

WOMEN

Page 8 The Guardian Monday, April 18, 1955

KEEP IN TRIM

New Life With Normal Weight

By Ida Jean Kain

For the woman who has been burdened with fat for many a year, reducing means a new and happier way of life. This glowing letter from New Jersey tells the story.

"Hurrah, hurrah... it can be done! After the birth of my second child when I was 29, I went from 130 pounds, up, up, up, until I weighed 198 pounds. I had various medical tests and my doctor told me I was the one in 1000 who was fat due to a

my wife looked like you!"

"The last straw came when an organization to which I belonged planned a fashion show and I realized with horror that I was the only one to model 'stylish' stout numbers. I squarely faced the fact that I had allowed myself to become so grossly fat that I had not only dropped out of the good-looking class, but had slipped into the fat lady class, size 22 1/2. A great determination came over me, and I resolved to wear size 16 by the time of the fashion show, 6 months hence.

"No starvation diet for me as in the past. I think the real secret of success is to determine to eat for health and beauty, and reducing will magically follow. I went on a high protein diet and added all the low calorie vegetables, fruits and pot cheese I wanted... and didn't go hungry. I love my new way of eating.

"Six months have passed, and I have lost 87 pounds! Eleven more will bring me to 130, my perfect weight. As I lost weight, I added stretching and bending exercises. Here are my measurements: Bust 45 to 37 1/2; waist 36 to 27 1/2; hips 48 to 36.

"To my own satisfaction I have debunked several alibis. Glands do not make you fat except in extremely rare cases. Heredity does not make you fat. My family all has a tendency toward fat, but my sisters have kept trim through calorie control. Psychology is the most important factor in reducing, for until you firmly make up your mind to be honest about what you eat, it is unlikely you will lose weight.

"My husband is so proud. I am ecstatic buying lovely clothes again... and going places."

And readers... here's the climax. Enthusiastic about what right eating can do, this wonderful gal has started a reducing club to help some of her overweight friends lose the burden of fat.



glandular condition. I sank lower into a nervous condition, until I couldn't go anywhere without experiencing severe anxiety. A psychiatrist convinced me I should reduce, but still I couldn't set my mind to honest reducing.

"In school I had been voted the prettiest girl, so my obesity was a great blow to my vanity. At a party, a man who had not seen me for some time remarked before everyone, 'I can't believe my own eyes that you got so fat — to think I used to wish

my wife looked like you!"

"The last straw came when an organization to which I belonged planned a fashion show and I realized with horror that I was the only one to model 'stylish' stout numbers. I squarely faced the fact that I had allowed myself to become so grossly fat that I had not only dropped out of the good-looking class, but had slipped into the fat lady class, size 22 1/2. A great determination came over me, and I resolved to wear size 16 by the time of the fashion show, 6 months hence.

"No starvation diet for me as in the past. I think the real secret of success is to determine to eat for health and beauty, and reducing will magically follow. I went on a high protein diet and added all the low calorie vegetables, fruits and pot cheese I wanted... and didn't go hungry. I love my new way of eating.

"Six months have passed, and I have lost 87 pounds! Eleven more will bring me to 130, my perfect weight. As I lost weight, I added stretching and bending exercises. Here are my measurements: Bust 45 to 37 1/2; waist 36 to 27 1/2; hips 48 to 36.

"To my own satisfaction I have debunked several alibis. Glands do not make you fat except in extremely rare cases. Heredity does not make you fat. My family all has a tendency toward fat, but my sisters have kept trim through calorie control. Psychology is the most important factor in reducing, for until you firmly make up your mind to be honest about what you eat, it is unlikely you will lose weight.

"My husband is so proud. I am ecstatic buying lovely clothes again... and going places."

And readers... here's the climax. Enthusiastic about what right eating can do, this wonderful gal has started a reducing club to help some of her overweight friends lose the burden of fat.

ELLEN'S DIARY

by an Island Farmer's Wife

The gulls visited the neighborhood this morning—a white company of them on dipping, soaring wings. At Alderlea they are invariably a part of our quiet April days. Following the windings of the river, which gives our community its name, and brings in the salt of its water on the tides to mingle with the fresh of the stream, the over-flow of the millpond, they come noisily into our ken. And we shrug and comment in mind:

"See gull, sea gull, sit in the sand. You bring stormy weather, when you come inland!"

And then we remember that they come more likely to indulge appetites in the delicate sea food to be found at the heads of the rivers than to indicate falling weather, because they also ride for days with sunlight on their wings.

They dip and soar along the stream and often remain a while to settle in a white flock like a drift of snow on a field on the

rise above. Or Odd thing that it is, some may perch briefly and in a partly picture in the dark green of the spruces along the steep of the river banks there.

This morning Granddaughter on holiday from her classes and kept indoors because of a slight rise in temperature, seeing them moved to compose a verse.

She wrote the effort down neatly and dispatched Mack—not always a willing courier—across with it to this house. He presented it with the bored remark: "She wants you to read it; she said it was something about the gulls... something silly, I guess." He added with a chuckle. We opened it and read:

"How lovely on the wing The gulls in silver flight! They call, they cannot sing. Yet make a pretty sight."

"Humph!" he offered with a grin "if I tried I could do better than that myself!... Did you know that there was a 'coon in one of the traps this morning?"

ANNE ADAMS PATTERNS

HALF-SIZE / STYLE

Want to look taller, smarter, slimmer? Sew this attractive casual — see how it flatters the half-size figure! Favorite step-in style — no overhead — muss or fuss. Simple lines, crisp details — easy sewing! Proportioned for perfect fit — no alteration!

Pattern 4865: Half Sizes 14½, 16½, 18½, 20½, 22½, 24½. Size 16½ takes 4 yards 35-inch fabric.

This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.

Send THIRTY-FIVE CENTS (35c in coins (stamps cannot be accepted) for this pattern. Print plainly SIZE, NAME, ADDRESS, STYLE NUMBER.

Send order to ANNE ADAMS 670 The Guardian, 60 Front Street West, Toronto.



4865 14½-24½

Household Hint

In planning a kitchen, remember to make provision for laundering of towels, the disposal of trash and garbage, and a general storage area.

So easy to starch! So easy to iron!

NO BLUEING NEEDED!
NO WAX NEEDED!
NO MESSY POTS!
NO STICKY IRONING!

SAVES TIME!
SAVES MIXING!
SAVES BOILING!
SAVES STRAINING!

GLIDE LAUNDRY STARCH



MR. AND MRS. PAUL S. GARNHUM

A quiet wedding was solemnized by Rev. T. R. Goudge at the United Church Manse, Pownal, on Wednesday, March 30, at 5 p.m. when Dorothy Jean, daughter of Mr. and Mrs. Ralph Judson of Pownal, was united in marriage to Paul Star, son of Mr. and Mrs. B. J. Garnhum of Charlottetown.

The bride wore a suit of navy blue wool charmeuse with pink accessories, and a corsage of pink roses.

Mrs. Kenneth Judson as matron of honour also wore a suit of gray wool with pale blue accessories and a corsage of red carnations. The groom was supported by his only brother, William Garnhum.

After the ceremony a reception for immediate relatives was held at the home of the bride. The table was centered with a beautiful wedding cake, topped by a miniature bride and groom. This was flanked by tasteful arrangements of yellow and white Spring flowers and lighted yellow tapers in silver candlesticks. Rev. Mr. Goudge proposed the toast to the bride, the groom responding.

Special guests at the reception were Pownal's two oldest residents, Mr. W. E. Smith who is 86 years old, and Mrs. George Carver who is 92. The latter was a guest at the wedding of the bride's parents 40 years ago.

The groom was supported by his only brother, William Garnhum. Following in left by car on a honeymoon trip through the Maritimes.

LET'S EAT

The Colorful Pimiento Adds Flavor To Foods

By Ida Bailey Allen

"Here is a jar that contains gay flavor and gay appearance, Madame," began the Chef. "I salute the pimiento, first grown here in the Western hemisphere, where it was discovered by Christopher Columbus. He took the plant to Spain, which ended by supplying canned pimientos to the United States.

"Finally, 30 years ago, a Spanish shipper a packet of pimiento seeds to Georgia. Et voilà, here again in these United States we now grow our own pimientos! They are back home where they were discovered!"

Source of Vitamin A

"An interesting story, Chef. I might add that canned pimientos not only add their brilliant red color to foods, but a good supply of Vitamin A and a most refreshing taste."

"Have you ever enjoyed a pimiento-anchovy salad for lunch, Madame? Very tasty! It's also nice as a curtain-raiser for dinner, or to brighten a buffet meal."

Pimiento - Anchovy Salad: On each salad plate arrange 1 pimiento split open and laid flat. On this, place 3 crisp-cross fillets of anchovies. Ring with cress. Pass vinegar and salad oil for individual dressing.

For Buffet Platter Service: Cover the bottom of a platter with pimientos that have been split. On them, arrange a symmetrical decoration of anchovy fillets. In the center, fashion a design of quarter slices of lemon, a big stuffed green olive in the center. Border with cress or chertoy.

TOMORROW'S DINNER

Pimiento-Anchovy Saladettes
Swedish Meat-Vegetable-Loaf
Butter Sauce
Asparagus-on-Toast
Applesauce Custard
Coffee Tea Milk

Swedish Meat - Vegetable-Loaf: Add ½ c. fine dry bread crumbs to 1 c. warm milk. Put ½ lb. each chopped beef and lean pork through food chopper twice. Add

Yes, Jamie found it there... he's going to pet it for us. He knows how—he always does his own animals. And we have a new litter of pigs... did you know?"

With a smaller "staff" at Alderlea the work of the farming continues, the younger farmer better and James commencing now to wish for "a nice warm day to make my way to the barns."

Asking as if his absence from there had been a long time, "The hay-tell me, how is it lasting? Is it adding yet below the beam?"

Adding "with this freezing of nights it will be quite a spell yet before the young stock will be off to pasture."

"But you should see the little crows coming!" Mack told him today. And you should have seen, as did we in the dusk after light this evening the dyak catch the gold of first stars in its silver seine.

Until tomorrow — Diary

— Good-night —

crumbs. Gradually beat in ½ c. salt, ¼ tsp. pepper, 1 tsp. monosodium glutamate and ¼ c. cooked rice.

Small-dice enough cooked Jerusalem artichokes (or use oyster plant or parsnips) to make 2 c.; add ½ c. thin-sliced celery, 3 sliced, cleaned leeks, ¾ c. chopped cooked or canned green beans, and 2 tbs. melted butter.

Place baking dish in a pan; pour in boiling water to 2/3 the depth. Bake 40 min. in hot oven, 400 degrees F. Unmold on a large platter. Garnish top with snipped chives or parsley; pass butter sauce.

TRICK OF THE CHEF
Add ¼ tsp. ground allspice to the meat for Swedish meat-vegetable loaf.

Cook's Corner

1/3 cup butter
1 cup brown sugar
2 tbs. cream
½ cup currants
1 egg (beaten)
1 tsp vanilla

Mixing in order given, place small spoonfuls in patty tins lined with thick pastry. Bake 20 minutes in moderate oven.

Words Of The Wise

He had occasional flashes of silence, that made his conversation perfectly delightful. — Sidney Smith.

Wife Preservers

To finish a seam securely when stitching on the sewing machine, inside of cutting the thread at the end of the seam, turn and stitch back again for about an inch, then cut the thread and you need not tie the ends.

MARY HAWORTH'S MAIL

Asks How To Cope With Office Flirt

DEAR MARY HAWORTH: Can you tell me how to deal with an outrageous flirt? She knows I am married and have three children; and she has never seen me carrying on with other girls. Yet she has laid siege to me as if I were a sailor on shore leave. She is fantastically aggressive in this respect.

The girl is very attractive, even captivating, and it is a real struggle to repulse her. She has taken captive every man where we work. They hang around her in sighing, grinning clusters — like bears around a honey pot. I am about the only one who doesn't run after her; and it is for this very reason, I think, that she makes me the special object of what I can only describe as the most thorough-going imperline.

She ogles me shamelessly and flounces her curls and swirls her skirts when I am around. She times her sallies out of the room so as to meet me coming down the corridor. She trips as she passes and falls against me.

Has To Admit He's Flattered

It sounds silly but I don't know how to deal with this creature. For one thing, I am bound to say that I am pleased with these attentions. Any man would be coming as they do from such a glorious girl. The other night my wife said "Does Office Queen still make goo-goo eyes at you?" "Yes," I replied. And then added "Thank Goodness." We both laughed.

Please advise me how to cope with her. I think I can stand her off emotionally, captivating though she is. But I can see that the situation requires a certain gallantry on my part. The girl is about 20 years old; I am 32. Having read the Bible story of Potiphar's wife, I know these aggressive women can become malevolent and dangerous if not handled tactfully.

Shadow Cast By Ignorance

DEAR P. M.: In a sense this is a struggle between law and lawlessness. Acting compulsively from a core of unconscious cynicism, the girl is determined to prove that her brassy sex appeal can overthrow your habits of self-discipline.

Your disposition to remain courteously aloof, as befits a married man, has lured her into special awareness of you as one whose actions take the rug from under her tacit claims to pagan power in the world she knows. Your guarded conduct is a threat of sorts, to her personal security system — so she is after your scalp, to restore her self-confidence.

Now, as to how to cope. Understanding of life is a source of strength and mastery, in by-passing temptation such as she offers. The girl's behavior is willful, wayward, ignorant and egoistic, from the psychological view, although it may seem "very attractive and even captivating" (as you say) from the purely sensual plane of perception — if one lacks a saving margin of intelligent perspective.

Shrewd Case For Monogamy

Since you seem to lack certitude for living by moral principle, may I refer you to Frank J. Sheed's "Society and Sanity" (Sheed & Ward), a very masculine and sagacious contribution to the literature on human relations. The book contains fascinating chapters on the nature of love, sex, marriage and so on. Discussing the pitfalls of sex, and the case for monogamy, Mr. Sheed writes (page 115): "There is no mastery in being unable to say 'no.'... Casual promiscuity is evidence not of sexual potency, but only of weakness of control... The phrase of sexual impotence is always taken to mean impotence for the sex act. But there is an impotence before the demands of sex which is entitled to the same name... Don't kid yourself that the situation calls for gallantry, or that the girl will prove dangerous if you cut her short. By these hollow arguments you are merely trying to justify your erstwhile double-minded attitude — of enjoying her campaign (as she knows), while piously professing disinterest."

M. H. Mary Haworth counsels through



MR. AND MRS. E. PHILIP PERRY

on Saturday, March 19, at 5 p.m., a happy event took place at the Kirk of St. James Manse, when Rev. T. H. B. Somers, united in marriage, Barbara Mae, daughter of the late Mr. and Mrs. Duncan MacLaren, St. Peter's, and E. Philip, son of Mr. and Mrs. Ernest Perry, East Royalty.

The bride wore a navy blue corded taffeta dress with matching bolero jacket, navy and white accessories and a corsage of white carnations.

The bridesmaid, Miss Elaine MacPhail, wore a beige corded taffeta dress, with matching bolero jacket, navy accessories and a corsage of yellow roses.

The groom's mother wore a dark grey wool suit, pink and grey accessories, and a corsage of pink carnations.

The groom was supported by Mr. Raymond Large.

After the ceremony a reception was held at the Queen Hotel, for relatives of the bride and groom. A toast to the bride was proposed by Arthur Perry, to which the groom fittingly responded.

The newly-weds left by car on a short trip through the Maritimes.

(Craswell Studio)

CATHEDRAL A. Y. P. A.

The regular Thursday meeting of St. Peter's Cathedral A. Y. P. A. opened at 8:30 with the president, June Dickson leading the opening prayers. Due to the illness of the secretary the minutes of the last meeting were omitted.

The subject of the annual A. Y. P. A. conference at King's College was brought up and will be continued at the next meeting.

For the next Corporate Committee Gladys Kays and June Dickson are on the breakfast committee. A motion was made and passed that to donate money to buy flowers for the secretary, Eileen McKenzie.

The business meeting was adjourned followed by a fellowship period and lunch.

NEW HAVEN W. I.

The April meeting of New Haven W. I., was held at the home of Mrs. Richard McPhee with an attendance of 14 members and two visitors. The meeting opened with the Institute Ode, and repeating the Creed in unison. Roll call was responded to by each member naming her first school teacher.

The minutes of last meeting were read and approved. Discussion arising out of minutes then took place. It was decided to leave the sending for blankets until after the next meeting.

The remnants from Easter's and Simpson-Sears were received. Reports of committees were heard. School committee reported dust pan and paper towels needed. Sick committee reported having made her column, not by mail or personal interview. Write her in care of The Guardian, Charlottetown.

BACKACHE

For quick comforting help for Backache, Rheumatic Pains, Getting Up Night, strong cloudy urine, irritating passages, Leg Pains and loss of energy due to Kidney and Bladder trouble, try CYSLEK. Quick complete satisfaction or money back. Don't suffer another day without taking your druggist for CYSLEK.

FOR CATS...ARISTOCATS... AND KITTENS TOO!

Puss 'n Boots
CAT FOOD

Made from Fresh Whole Fish!

Puss 'n Boots is made from fresh whole fish (not from parts or by-products). The fillets are retained for proteins, the liver and glands for vitamins and minerals; the crumbled and digestible bone structure for calcium.

Puss 'n Boots is a complete food... the best possible food for your cat or kitten.

ALICE BROOKS DESIGNS

NEW PANSY DESIGN

Fresh-as-spring pansies form the pretty design of this new dolly! VERY easy to crochet — looks so lovely in your home!

Pattern 7058: Crochet seven pansies for center of 15-inch dolly; three for 14-inch. Use No. 30 cotton; directions included.

Send TWENTY-FIVE CENTS in coins for this pattern (stamps cannot be accepted) to Alice Brooks designs c/o The Guardian, 60 Front Street West, Toronto, Ontario. Please print plainly NAME, ADDRESS, PATTERN NUMBER.

WONDERFUL is the word — for our NEW Alice Brooks Needlecraft Catalog for 1955! Exciting, enchanting — our new designs are all that — and even more! Send 25 cents for your copy of this terrific catalog — NOW! You'll want to order every wonderful design in it!

False Teeth Often Have a Certain Odor!

Soak your plates in Polident daily to avoid "Denture Breath"

Polident is the specially designed cleanser that keeps false teeth—and breath—clean and fresh always. Follow these simple rules:

1. Never use a brush on them! Your dental plates are much softer than natural teeth. Brushing wears down fitting ridges so they get loose.
2. Never use soap or toothpaste! They can leave film which collects bacteria and food particles, a major cause of offensive "Denture Breath".
3. Use a soaking-type cleanser made for false teeth only... Polident! Polident is the denture cleanser recommended by more dentists than any other.

No brushing, no handling of soapy plates that can slip and break. Polident gets where a brush can't reach. Best of all, Polident always leaves false teeth odor free. Get the world's largest selling denture cleanser, Polident, at your drug counter.

The itching of Eczema—Sick Rheum—Rashes—cracked toes and feet and many other skin troubles—is quickly stopped. Pimples—skin eruptions dry up and scale off in a very few days.

MOONE'S EMERALD OIL is a clean, powerful penetrating Antiseptic Oil that rises right in — helps prevent spread of infection.

HUGHES DRUG COMPANY, LTD.

"He was reaching for the Shirriff's Marmalade"

More people reach for Shirriff's Good Morning Marmalade than any other kind. They love its different sunny-sweet blended flavour. Try...

BELCANO BEAUTY ESSENTIALS and SKIN CARE

will be Fully Demonstrated for you

at our Store APRIL 18th to 30th, incl.

by MILDRED ROYCE CROWELL

from BELCANO COMPANY

Telephone 6523 NOW for your appointment with MRS. CROWELL.

She will give you a lovely BELCANO COURTESY TREATMENT to show you how to KEEP BEAUTIFUL, always. You will love the luxury of the skin analysis and facial treatment! There will be many inspiring ideas on skin-care and Make-Up.

You will receive a BELCANO GIFT-ITEM with your Belcano purchase of \$5.50.

PHONE 6523 S. A. McDONALD 129 QUEEN