

WOMEN

Page 14, The Guardian Thursday, Feb. 9, 1956

Happenings

Lieutenant-General Guy Simonds, C.B., D.S.O., is regarded generally as one of the most brilliant soldiers Canada has produced. General Simonds attended Ashbury College and the Royal Military College. At the latter he was awarded the Sword of Honour and the Governor-General's Silver Medal. He proceeded to the Staff College and Imperial Defence College, in London, England. He had a brilliant and distinguished career in the late war, commanding the Second Canadian Corps in North West Europe, and First Canadian Army during the battle of the Scheldt. In 1947 Chief Instructor of the Imperial Defence College in the United Kingdom following which in 1949 he was brought back to Canada to be Commandant of the National Defence College at Kingston. He was appointed Chief of General Staff in 1951, and retired in 1955. General Simonds has been the recipient of many important honours and awards, including those of U.S.A., France, Belgium and the Netherlands. Our province is honoured that the Canadian Club of Prince Edward Island brings as such an illustrious visitor.

The Hon. A. W. Matheson, Premier of Prince Edward Island arrived by plane last evening from a trip to Toronto and New York.

WORKSHOP PATTERNS

The tables in the above sketch show the construction and proportions of some very early examples to be seen in the American Wing of the Metropolitan Museum. In early times when a man built his own house as well as his furniture trestle tables were popular. With modern power tools the construction of these tables is quite simple. Their good lines and utility make them favorites with home craftsmen. Directions for the three sizes which we have found to be the most popular for today's homes are on pattern No. 390. The price of the pattern is 35 cents. The early American Reproductions Packet of patterns for making five other authentic museum pieces will be mailed for \$1.50. Guardian Pattern Dept., 4433 West 5th Avenue, Vancouver, B. C.

The February meeting was held at the home of Mrs. Howard Cudmore on Thursday evening Feb. 2. Due to unpleasant weather conditions the attendance was not as large as usual. The president conducted the meeting, and roll call was answered with a current event of interest. Two dollars was voted for the March of Dimes, and subscription to the "Polio Post."

It was decided to have a social evening of cards and crokinole in the hall on St. Valentine's night, Feb. 14th, everyone in the district welcome. Lunch to be served. Appointment of new committees postponed till next meeting. Collection was \$1.90.

Mrs. Gregor McCallum invited the March meeting, and roll call will be answered with an exchange of books. Lunch was served by the hostesses, and the meeting closed with the National Anthem.

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Borden Bridal

Mr. and Mrs. Lloyd Alexander Bruce cut their wedding cake following their marriage on Tuesday, January 17, 1956 at 4 o'clock at the home of the bride's mother. The bride is the former Miss Daisy Elizabeth Trenholm, daughter of Mrs. Palmer Trenholm, Borden, and the late Mr. Trenholm. The groom's parents are Mr. and Mrs. John Bruce, Victoria. Rev. G. Cowper-Smith of Borden United Church performed the ceremony.

LET'S EAT

Homemakers Overlook Value of Fresh Fruit

By Ida Bailey Allen

"Here is an interesting statement from the Department of Agriculture about fruit, Chef," I said. "The total quantity of fresh and processed fruit used in the United States has been about the same for the past 10 years." "Which means, Madame," he replied, "that the consumption per person has declined, since the same amount of fruit now serves a much larger population."

FROZEN FRUITS

"The statement goes on to say that the use of frozen fruits and juices has risen sharply and canned fruits has risen slightly. In contrast, dried fruit is down slightly, canned juices down moderately and fresh fruit down considerably." "How do you account for this situation, Madame?" "Advertising is evidently back of the increased use of frozen fruit juices and fruits and the slight rise in the use of canned fruit. Dried fruits, canned fruit juices and fresh fruits have not been as generally advertised, so escape the attention of many homemakers. "Fresh fruits of all kinds should be used often in the daily diet. They provide vitamins, minerals, essential enzymes and roughage. The bioflavonoids in fresh whole oranges make them invaluable to intestinal good health; fresh pears and bananas are both low residue foods, helpful as intestinal ballast ever to sensitive intestinal tracts.

When done, remove the spareribs and stuffing to a platter by means of a pancake turner. Make gravy from the pan drippings.

SAGE-APPLE STUFFING: Combine 2 c. fine enriched bread crumbs, 2 tbs. melted fat, 3/4 tsp. salt, 1/4 tsp. pepper, 1 1/2 c. minced tart apple, 1 tbs. minced onion; moisten with 3/4 c. boiling water.

BANANA-ADE CUP FROM THE CHEF

Peel and slice 6 ripe bananas 1/4 in. thick. Arrange in sherbet glasses. Almost cover with frozen lemon and lime concentrate diluted with twice the quantity of cold water.

Words Of The Wise

Only he who can see the invisible can do the impossible. —(Frank Gaines)

Dior Does It Again, This Time With New "F" Line

By NADEANE WALKER

PARIS (SP)—Dior's new line this time the "F"—is again the biggest news of the Paris spring fashion showings. But one irate Paris fashion editor blasted him for "dehumanizing" woman.

The fact that small waistslines are general this year is the best news, fashionwise, that women have had for several seasons. With few exceptions, the unbelted bag has disappeared.

PAPERS NOT EXCITED

Paris papers have remained rather unexcited about Dior's latest line. Most of them ran a straightforward description, without comment or criticism, on a back page. But at least one long-suffering fashion editor was stirred to an attack on the style dictator. After remarking that "High fashion is one thing, and Christian Dior quite another," the writer criticized Dior for breaking all the rules and "betraying without cause the natural needs of the body by changing continuously the form."

"It is with difficulty," she remarks bitingly, "that anyone could imagine a child behind the skirts of a Dior-dressed woman!"

Genevieve Fath apparently pleased her opening day audience again with a curvy, natural silhouette. A small waist nipped in

KEEP IN TRIM

New 1956 Sheath Styles Call For Slim Svelte Hips

By Ida Jean Kain

The hips. Oh, the hips! Many a girl complains ruefully that she would be a perfect size 14 if it were not for the hip measurement. Others lament that they cannot wear the slimming sheath style dress. Whether the trouble is pin-cushions of fat padding the sides of the thighline, a general spread or hips that bustle out rearward, there is a special exercise technique to bring hips to terms.

To begin with, there are six hip muscles to spread—three pairs. The gluteus maximus is a large fleshy muscle on the back of the hips which forms most of the buttocks. The gluteus medius and gluteus minimus flank the sides of the thighline, giving rounded contour to the sides of the hips.

The hump and hollow on the outer thighline is caused by lack of tone in the side flanking muscles. To wear down the fat pad, bounce, bounce...

Position: Half reclining on floor on left side, resting on pincushion of left forearm, left leg straight down, right knee bent, feet on floor.

Movement: Bounce, bounce, bounce up and down smack on fat padding.

The big muscle on the back of the hips is reached when the hip is flexed to an angle of more than 45 degrees or when there is strong resistance. Here we go...

Position: Lying on left side, head pillowed on folded arm. Have palm

between well-round bust and hips creates a modern hourglass figure, which she calls the "chalice line."

Patou's collections have also been praised by the fashion press as better than usual this year.

Genevieve Fath apparently pleased her opening day audience again with a curvy, natural silhouette. A small waist nipped in

Finish with a rolling exercise which deals with the general spread.

Position: Sitting on floor, lean slightly back to bring weight to rest on the hip spread. Have palms of hands on floor, slightly back, to act as brace.

Movement: Roll plump across the hip spread clear over to the side thigh bulge, and back across hips. Make this a rhythmic, rocking movement, rolling slowly to bring weight to bear on the bulge. Continue for 25 counts.

With weight at reasonable normal, tone the muscles which shape the hips and you will be able to wear a sheath style with dash.

MORNING SMILE

After a long and useless life, an old-rounder contends that it isn't running after women that's bad—it's catching them that causes the trouble.

HOUSEHOLD HINT

To take care of a piano, place it on an inside wall away from sources of heat.

If this is impossible, keep a pan of water under the piano, and when the instrument dries out, refill it to give the instrument the moisture it requires.

ELLEN'S DIARY

Children Visit At Alderlea

"Thanks! I'll use it in the play-house," Granddaughter said pleased with the gift of a chipped cup from the cupboard. She was silent a moment then, seeing we suspected the glory of sunshine filtered by green leaves and hearing robin-trills from a bough. "It won't be long before we'll be playing there again. See how fast the winter is passing!"

It had been a blustery morning, the blown falling snow, keeping the two children home from their classes and confined to a period of indoor play. But after dinner when the day had cleared, they had come along the snowy path which leads beneath the loved white birch tree to visit at this house, a place for which they seem to keep a warm corner in their affections.

Not, as they will explain, that they do not love well their own home—the house across the lane—but that they seem to find a fascination in looking at, touching, handling and altogether enjoying the various "treasures" of this elderly place, which have come down with it through the years. Not that we have any store of these, nor are they of much value commercially as such things go, at the same time the children are intrigued by every relic, quaint now and of course storied, of a time now long passed away.

Granddaughter took down again from its place on a shelf a little rose-be sprinkled china clock. Wound it, smiled then as she listened to the miracle of its tick; asked once more for its history and acquired thus a more intimate knowledge of a bygone era of our rural living.

Seated on a rug before the room-fire, Mack dissembled the old cruet, handle, circlet, base, having first set its glass jars aside. Then after a spell of play with it, he reassembled the parts carefully asking matter-of-factly, "Who are you going to give this to, when you're dead?"

"Silly!" Granddaughter twinkled. "How can one give away anything when they're dead?"

So they come to visit at this house of their forebears, the two children of this farm, our one granddaughter nine past, and the little boy of six, upon whom the hopes of it rests. Will he be, as his grandfather predicts, "A good farmer" in his turn? One who will garner nice harvests, whose stables will give him stock in plenty of his summer-meadows? Or will the barns of now be empty vacant buildings, wherein lonesome winds wander and odd guest-swallows nest?

"It won't be long..." Granddaughter said. No, not long till the new wine of spring pours into the valley. Past a few snowfalls, a bit of frost, a wintry wind in the chimney, so we Islanders come to the violet-time and the joys of the may-flowered days.

Now there is snowfall. In the yard-lights, how gently it falls. The flakes settle lightly on the horse, on the robes of sleigh and the driver—a "kaleying" farmer who now leaves the yard. And "safe home!" James calls at the team moves outward into the night. And there too-to some strange haven of time, goes now another winter day.

Until tomorrow—Diary—Good night....

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