

# WOMEN

Page 8 The Guardian, Sept. 1955

## KEEP IN TRIM

### Exciting New Proportions

By Ida Jean Kain

Feminine proportions are changing. The waistline is smaller in proportion to the bust measurement, and hips are more streamlined. The combination of pulchritude and streamlines no doubt stems from the fact that American girls are growing taller. When the added inches lengthen the midriff, this tends toward a more willowy silhouette and a slimmer waist. This explanation regarding proportions is in answer to a query from a baffled reader from Canada who writes:

"In a recent column you wrote that curves are here again, and stated that the waistline should be eight inches smaller than the bust."

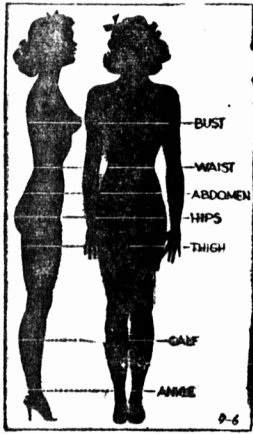
I have a slender build with these proportions: bust 36, waist 29, hips 35. I do not look the least bit skinny, yet my measurements are not according to your scale. Do the measurements you give represent averages or are these proportions supposed to be the ideal? I feel sure others would be interested in having this explained.

Lucky girl — may your proportions never change! However, the average woman has a shorter and less slender waist. An eight inch difference between the bust and the waist is within her reach. Her waistline 9 to 10 inches smaller than the curve of the bust can be a dream come true. But a waistline 14 inches smaller is possible only with a tall, long-stemmed figure.

A few pulchritudinous movie stars have such provocative curves. Marilyn Monroe, a beautiful example, although not so tall (5 feet 5 and one-half inches, weight 120 pounds), has a 14 inch difference between bust and waist. Here are her fabulous measurements: bust 37 inches; waist 23 inches; hips 34 inches. La Monroe keeps svelte with streamlining calisthenics.

We inherit a certain build and this governs our proportions. With weight and normal health up to par, the bust is according to nature's plan for our structure. In figuring proportions for symmetry, the bust measurement is used as a gauge. For the average build, a waistline eight to ten inches smaller than the bust measurement makes for pleasing proportions. The hip measurement varies with body type. Ultra-streamlined hips measure the same or slightly less than the bust circumference are considered average. And three to four inches larger are termed full hips.

Some hips that measure one or two inches larger than the bust circumference. That's the symmetry story brought up to date.



Take your measure

and hips 1 to 2 inches larger than the bust for circumference. This confused me. My husband says my figure is just right: height 5 feet 8 inches, weight 125 pounds.

## ELLEN'S DIARY

By An Island Farmer's Wife

With the days now shortening appreciably to allow the farmers fewer hours for their field-work or other insistent endeavour about, it sometimes falls to the housewives at Alderlea, as it did this evening, to attend to the milking.

It is no great chore, since of the herd at the moment only four are milked by hand. The milk drawn is fed to a pair of calves, the two sizable pet lambs and the remainder, to weanlings of pigs. But of course not before the cats and kittens and dog receive theirs. We have no separating. And more to be regretted than that, no bringing in from some far pasture a long scented lovely path, the cows to the stable, to make nice friends memories for the children in their adult years.

The stable door opens on the present pasture, its opening the signal for the several animals to hurry down the slope to partake of the measures of grain in their mangers, a prelude for the rite which follows. For it is a rite, an old one we are sure, for these are not "milk camels and kine" on the plains and hillsides of our older and ancient days?

So they hasten in, the red and the roanish and spotted and threading her way among the others and in Mack's pleased words "as knowing and cute as a fox" a stocky calf, all black, to enjoy her favor of grain. Presently with the stable cleared of those that have come only to lunch, the milking begins.

Mack usually assists and sometimes Granddaughter, he with his flank trying his best to get the rhythm and flow of the chore, calling the results: a quarter pail, a half. And sometimes satisfied to give up his place to another when sufficient has been drawn to meet the requirements of the pets sitting expectantly about.

"Isn't nice that the kittens are commencing to drink?" Granddaughter commented this evening, arranging them in a picture about the milk-pail, the gold, and the gray, the "tigers" and the blacks. "Yes," Mack agreed softly, obviously well pleased with this turn of events. "But we mustn't give them too much. It inclines them to be lazy. And you and I know," he nodded, "a lazy cat's no good."

Soon the work was over, the cows back to pasture, the stable left quiet and deserted to fill with the shadows of night. And then with the children we strolled along the farm-lane, on the one hand to admire the foal, on the other to see how well the heads in this grain field are filled. "Shadows of night dimmed the far hills, coming in to meet us over woodland and field. Day was passing."

"It's a kind of sad time of day this—when the dark comes in." Mack commented.

"No more day," he sighed. But night and the quiet hours to give to all "God's chilluns" their sleep. Until tomorrow—Diary—Good-night....



## Mr. and Mrs. Wendell Crane and Attendants

Mr. and Mrs. Wendell Crane and their attendants were photographed following the wedding ceremony which took place at the Presbyterian Manse, Montague, on August 12 at 7 p.m. Rev. Campbell was the officiating clergyman. From left to right are Mr. Ralph Nicholson, best man; Mr. and Mrs. Wendell Crane, the groom and bride; Mrs. Ralph Nicholson, bridesmaid; The bride is the former Lois Llewellyn, daughter of Mr. and Mrs. William Llewellyn and the groom is the son of Mr. and Mrs. Alfred Crane, Riverton. V. R. Pepler Photo.

## New Decor Stars Leather

By ELEANOR ROSS

The new furniture and home furnishings lately featured at the International Home Furnishings Market are more handsome than ever. They promise even nicer interiors, with something answering every taste and preference and at every price range.

There seems to be less emphasis upon any particular style than upon versatility. As to styles, Modern, with a new softer look, is going strong, while in the Traditional field, Italian Provincial is making itself seen.

Because a constantly increasing number of homes are being built with an open plan, the new furniture is designed to fit into any area dining, living or sleeping space. It is flexible in its use and highly decorative wherever placed.

In woods, walnut is coming along fast and is perfect for pieces that are light, sleek and symmetrical. Many pieces have touches of brass on leg bands and pulls, together with such details as leathers, lacquer panels, crown glass and black lacquer doors.

Leather is doing better than ever

and appears to wonderful advantage in many of the new furniture lines.

Decorators point out that an excellent way of blending modern pieces into a traditional setting is by using leather as an accent: leather paneling for cabinet doors, leather in stripes set horizontally, and modern chairs with leather upholstery. Really, those modern, streamlined chairs done in gleaming leather would enhance any room, any setting.

LEATHER COLORS  
Leather colors are beautiful: tangerine, bright orange, flame red, persimmon, nasturtium, delicate lemon, soft pink, aqua or turquoise blue. Cantaloupe is one of the new color raves among decorators, too. It is so effective when combined with such tones as olive green and lemon yellow.

The homemaker on a budget also thinks in terms of leather for the home, since it is as practical as any fabric she has ever used. Its long-wearing qualities compensate for the initial cost and it costs nothing to keep it beautiful, since a sponging with soapsuds is all that is needed.

## Family Reunion Dinner Served Vermont-Style

By Ida Bailey Allen

"As long as families exist," I told the Chef, "yearly reunions will continue to be held. I hope with every member of the clan present from great-grandpappy to the latest baby."

"What are the traditional foods for these occasions, Madame?" he asked. "At this season, it is always something in picnic style, Chef," I explained. "If the reunion is held near the seashore, possibly a clam bake or lobster dinner. If inland, it might be a barbecue in the garden or a buffet dinner on the terrace."

### REUNION MENU

"Yesterday, I overheard two Vermont ladies planning a reunion menu. Grandmother's contribution was to be her famous maple-coffee trifle and Mother had volunteered to bring her speciality, Green Mountain Potato Salad. The

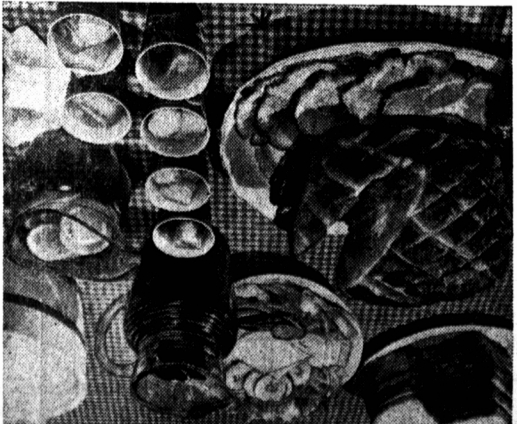
Maple-Coffee Trifle  
Water Melon  
Iced Tea  
Milk

Maple-Coffee Trifle: Arrange 16 finger-length slices sponge cake in a qt. glass serving bowl. To ¾ c. cold strong coffee, add 1½ tbs. maple or maple-blended syrup. Pour over the cake; let stand 15 min. Pour in 1 recipe soft maple custard. Refrigerate at least 2 hrs.

Top with 1 c. heavy cream whipped stiff with ¼ c. maple syrup; dust with ¼ c. chopped nuts.

Soft Maple Custard: In a double boiler combine and scald ½ c. maple (or maple-blended) syrup with 1½ c. milk. Beat 3 egg yolks light with a few grains salt.

Stir in ½ c. of the heated milk. Return to the double-boiler; stir-cook 3 min. Add 3 drops pure vanilla extract. Chill.  
Green Mountain Potato Salad:



To slice baked ham with the least amount of waste, cut down across the grain in quarter-inch slices. Carving knife must be sharp.

two hostesses planned to provide the remaining foods and lead tea with frozen iced tea cubes to use in chilling it.

Iced Tea for a Crowd: Use a large saucepan. Bring 3 qts. freshly-drawn water to a rapid boil. Remove from the heat.

For each quart of water add 7 tea bags from a well-protected package, one that is wrapped tightly in aluminum foil. Cover and let stand 5 minutes. Remove the bags.

### REUNION BUFFET DINNER

Fresh Fruit Cocktail  
Pickles Carrot Sticks  
Tomato Wedges  
Maple-Glazed Baked Ham  
Green Mountain Potato Salad  
Corn-on-Cob

To 2 qts. small-diced warm white potatoes add 1½ tbs. vinegar mixed with 1 tsp. sugar, 1 tsp. salt, ½ tsp. monosodium glutamate and ¼ tsp. pepper; 1 c. small-diced green celery stalks; 1 chopped small green pepper; 4 chopped scallions and 1-3 c. pickle relish. Refrigerate 2 hrs.

Add 6 chopped hard-cooked eggs and ¾ c. cooked sour cream salad dressing. Chill again. Form into a "mountain" on a large platter; dust with minced parsley; garnish of lettuce and thin-sliced cucumber seasoned with French dressing.

SUGGESTION OF THE CHEF  
To slice baked ham with little waste, you must use a sharp carving knife. Cut down across the grain of the meat from top to bottom, in ¼ inch slices.

MRS. GORDON MACMILLAN

## A COUNTRY GARDEN

SEPTEMBER

Nature's riches, glad and fair; Bringing sweetness everywhere, Joyous gifts of sun and earth. Filling hearts with song and mirth. September is a wonderful month in the garden. So many lovely flowers to see and so many good fruits from the garden to eat. I will praise the fruit, perfected, round.

Full of the love of God, herein being bound His mercies gathered from the sun and rain and ground.

Campbell. Sometimes in September our weather makes us think it is the last month of summer because the days are so sunny and warm; then when it is cooler we work in the garden preparing for another year and we think it is the first month of fall. This year it is a wonderful time to transplant and plan for "next year's" garden. Today I have been busy transplanting Violas grown from seed and placing them in odd corners of the garden where they are needed. They will bloom some this fall and then make a wonderful showing whenever the snow leaves the garden and continuing for weeks without any care from the gardener. They are very satisfactory perennials in this garden and come in lovely colors. It is easy to save the seed and in this way many, many plants can be secured at little cost.

In the last edition of the English magazine, Gardening Illustrated we read by H. Crane. . . . What is the difference between a pansy and viola? I suppose this question has been asked ever since about the year 1895 (or perhaps earlier) when the cultivation of violas began to interest gardeners. It is evident from references in literature that some form of pansy had been grown in gardens in England for centuries. The plants were no doubt the forms of Viola tricolor L. This plant is listed in Hurst's Flowering Plants and Ferns of Prince Edward Island, but it is probably not really native to our island but was introduced by one of our early ancestors when they came from the old country.

This viola is commonly known as Heartsease. It also went under other quaint names such as, Cuddle-Trinity and several others. The evolution of the cultivated garden pansy started with work begun in England in 1813 on the Heartsease—and the first recognized florist's flower became known as the show Pansy. They are divided into two groups, namely: belted, having white or yellow ground with a broad band of colour on the margins of the petals and a small dense blotch in the centre of the flower; and self-colours of yellow, and dark tints with a small blotch in the centre.

The Show Pansies raised in England were soon introduced to France and Belgium and nursery men raised pansies with emphasis on brilliance of colour. It was then that the large blotch almost covering the three lower petals—characteristic of the pansy as most people know it, was developed. In England came the now vastly different forms of pansy and these became known as Fancy Pansies. The main points of a good Fancy Pansy are that it should be as

circular as possible, with petals of stout substance lying flat over each other, the bottom petal of good proportions with its top edge horizontal a large blotch of deep colour should almost cover the three lower petals leaving a narrow belt of colour on the margins.

The blossoms of a good viola should be free of markings or blotches although there are exceptions. The blossoms are generally elongated rather than circular. The habit of growth is usually more compact than that of the pansy, with a more tufted and perennial type of root-growth—thus showing the cornuta influence. Many varieties have sweet-scented flowers of a characteristic fragrance. The Violas in this garden are much admired and it was interesting to read this informative article in an English magazine.

Heart's ease or pansy, pleasure or thought, Which would the picture give us of these? Surely the heart that conceived it sought Heart's ease.

Swinburne. Hundreds of these flowers are planted in the garden here and in many countries are used as bedding plants in parks and beautiful estates. They are beautiful and long-lasting, blooming almost every month of the year an even through a slight covering of snow.

A winning exhibit in the Provincial Flower Show contains a lovely shade of blue Viola and they lend themselves for indoor decoration as their stems are long and their own foliage is lovely. Heart's ease' one could look for half a day Upon this flower, and shape in fancy out Full twenty different tales of love and sorrow.

That gave this gentle name. In gardening it is good to know the history of the different flowers when we are at the different tasks pertaining to gardening. . . . sometimes difficult and trying tasks. In September it is not a difficult task to garden as it is so lovely with all the colors and so many lovely flowers in bloom. Gold is everywhere—in garden and field we catch once again the glorious freshness of the colour that comes to us first in spring and now, towards summer's end, has come again to cheer us.

Marigolds, Zinnias, and other golden flowers, new life has come—a rich and lavish beauty that speaks the gardening of the year.

The very knowledge that our cherished blossoms have just a few weeks to cheer us with their beauty lends endearment to that loveliness while we have it, a harvest of beauty that nature is pouring all about us. In truth we can enjoy now as at no other time the precious things of the earth and the fullness thereof. Instinct teaches us to love well that which we must leave ere long.

"The setting sun and music at the close, As the last taste of sweets, is sweetest at the last." So, this is a wonderful time in the garden. All the beauty, all the venturing of bed and border lie ahead to stir the pulse within us. It is such fun to work and plan for a lovelier garden in the days to come. I know that many of my plans will not be carried out but the planning is a joy and comfort in the busy days.

Yesterday I moved some of my garden Chrysanthemums to a bed of stocks in white and rosy colors. These have been grown from seed and are now coming into full bloom. The Mums are in the same colors and covered with buds with flowers. They were crowded where they had grown and in a partly shade spot. Continued on page 9

## COOK'S CORNER



Sift dry ingredients, add egg yolks and milk, fold in whites.

### GOLDEN WAFFLES

- 1 cups flour
- 1 teaspoons baking powder
- 1-4 teaspoon salt
- 2 tablespoons sugar
- 2 egg yolks
- 1-4 cup milk
- 6 tablespoons shortening
- 2 egg whites

Pour into moderate waffle iron. Cook about five minutes.



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## Campbell-Darrach Vows Are Exchanged In July Ceremony

Clyde River Presbyterian Church was the setting for the marriage of Florence Euphemia Jane Darrach, New Argyle, and Lowell Gordon Campbell, Augustine Cove, on July 23. The bride is the daughter of Mr. and Mrs. Daniel Darrach, New Argyle, and the groom is the son of Mr. Bruce Campbell, Augustine Cove, and the late Mrs. Campbell. Rev. Donald Nicholson officiated.

The bride wore a full-length gown of net over satin which featured a lace bolero. Her fingertip veil was edged in lace and she carried a bouquet of red and white carnations. Miss Earla MacKenzie, bridesmaid, was attired in a full-length turquoise gown and she carried pink and white carnations. Mr. Sheldon Campbell, brother of the groom, was best man. Following a reception at the home of the bride's parents for 30 guests, the couple left on a honeymoon trip through the Maritimes. The bride wore a pink nylon dress with white accessories.



## Why your child needs your help when pimples strike

by MARCELLA MOLMES NOTED BEAUTY AUTHORITY (Former Beauty Editor of "Glamour" magazine)

Of all the mail that reaches a beauty editor's desk, there is none so urgent as letters from adolescent girls with pimples. That's why I want to alert mothers to the double dangers of this problem. Specialists warn that pimples undermine poise and self-confidence, can cause permanent damage to a child's personality. And every one knows that acne-type pimples, if neglected, can leave permanent scars on the skin.

Is there a way you can help your child? Yes, thanks to CLEARASIL, a modern, scientific medicated formulation especially for pimples. In actual clinical tests, CLEARASIL brought positive relief in a high percentage of cases. Greaseless, fast-drying, anti-septic . . . CLEARASIL dries pimples surprisingly fast. Ends embarrassment immediately because CLEARASIL is skin-colored to hide pimples as it works. Must work for you as it did in clinical tests or money back. Only 69¢ and \$1.19 at all drugists.



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He wears boys' size-2 clothes—stands 32 inches high—and no matter what your age, you can't resist him. A real playmate for a lucky child—the hit of the bazaar!

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HOUSEHOLD HINT  
A household short cut is to clean silver by boiling it in an enamel pan with a solution of baking soda plus a sheet of aluminum. After the silver is bright, it must be washed in hot soapsuds and rinsed with hot water.



## ANNE ADAMS PATTERNS



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To reduce tomato acid in coffee, grind the coffee very fine, put in loose cloth