

One Meal A Day and Walking Keep French Women Slim

NEW YORK (NANA)— Hold it! Don't reach for that extra piece of fruit cake. You're facing your bright resolve to reclaim your figure from the soft embrace of excess avoirdupois. Remember?

And you can do it, too, and look like a Paris model of high couture if you'll take a hint from the svelte and fashionable wife of French Ambassador Henri Bonnet.

Madame Bonnet, who placed fourth in the 1953 best-dressed women list, promises that you can eat everything, too. Oh, my, there is a catch, of course. Yes, you can retrieve that slender silhouette in 1954 if you will stick to one meal a day—and no second helpings!

That's what she does. And that's what all French women do who wear the pencil-slim lines of Dior, Mainbocher, Jacques Fath and the rest of that exclusive coterie of French fashion creators do, too she says.

For a long time now, we have been wondering why French women, of almost any age, never seem to grow fat. They never let the pounds creep up the scales as the years creep which has beset many a Washington wife after only a few months on the Washington party circuit.

And so, at the dinner party which Ambassador and Madame Bonnet gave in honor of the new Canadian Ambassador, Arnold D. Patrick Honeey, and Mrs. Heeneey, one of the guests put the question to Madame Bonnet.

This was the moment that the piece of resistance of the meal was being served. It was filled with pignion, stuffed with pate de foie gras — goose liver to you—soaked

in cognac and baked in a paper-thin "shirt" pastry to retain juices.

There were three wine glasses at each plate. And shortly the whole epicurean dinner wound up with the dessert in the shape of an Eiffel Tower-like confection wrought in ice cream, whipped cream, and chocolate mousse. Rich? Oh, my, aching calories!

"How do the French women keep their figures as they do when they eat the richest food in the world?" was the question.

Well, this is what they do: Breakfast — Black coffee, small piece of toast.

Lunch — The main meal in France — something of everything, but no second helpings.

Tea — No little cakes, cookies or sandwiches.

Cocktails — No cocktails.

Dinner — No dinner except a little salad, perhaps.

Since here in Washington the main meal of every day is dinner at eight Madame Bonnet reverses the roll call of "eatless" meals. She eats no lunch, but makes dinner her main course.

But food is not all this story of French figure success. One big difference between life in Washington and life in Paris is that the American women prefer four wheels wherever they go, and the French women prefer their own two feet.

"French women do so much more walking than women in this country because we do not have the motor cars in France," says Madame Bonnet. "Women take buses and subways in Paris, and they have to walk to them, and that walking, of course, is good for the figure."

National Ballet Director Says Company Needs Gov't Subsidy

TORONTO (CP) — Canada's fledgling National Ballet Company is hard up—distressingly so—and Ceila Franca, the former Sadlers Wells star who directs it, says plainly: "We need government support."

For Miss Franca and her group of 33 dancers, principals and corps de ballet whom she has assembled from across the country, the latest disappointment is that they have had to turn down an invitation to tour Australia.

The deal fell through, said Miss Franca, because the Australians insisted the Canadian government put up part of the guarantee. But Ottawa declined.

"The federal government should subsidize the National Ballet and other Canadian cultural groups," she added. "Canada and the U. S. are just about the only countries which don't support the arts through government grants."

"We think our company could bring great prestige to Canada by touring abroad. But we simply can't do it without financial help."

Ballet is hardly ever self-supporting, she explained. In Britain, France and other European countries, ballet, along with opera, is government-subsidized. Sadlers Wells, perhaps the world's most famous touring company, is government-supported and is able to embark on ambitious tours which bring acclaim to Britain.

Lacks A Home Biggest obstacle for the three-year-old company which won enthusiastic notices from New York critics at its U. S. debut at Jacob's Pillow, Mass., ballet festival last summer, is the lack of a permanent home.

It has to rehearse in a different hall in Toronto each week. It can't afford dress rehearsals or an orchestra at regular rehearsals. The nearest thing it has to reg-

ular rehearsal hall is the ancient St. Lawrence market building.

But when winter sets in, the dancers must move out to make room for the unemployed city house there. Then the company migrates to a theatre, a gymnasium or perhaps even to a dance studio.

"There was one week when we had no place to go," said Miss Franca. "Most ballet companies have two lighting rehearsals, two for costumes and a dress rehearsal. We never rehearse with an orchestra. We use a piano for our rehearsal."

"Why, I even have women making costumes in my apartment." After an engagement in Toronto at the end of January, the company will dance in Montreal, St. Catharines, London and Hamilton then cross the border for engagements in Detroit, Minneapolis, Milwaukee and Seattle. While out west they will appear in Vancouver.

Household Scrapbook By Roberta Lee

Bluing Dissolve the bluing in warm water, then draw a cloth through it to take up any floating particles. Shake the garments to loosen the folds before placing in the bluing water, and it will prevent having streaks.

Wall Paper To remove wall paper saturate the paper with boiling water and peel it with a whitewash brush. When loose, use a broad-bladed putty knife for scraping it off.

Poached Eggs Use hot milk instead of hot water for poaching eggs. The result will be much more tasty and nourishing.

Alice Brooks Designs

IRON-ON DESIGNS IN GAY COLORS

Advertisement for Alice Brooks Designs featuring iron-on designs in gay colors. Includes images of parrots and a list of designs like 'VIVID PARAKEETS' and 'IRON-ON WASHABLE COLORFUL'.

Rev. A. Johnston Weds In Scotland



The marriage took place December 9, in the Elder Memorial Free Church, Edinburgh, Scotland, of Rev. Alasdair Johnston, and Christina MacLennan. The ceremony was performed by the bride's father, Rev. Gordon MacLennan. Mr. Johnston, who is a Free Church of Scotland Minister, spent six months last year preaching on the Island, assisting Rev. J. H. Bishop, Charlottetown.

ELLEN'S DIARY By An Island Farmer's Wife

Inclined to be outdoors in the prevailing mildness, we forsook for the time our indoor cares and came to clean the scratch-floor of the poultry-house this morning. Not that we did the actual cleaning, once James learned of our intent, but we carried soft bedding material from the barn to line cozily the nests and it was our chore also to bring thither the caft which now cleanly carpets the place.

The fowls, bright-eyed pretty matrons were the chicks of last June, acquired by the children who now growing toward man's estate, have all too soon embraced the sentiments held by some of their masculine forebears, who regard this part of mixed farming to be for the most part women's work.

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How Can I... By Anne Ashley

Modern Etiquette By Roberta Lee

A Country Garden

By Mrs. Gordon MacLennan

I have remembered fragrances: the strong Scent of clover out of wintry meadows Before snowfall when the nights of cold were long.

I have received a letter and official publication of the International Geranium and Pelargonium Society from Santa Paula, Box 231, California and as almost everyone is interested in growing Geraniums it seems that it would be a good idea to join this society.

It is estimated that there are 35,000,000 geraniums sold in North America each year so that there must be a large number of people fond of them.

That Body Of Yours By James W. Barton, M.D.

PLEURODYNYA (FALSE PLEURISY) IS A CONTAGIOUS DISEASE

When an individual gets a pain in the chest, the cause may be pleurisy, but he thinks he has pleurisy, as pain on breathing is the outstanding symptom of pleurisy—inflammation of the covering of the lungs.

I have written before of an epidemic of pleurodynia which occurred in a village in England where a large percentage of the inhabitants were stricken.

By use of the fluoroscope (X-rays) it was found that the large muscle—diaphragm—that moves when the individual breathes, was splintered, or fastened, so that it was not moving up and down and this was why the patient found it difficult to breathe and it hurt him when he did breathe.

That pleurodynia is contagious was shown by the fact that a son aged 3 and a daughter aged 5 experienced mild illness with painful breathing only a few days before.

Looking back over records of patients seen in July, Dr. Risser found several faulty impressions: shingles (herpes zoster) without eruption, coronary thrombosis without electrocardiograph signs (disturbance of rhythm of the heart beats) gall bladder disease without jaundice or stones, and ulcer of the small intestine, in which the X-ray film did not show ulcer.

These January days it is pleasant to read about lovely gardens in other countries.

George Taloumis writes of the gardens in Italy. "Miles and miles of ancient olive groves, waving fields of golden grain, broad expanses of sprawling vineyards under an intensely blue sky—these were my first impressions of southern Italy as I rode the train to Naples. The trunks of the olives were twisted and gnarled, as if to tell the tortuous effects of wind and drought. Through their rugged branches, glimpses of the deep blue Adriatic were visible—a fitting background for the pure, silver lustre of the olive leaves which glistened as the wind revealed their shiny under surfaces."

Better English By D. C. Williams

1. What is wrong with this sentence: "On account of difference in policy, the two countries are at war with one another."

ANSWERS 1. Say, "Because of differences in policy, the two countries are at war against each other." 2. Pronounce "bag-ard," first a as in "second" as in "an," accent first syllable; and not black-gard. 3. Adherence. 4. Dispute; debate. "Let some wise person settle this controversy." 5. Feign.

DOROTHY DIX'S COLUMN

Widow's Plaint

She's Pondering Going To California Because Of Friction With Sisters

DEAR MISS DIX: Since I lost my husband ten years ago, I have lived with my two sisters, one married and one single. I am 50 years old, have a good job, dress well, and am told I don't look more than 38. I have a married son; he and his wife would like me to live with them, but I feel each married couple should be alone. There is frequent friction between my sisters and myself and it is making me very nervous. As a consequence, I have considered moving to California (I now live in the East). I could be transferred to the Pacific Coast branch of my company, and also could make my home with a cousin. Do you think the change would be desirable?

CHANGE WOULD BE WISE

ANSWER: Almost everyone benefits at some time from a change of scenery; in your case I think the suggested move would be especially wise.

For one thing, there's no burning of bridges involved; if you don't like the new surroundings, you can always return to your home town. There's no guarantee that friction will be nonexistent between you and your cousin. If you don't find her congenial you can always try living alone for a while.

DEAR MISS DIX: I am 18, a high-school graduate with a good job. For some time I have wanted to join the Waves. At first my family approved, but now they are reluctant to let me go. How can I make them see things my way?

ANSWER: Take Mom and Dad along for a talk with the enlistment officer at the local Navy recruiting office. Nothing clears the atmosphere as well as a thorough knowledge of a problem. If your family learns the details of Navy life from official quarters, either they'll be satisfied to let you go ahead, or else they'll have the right answers to deter you. There are many advantages for you in the service, if you are the right person to accept them.

Miss Nissen cannot reply personally to readers but will answer problems of interest through this column.

their gardens for, to be at their best, there must be fragrant flowers to satisfy the sense of smell, since there is so much to feast the eyes. At night when deep shadows and darkness cast their aura of mystery, there is still the perfume—stronger and more intoxicating than in the light of day.

Space in these gardens is so precious that every inch must be cultivated intensively, but what a thrill to look down the terraces, through the olive trees down to the rocks below. On one side you look down on terraces spattered with wild red poppies to the blue, blue sea below.

Geraniums provide much color, too. They grow into large bushes, and as in Greece they are grown in pots or boxes on balconies, window-sills or along the sides of stairs. Rome is a city of fountains with 450 scattered throughout its area. Water is a necessary element of Italian gardens, and flowers appear in the spring before the hot weather withers them, then deep greens and greys of olive, cypress, pine and oak take over with water for coolness and refreshment.

Outside Rome a visit to the magnificent Villa D'Este is always a must. Built in 1549 by Cardinal D'Este son of Lucrezia Borgia, it is considered the outstanding Renaissance villa in the world, with its innumerable fountains and cascades. The 450 cypresses, planted by the cardinal himself, cast a shade so dense that when deep green and greys of olive, cypress, pine and oak take over with water for coolness and refreshment.

Flower stalls are everywhere. A delightful stand under colorful umbrellas is located in front of the Spanish Steps at Dispanj. In late May and June the flowers included madonna and regal lilies, sweet william, larkspurs, carnations, amaryllis, roses, shaeta daisies, anthurium, yellow callas, fragrant gladiolus and water lilies.

Box patterned gardens overlooking the famous river Arno were filled with panicle and rose and pink clarkia. Attractive beds were made of Japanese Iris with enormous wisteria surmounting the high walls. Woodbine and winter jasmine with English wall flowers and gardenias by the pool in the shade and moonvines on the terrace wall unfolded their white saucers at dinner-time.

Beautiful as this old garden was during the day, it truly blossomed forth into magic glory during the cool of the evening. It was a sublime experience to stand at an open window in the deep of the night, breathing the hot fragrance of the magnolia or the more gentle perfume of the jasmine as it wafted over the swimming pool. And perched on the terrace and moonvines on the terrace wall unfolded their white saucers at dinner-time.

RECORD SEASON

WATERTON, Alta. (CP)—Tourist registrations in the Waterton Lakes National Park in the 1953 season reached a record. A total of 206,587 visitors in 52,485 cars were registered at the park gates.

Best for Baby's Coughs

WATERBURY, England (CP)—A 700-year-old bridge over the River Idon has collapsed. The bridge had been saved two years ago when residents of this Nottinghamshire village petitioned against its demolition.

Famed Violinist Forgets Score

DALLAS, Tex., (AP)— Jascha Heifetz, the perfectionist, forgot Sunday.

The renowned violinist had just started the third movement of the Sibelius Concerto in D Minor at the Dallas Symphony Orchestra's subscription concert. After a few measures, he signalled conductor Walter Hendl to stop the orchestra and start the movement again.

"I just forgot," Heifetz said afterward. "It happened to me once before in 1919 at a Boston performance of the same concerto, in almost the same spot."



OATMEAL CRISPS 1/2 cup butter 1 cup brown sugar 1 egg 1 cup flour 1/2 teaspoon baking powder 1/4 teaspoon soda 1/4 teaspoon salt 1 cup rolled oats 1/2 teaspoon coconut 1 teaspoon vanilla Drop in pan by spoonfuls and press with a fork dipped in hot water.

Morning Smile

"But there should have been a substantial balance in this joint account of ours."

MINTED ORANGE TEA 3 cups boiling water 6 tea bags or 6 teaspoons tea 1/2 cup lemon juice 1/2 cup orange juice 1 pint gingerale 6 mint sprigs 6 slices orange sugar to taste Pour boiling water over tea; brew for 5 minutes; strain. Pour over chopped ice or ice cubes. Add lemon and orange juice and as much sugar as desired. Add gingerale when ready to serve. Serve with ice in tall glasses with a sprig mint and a slice of orange in each glass.

SPACE JOKER

LONDON, (CP)—Passengers at London airport were startled when a voice from a loudspeaker boomed "This is rocket ship Lunar calling from outer space." Officials said some practical joker had found an unguarded microphone.

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