

Want More Than Weight Reduction From A Diet

By Ida Jean Kala

What do you want to accomplish with a diet? To reduce, of course, is the immediate response. But you really want so much more than that.

Analyze the reasons why you want to lose the excess pounds, isn't it because you want to look younger, lose the middle spread, and get back your bounce? Deep down, the reason for "reducing" is to add a plus quality to living. Fine... but it can only be accomplished with scientific slimming. A faddy, inadequate diet will defeat your purpose by lowering your vitality.

When looking over a scientifically planned diet, before deciding you couldn't possibly reduce on that amount of food, try it... you'll be surprised. But toss overboard all outmoded notions of diet. Scientific slimming is different... and exciting in results.

EAT TO REDUCE

For example, if you're not particularly hungry in the morning, you can consider breakfast a complete waste of calories. That may be true if you are a late riser and breakfast comes too close to the lunch hour. But for the working girl and the busy housewife, the right kind of low calorie breakfast can speed up reducing. Have no more toast and jelly or doughnuts and coffee breakfasts — that will not help slimming along. Breakfast should act as a spark plug, and a balanced breakfast will give you fruit juice, an egg, a thin slice of enriched or whole wheat bread and coffee. Enriched bread means enriched with minerals and vitamins — not calories.

Eat lunch on time, four hours

later. Don't wait until you are ravenously hungry. Have a planned lunch, not just snacks from the refrigerator.

Dinner should not exceed 450 calories for sedentary workers, 500 for active homemakers. That number covers a liberal serving of lean meat (all fat trimmed off and no gravy), 2 vegetables, a salad with special dressing or vinegar and seasoning, plus fruit for dessert.

On scientific slimming fare, you will have more bounce with less weight, for all the essential nutrients are provided in abundance.

Breakfast: Tomato juice (4 oz.), with lemon; poached egg on thin slice toast; Mr. 2nd slice toast lightly buttered; coffee, black.

Luncheon: Luncheon meats, spiced ham, 1 slice, bologna, 1 slice, cheese, thin slice, 1/2 oz.; bread, Mrs.—1 thin slice, Mr.—2 thin slices; butter, 1/2 pat; cantaloupe—half melon; tea or coffee.

Energy pick-up: Glass of skim milk or buttermilk.

Dinner: Cube steak, pan-broiled large baked potato; Mrs.—1/2 potato; Mr.—1 medium size; butter, 1/2 pat; choice of: Summer squash or carrots, crisp celery and radishes, gelatin dessert with fruit added—2-3 cup.

WOMEN HAPPENINGS

Hon. Justice F.H. Barlow and Mrs. Barlow, Toronto, who are holidaying in Great Britain were among the guests at the Royal Garden Party, Buckingham Palace.

A miscellaneous shower was held at the home of Mrs. John DuPasquier by the staff of Falconwood Hospital in honour of Miss Priscilla Griffith whose marriage takes place in the near future.

The bride-to-be was escorted to the prettily decorated chair by Miss Kay MacNaughton, R. N. The gifts were opened by Miss Marie Brazel and the accompanying verse were read by Mrs. Laura Kitchen and then passed to the guests by Miss Bea Murphy.

The rest of the evening was spent in dancing and singing. A dainty lunch was served to all by Mrs. John Du Pasquier, Mrs. Kitchin, Miss Murphy, and Miss Brazel.

After the singing of "For she's a Jolly Good Fellow" the evening was brought to a close.

Mr. and Mrs. Parker Canfield and daughter, Crapaud, returned to their home after a ten day motor trip through eight of the north eastern states. They visited in Tarrytown, New York at the home of Mr. and Mrs. Keith Canfield and at Rochester, N.Y. at the home of Mr. and Mrs. Brenton Canfield.

They saw many interesting items, numerous mountain ranges, many noted bridges, huge destroyers, Statue of Liberty, Grants Tomb, Cunard, Swedish, Panama and South African Lines; Henry Hudson Parkway, Mohawk Trail, Taconic Trail; Dennis Rogerson, youngest son of Mr. and Mrs. Wilfred Rogerson, Malden, Mass., is visiting in Crapaud, at the home of Mr. and Mrs. Parker Canfield.

ELLEN'S DIARY
Tomorrow It May Rain

This afternoon, baring the fields of their argeess, leaving them strangely empty and lone, first barn—the sheep were saved to a far distance to make excellent winter fodder for the flock of sheep.

In this opening rally there was no call for any feminine assistance at the chore, though James outing to it, paused in the yard, and the ripple on the mill-pond and the course of the sun and offered, "I'm afraid you have not quite enough help to have those first pieces saved before sundown. If we just had someone to take a turn at driving the old mare in the lift... However we'll see how things go. You'd better keep."

"The left the sentence incomplete as he hastened off to join the help. "Te-he-he!" a sparrow in a maple twittered. And you thought you were going to have a nice rest. Well, I'm telling you, you'd better sleep tight—no sir—you'd better just doze!"

Under close supervision, and as he said with a happy smile, "with too many orders to remember," Gage manned a tractor in the hay-fields; this year Jamie took his turn attending to the hay-fork at the barn. And so with adequate help and machinery, horses and gear, today saw a nice beginning made at our first harvesting of the year.

For the women of the family, their share at the moment is to present the haying-meals to their workers; the foods of season, with it would seem now the strawberry as the central motif. But meats in plenty there must be, with milk and eggs integrated in to the fare at every opportunity and often disguised to lend the needed energy of body and mind for the demands of long syas at the work.

Long? Yes. Introduced by the dewy morning-choring, ended at Alderlea with lights in the stables and piggeries at dusk. Busy happy days we enjoy now—the sunshine—spread days of the haying.

"If the days were longer!" Granddaughter sighed, visiting with us on the front verandah briefly before going off home to her rest. "There's no last at all, to them."

"I'd say they're plenty long," James rejoined with a chuckle coming out of the dusk then to join us.

So pretty the night was—the listening trees dusky against the moonlit sky. And still no sound but that of the water from the gates on the milldam below. And sometimes that little ripple of movement, like the touch of an uneasy hand, or a breath of wind stirring though the hour was

New Decorating Ideas Found In Model Room

A recent display of model rooms arranged by twenty-three leading decorators, offered some good suggestions for luxurious city apartments. But even without the glamorous touches, there were several good ideas that would fit in almost any decor.

For example, wallpaper cutouts were carried to the ceiling to turn a room into a bower. Again, screens were used not only for functional purposes as an integral part of the decorating scheme. We especially liked a Chinese covered with painted gold screen paper that matched the paper on an adjacent living room wall and smartly closed off a doorless kitchen.

For an unusual window treatment, we recommended the idea of a red painted wood fretwork screen set in front of white sheer draperies.

The majority of the model rooms had traditional furniture, but the handling of the pieces was anything but orthodox. Periods were brilliantly mixed in lock-ground that were decidedly modern.

There was proof that the television set and the high fidelity installation have their place in today's decorating scheme. In one room, for example, a round table housed the high-fidelity speaker, with the record player itself enclosed in a red lacquer chest—and this in a bedroom not in a living room!

FINE IDEA

The round table housing the speaker was placed by a comfortable easy chair, which is a fine idea. Shelves for the records were in cream splattered with rose red and black to match the vinyl tile flooring.

Walls and ceiling were done with a wallpaper of white with a widely spaced, stylized floral design in rose red and soft mustard. The latter shade was picked up in the bedspread which was white over a mustard and white dust ruffle. The headboard was painted

cluded placing long sturdy tables or benches beside sofas in lieu of the usual lamp tables.

BREAKFRONTS USED

An impressive breakfast, so long out of the decorating picture, appeared in every living room in the series. Sometimes it was modern, sometimes antique. A really handsome and practical breakfast front with a front of metal strips and wood panels held a high-fidelity set, a television set, as well as books and ornaments.

Pictures have come back, too, judging from what we saw. In almost every living room, pictures covered most of every wall. Some were painted on for a fool-the-eye approach.

In one layout, a music room, over a dozen small pictures were grouped in a large and impressive asymmetrical arrangement. The color schemes, too, were striking. One living room was done in our shades of red against white walls. Another in light blue with sapphire blue and emerald green was strikingly handsome, while in another subdued grays were relieved with gold, peacock blue and geranium red.

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Mr. A.K. MacNeil, Fort Qu'Appelle, Saskatchewan, is visiting relatives in the province. Mrs. MacNeil's husband was the late Mr. A.K. MacNeil, known and loved by his host of friends as "Ollie MacNeil."

Mr. MacNeil was one of the pioneering big landowners of Saskatchewan, with holdings in and around Denver, Colorado.

Mr. MacNeil was also associated with the fur development and expansion in Newfoundland.

His sons, son of whom lives in Saskatchewan and the other in Colorado, are frequent business visitors to Newfoundland where they carry on their father's business.

Mr. and Mrs. D.H. Gordon, Montreal, their sons Douglas and Peter, and Miss Olga Niblett, New York City, were the guests of honor at Saturday evening at a buffet supper at Keppock, the hostess being Mrs. J.C.A. Gordon.

Mr. and Mrs. George Chappelle, Toronto, Ont., arrived in Crapaud, Monday afternoon after a very enjoyable motor trip to the Island, and intend spending three weeks holidays at their homes here.

Mrs. Ralph Small and her daughters, Elizabeth and Lauretta, left Monday for Montreal. They will sail on the Empress of Britain for Germany to join Mr. Small who is with the Canadian army in Germany.

Prior to her departure, Mrs. Small was entertained by her mother Mrs. R.T. White, and her aunt, Mrs. Matthew Watson, who were joint hostesses. They presented Mrs. Small with a travelling bag. Mrs. Ralph Gordon entertained also for Mrs. Small and presented her with other matching luggage. Mrs. John Ready and Mrs. Charles Small entertained at personal shower for Mrs. Small.

Mr. and Mrs. Alex Coughlan and Anita Jean returned Wednesday to Toronto. They had been holidaying for two weeks in the province and staying at Balderston's Cabins, Winsloe.

Miss Edera Rodd, Toronto, left by plane July 7th en route to Victoria, B.C.

She spent a week in Calgary visiting Mr. and Mrs. Earl Chaisson (nee Phyllis Burhoe) and son, Mark, attending the "Stampede."

Miss Rodd, Mr. and Mrs. Chaisson and Mark then motored through scenic Banff, Lake Louise, Waterton, International Glacier Park, Montana, Idaho, to Vancouver and Okanagan Valley, Washington.

Miss Rodd, Mr. and Mrs. Chaisson and Mark then motored to Victoria.

Miss Rodd, returned by plane to Toronto and Mr. and Mrs. Chaisson motored back to Calgary.

Mrs. James Gesner, Toronto, is visiting her niece Mrs. Helen Sunter, School Street.

Miss Valerie Myers, Toronto, who is holidaying at the home of her parents, Mr. and Mrs. Lewis Myers, Crapaud, spent Sunday in Winsloe, the guest of her sister, Mrs. James Good.


Mrs. Garfield Gamble, Toronto, and Mrs. Eddie Palka, Barrie, Ontario, who are spending their holidays at their home in Crapaud were guests of their niece, Mrs. James Good, Winsloe, on Sunday.

Master Preston Watts, Charlottetown, is spending his holidays in Loggieville, New Brunswick, at the home of Mr. and Mrs. Peter Surkan.

Mr. and Mrs. Henry Keefe and daughter Helen left Monday to return to Waltham, Mass. They had been on a ten days visit to this province.

MORNING SMILE

Companion (who had heard all this about 20 times): "Yes—and it's a pity you can't have it stuffed."



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