3rd, 3 p.m. in St. Philips Anglican Church, Halifax. Miss Wilton is a graduate nurse of the Victoria General Hospital, and Doctor Johnston is a graduate of Dalhousie Medical School.

STANHOPE W. I. The regular meeting of the Stanhope W. I. was held at the home of Mrs. Ray Carr on June 1st. The meeting was opened by the vice president, with the collect repeated in unison. 9 members and 2 visitors were present. Minutes were read and approved. Correspondence was discussed. After the reports, new committees were appointed as follows: Sick, Mrs. Mantin, Mrs. H. R. Colbert; Letter, Mrs. B. Ellis, Mrs.

WELSH TREASURE
William Salesbury's collection of Welsh proverbs, published in 1547, is believed the first book printed in Welsh.

Place of next meeting undecided. Roll call. "My favorite Cooks recipe." Collection amounted to \$1.15. Meeting closed by singing "Home Sweet Home." Lunch was served by the hostess, assisted by the committee in charge and a social hour enjoyed.



TEENS 'N' TWENTIES TAKE TO TEA—A cup of Tea works wonders when they're tired and it's so relaxing.



PRETTY PARTY DRESS

This appealing sub-teen style in Schiffli-embroidered nylon sheer makes a delightful summer party dress. And it also has the cover-up look necessary for important occasions such as graduation day. The crisp, lightweight fabric is cool and comfortable on the warmest days and keeps its fresh look.

resists wrinkling, washes easily and needs little or no ironing, all very important at this time of year. Bows of nylon lace and tiny rhinestone buttons emphasize the dainty look of this shortwaist style. Plain sheer is used for the collar, cuffs and band at the hemline.

Ask Widened Advance Poll

VANCOUVER (CP)—The Young Women's Christian Association of Canada called on the federal government Friday to extend advance polling facilities at general elections to all voters unable to be at home on election day.

Advance polling privileges at present are granted only to commercial travellers, fishermen and RCMP officers.

The 430 delegates attending the association's 20th national convention, many of whom will not be home in time to vote, gave unanimous approval to the motion, proposed by Mrs. Edward Roberts of Halifax. It asked that the facilities be extended to all voters "absent from home by necessity."

WOULD PROBE FALLOUT
Mrs. Roberts, who presented the report of a world affairs study group, also proposed successful resolutions calling for government research into nuclear fallout and appointment of a Canadian woman representative on the United Nations status of women commission.

She said it is the role of the YWCA to encourage international understanding and good will. The association could best do this by promoting international youth conferences, organizing group visits by members to the United Nations headquarters in New York, exchanges of teachers and students and promotion of UN work camps in needy countries.

MARRIAGE PREPARATION
Marriage counselling and marriage preparation courses were advocated in two other reports presented to the convention.

"We should educate for marriage, not for getting married," said Mrs. F. Armour Ford of Edmonton who described the YWCA's main concern as "the family unit." Advantages of fuller education should be impressed on girls, she said.

A resolution proposed by the Halifax YWCA and approved by the convention called for a study of the relationship of the YWCA with the life of women in Canadian universities. It urged co-operation with existing university Christian organizations.

The week-long convention, held every four years, closes today with installation of new officers and a summary of discussions by Miss Agnes Roy, national executive director.



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YOU CAN WIN!

15 GLAMOROUS NEW CARS TO BE GIVEN AWAY!

5-1ST PRIZES
FORD
"HIDE-AWAY" HARDTOPS

5-2ND PRIZES
MONARCH
LUCERNE CONVERTIBLES

5-3RD PRIZES
FORD
SUNLINER CONVERTIBLES

FORD-MONARCH SALES JAMBOREE

1st PRIZES
Ford Skyliner "Hide-Away" Hardtop—the most exciting new car on earth! Here's all the snug protection of a hardtop plus the sun-loving fun of a convertible. It's another automotive first from Ford.

ENTER THIS SENSATIONAL CONTEST!

There's nothing to buy! 15 glamorous prizes will be awarded during the big Ford-Monarch "Sales Jamboree" June 10th-August 17th. At the end of every second week a winner will be selected from each of these areas: The four Western Provinces and Lakehead area—Ontario—Quebec, Maritimes and Newfoundland!

For ten wonderful weeks we're holding a big "Sales Jamboree". At the end of every second week we'll be awarding three fabulous prizes—a Ford Skyliner "Hide-Away" Hardtop, a Monarch Lucerne Convertible and a Ford Sunliner Convertible! Just think of it, there are 15 glamorous new cars waiting to be won—and you could be a winner! Get the full details from your Ford-Monarch dealer.

The glamorous Skyliner—a milestone in automotive design—the top car in the Ford line—but every Ford model from Custom to Fairlane 500 and from Thunderbird to Station Wagon is just as outstanding in its own field.

Monarch too, is the success car in its field. Fired with the spirit of the future, the all-new Monarch with its imaginative styling is the surprise car of the year.

If you want to own the leaders in the field... the leaders in performance and preference... in style and stamina... in sheer glamour and newness... go Ford or Monarch!

CONTEST RULES

- All entries must be submitted on official "Sales Jamboree" entry forms.
- "Sales Jamboree" entry forms are obtainable only from your local Ford-Monarch Dealer.
- Complete this statement in 50 words or less: "I would like to own and drive the new kind of Ford because..."
- To be eligible, your "Sales Jamboree" entry must be signed by your Ford-Monarch Dealer or one of his salesmen.
- Entries must be deposited in the official "Sales Jamboree" contest entry box at your Ford-Monarch Dealer's.
- Any person resident in Canada and possessing a current driver's license is eligible, with the exception of employees of Ford Motor Company of Canada, Limited, its dealers, its advertising agencies and their families.

See your FORD-MONARCH DEALER

2nd PRIZES
Monarch Lucerne Convertible—fired with the spirit of the future. Surprise car of the year—success car in its field!

3rd PRIZES
Ford Sunliner Convertible—Canada's favourite convertible. This sculptured-in-steel beauty is long, low and loaded with GC

You'll get the greatest deals in town during the FORD-MONARCH SALES JAMBOREE!

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