

# WOMEN

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## KEEP IN TRIM

### Inspiration For Slimming

By IDA JEAN KAIN

The secret of success is to keep your slimming course out of the rough and on an even keel from Friday till Monday. For inspiration, tune in on some real life stories of dieters who won through with shining colors.

First, an exultant reducer who started dieting a year ago reports:

"At last I can join your ranks of triumphant dieters. At times it has been a struggle, but it is surely worth it to be able to wear a size 12 sheath dress, even though I'm a 45-year-old grandmother. I started last August and reduced from 185 awful pounds to a trim 130. Tell your overweighties to stay with the diet . . . and they will be delighted with the results."

"Plotting a weekly graph of my weight was encouraging and a challenge to keep up that steady 2 to 3 pound a week loss. Also, I have found that regular exercise is a wonderful way to improve measurements. I'm so glad I persevered, for I look and feel at least ten years younger, and I wouldn't go back to my old care-less ways of eating for anything. Keep up the good work of making American women weight, health and figure conscious."

#### SUCCESS STORY

A praiseworthy success story, very matter-of-factly contained in a note to your dietitian.

"We follow your column with much interest. Both Mother and I are losing gradually. I have come down almost three complete dress sizes since the first of the year. Thank you for your column. Would you please send the New Calorie Chart?"

If you feel that reducing 25 to

50 excess pounds looms as an overwhelming task read this inspiring letter:

"In six months time, I whittled off 57 pounds from my 3' 3" frame . . . and slimmed down 6 sizes, reducing from 195 pounds to 138. How I like my 29 inch waist . . . it used to be 39. And my new wardrobe pleases me so much . . . it acts as a monitor, keeping my appetite under control."

#### WINS OWN REWARD

"Before I was actually resigned to being a fat lady . . . had 16 years of this miserable shape. The fatter I got the more I wanted to eat. I lost all desire for clothes. Dresses merely became alpacovers to me. I even had myself sold on the idea at my age (48), being fat didn't matter anyway. But finding out that my husband is more than just the bill-payer. He's proud of me and shows it . . . actually urges me to buy clothes."

Cheers for these triumphant reducers! Their happy reports should convince you that the transitory joy of weekend overeating becomes permanent when compared with the permanent rewards that stem from reaching beautiful, healthy normal weight.

#### MORNING SMILE

"How much for that picture?" asked a dealer.

"Fifty dollars," replied the artist.

"I'll give you twenty."

"I should have to be starving to take that," shouted the artist.

"I'll wait," said the dealer.

## 'Canada's Kitchen' Links Producer And Consumer

By CAROLYN WILLET

Canadian Press Staff Writer OTTAWA (CP) — In Canada's Kitchen more than a dozen women virtually have a finger in every pie. But they don't share the spoils. They are the cooks who have been the backbone of the program since its inception.

These culinary experts include 11 home economists and three technicians working here in the consumer section of the department of agriculture, where a busy test kitchen and offices prompt the title Canada's Kitchen.

Established in 1939 and placed within the department's marketing service division, the kitchen is a link between producer and consumer. It keeps an eye on all agricultural commodities to provide information on anything from meat grading to apple jelly.

**AIDS HOME-MAKERS**  
Home economist Laura Pepper, chief of the consumer section, says the section's main purpose is to help homemakers buy and use Canadian agricultural products.

Changing shopping methods in large self-service supermarkets, new and different food products and changing consumer tastes and demands keep the section's experts busy.

"Food habits are changing so fast . . . it is a big job just to keep up with the times," said Miss Pepper, taking time out in her busy office near the test kitchen to talk to a reporter.

These continual changes place demands on both consumers and food experts, who must balance food dollars with nutritious and attractive foods, purchased at retail prices.

A native of Ottawa who joined the agriculture department in 1931, Miss Pepper became the consumer section's first chief.

Although Canada's Kitchen is in Ottawa, agricultural products from across the country are used in tests and experiments, and special projects usually entail Dominion-wide research work.

Staff home economists often doff their aprons to address women's organizations across in other parts of the country, attend conventions and give cooking demonstrations.

**EXPERTS AND NIBBLERS**  
In the test kitchen, new recipes for preparing and serving food are continually being tested by expert samplers and sometimes by casual nibblers to determine con-

sumer acceptance of the dish. As an amateur taste tester, this reporter happily sampled broiler turkey roasted with barbecue sauce. With little more than satisfied sighs for comment!

But from the panel of taste-testing experts—who have been sampling broiler turkey prepared various ways for weeks—these barbecue birds received a critical munching which would perturb the most seasoned chef.

The critical comments didn't disturb home economist Gertrude Gerlach—they were just what she was looking for. She wants to determine the best methods for preparing the broilers.

A native of Saskatchewan who has been with the consumer section 13 years, she directs hundreds of taste panels each year.

"Taste-testing has proven the best test of any food product," she says. Coupled with verbal comments, the experts, usually other home economists and often department officials dealing with the food product being tested, also score the food samples.

**THOROUGHLY ANALYZED**  
Numerically rating the samples for such things as flavor, color, appearance and texture, and in some cases for nutritional value, methods can be precisely analyzed

before being recommended to consumers.

The experiments with broiler turkeys and broiler chickens have been undertaken to keep pace with the recent expansion of the industry in marketing these lightweight poultry products.

Similar tests are being conducted on the use of frozen fruit pies, and the use of frozen fruit in fresh pies. One recommendation already gleaned from these tests is to freeze pies unbaked, for the best serving results.

With no intention to stockpile culinary secrets, the consumer section freely distributes its cooking hints, recipes and marketing information in both English and French. Copies of its publications are available from the information service of the Canadian department of agriculture, Ottawa.

Specific cooking problems should be sent to the consumer section itself.

The bulletins compiled from Canada's Kitchen cover subjects such as fruit-freezing methods, tips on preserving and canning and even one entitled The Art of Making Sandwiches.

**PRIMATE PROGRESSING**  
WINNIPEG (CP) — Most Rev. Walter F. Barfoot, 62, Archbishop of Rupert's Land and Anglican Primate of all Canada, was making "very satisfactory progress" Thursday in hospital following a serious abdominal operation Tuesday.

## Interpreter Is Always Packed And Ready To Go

By SYLVIA HACK

Canadian Press Staff Writer LONDON (CP) — A permanently packed suitcase stands in the hall of a Kensington flat. For the owner—interpreter Mrs. Louise O'Brien—may be called away at 24 hours' notice.

"Packing clothes has to be the least of my worries if I'm called away in a hurry," she says. So the suitcase is ready, and it is often used.

For instance, Mrs. O'Brien has just finished a job at the Suez talks in London, is waiting for the signal to go to a conference in Wales, and then goes to an aeronautical meeting in Scotland.

After that, she'll rest a bit and work on translating documents from her office. The demand for interpreters tails off in the winter months and translations are a good "fill in," she says.

A tall, elegant French woman in her 40s, Mrs. O'Brien, now widowed, married an Englishman 20 years ago and has lived in Britain since. She became a French interpreter five years ago and sees the world by way of her job.

**PART OF HISTORY**  
In brisk, French accents she can reel off the names of a dozen countries and conferences she's

covered. Italy, Portugal, Belgium, Holland, Denmark, Sweden, Africa and Cyprus are a few of the names that come out in a steady flow.

"Political conferences are exciting," she says. "I feel as though I'm part of history in the making—it's always a privilege to take part."

"Business and medical conferences are interesting but involve preparatory work. She has to learn a lot of technical terms. For a conference on potash, it took her five days to read up on obscure plant diseases.

There are usually two interpreters on hand at important conferences in case one fails to grasp a sentence. What happens if both miss the same word? "It hasn't happened yet," says Mrs. O'Brien. "And I hope it never will."

The job is well paid. The daily fee averages between £9 and £10 (\$25 and \$40), with expenses paid.

Looking well groomed is part of the job and a vestal wardrobe is needed.

What makes a good interpreter? "It's not just being fluent in the language. One needs to be fairly eloquent and have good reflexes and nerves."

## Double Ring Ceremony At Lovely August Wedding

MR. AND MRS. CHARLES W. GILLIS

Saint Andrew's United Church Belle River, was the scene of a pretty summer wedding on Wednesday, August 8th, when Edythe Jean, daughter of Mrs. Albert J. MacDonald and the late Albert J. MacDonald, Flat River, became the bride of Charles Gillis, Eldon. Rev. Fred MacKinnon, pastor of the church, assisted by Rev. W.B. MacPhail, friend of the bride's family, officiated at the four thirty o'clock double ring ceremony. The altar was attractively decorated with summer flowers and fern and the guest pews were marked with sweet peas tied with white satin bows. The guest soloist was Mrs. Arthur Le Lacheur, R.N. who sang "The Lord's Prayer" before the ceremony and "I'll Walk Be-

side You" during the signing of the registers. The bride was attended by Mrs. Arnold MacLeod, R.N. as matron of honor and Barbara Jean Gillis, niece of the groom acted as flower girl. David Gillis performed the duties of best man for his brother and the ushers were Albert C. and William D. MacDonald brothers of the bride.

Given in marriage by her brother, Malcolm, the bride was lovely in a floor length gown of white nylon tulle and Chantilly lace, with round neckline of lace applique studded with seed pearls and sequins, fitted bodice of lace and bouffant hoop skirt of nylon tulle over satin.

Her hand rolled fingertip veil was held in place by a headdress of lace and sequins. She carried a bouquet of red roses and white carnations.

The matron of honour, Mrs. MacLeod, was prettily attired in a waltz length dress of blue frosted nylon organdy over taffeta and wore matching headdress and mitts. She carried pink roses. The groom's mother was attired in navy blue crepe and she wore a corsage of pink sweet peas.

Following the ceremony a reception was held at the home of the bride for approximately seventy-five guests. The bride's table was centered with a three tier wedding cake topped by a miniature bride and groom. A toast to the bride proposed by Rev. W.B. MacPhail was fittingly replied to by the groom. During the evening the guests enjoyed singing and dancing, music supplied by Mr. Herb Worth of Eldon. James Larabee was in charge of the guest book.

Amid showers of confetti the couple left on a wedding trip through the Maritimes. For travelling the bride chose a suit of robin egg blue wool with white and navy accessories and wore a corsage of red roses.

The bride a recent employee of the nursing staff of the Polyclinic, Charlottetown, was tendered numerous showers by her friends and classmates prior to her marriage.—Photo by Craswell.

**SPRINGTOWN W.I.**  
The regular meeting of Springtown W.I. was held at the home of Mrs. James Bryanton on August 1. The president presided and the meeting opened by the Mary Stewart Collect, followed by roll call. The minutes of the last meeting were read and approved. All bills were noted to be paid.

The secretary reported writing to Fairfields regarding crib blankets. The remaining premium blanket was donated to a family who had suffered loss of their house by fire. It was decided to write to McGulgan and Boyle regarding the sponsoring of a Shur Gain Amateur Cavalcade in the fall.

All correspondence was read and dealt with accordingly. Mrs. Ewen Lamont kindly invited the members to her home for next meeting. It was moved and seconded that the meeting be adjourned.

**ALBERTON C.W.L.**  
Mrs. John C. Profit was hostess to the August meeting of Alberton sub-division of the Catholic Women's League. Fifteen members were present. Mrs. Edlow Albert presided. Minutes were read by the secretary, Mrs. Michael A. Hearn and a financial statement given by the treasurer, Mrs. Brydon Smith.

Bills for provincial officers were filled in and a paper on the "Decency Crusade" was read by Mrs. Profit. Plans were made to clean the church.

Mrs. Michael Ahearn was named a delegate to the Diocesan Convention of the C.W.L. All the members were asked to visit the sick.

The September meeting will be at the home of Mrs. James O'Brien, with Mrs. Ronald McKenna, Mrs. John Wallace and Mrs. Russell Bell as assistant hostesses.

At the close of the meeting the hostess was assisted in serving refreshments by Mrs. Leah O'Brien, Mrs. James O'Brien and Mrs. Alma O'Brien.

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