

LOOK OF PRINCESS

Picture of beauty helped by posture

Every bride is a beauty. Entering into an ancient covenant, she is the central figure in an ancient and moving rite. Exquisitely gowned and groomed she is smiled upon by the world. Sometimes, and this is rarely by accident, she has the look of a beauty.

It's a kind of serene assurance, a lithe and apparently effortless way of moving, an absence of empty anxious gestures. It's the look of a real princess — one who could feel a pea through 20 mattresses. It takes practice. And awareness. Actresses acquire it as part of their training. So do models. Audrey Hepburn has it. The beauty look begins with posture, and a strong flexible spine. From a standing start, it looks like this: crown of head pushing up as though to touch the ceiling, chin parallel to the floor, ears directly over shoulders. Shoulders pressed firmly back and down, chest pulled up as far as possible from hip bones. Stomach pulled up and in toward small of back, buttocks tucked under.

**EXERCISE MUSCLES**  
Feel awkward? Of course — unaccustomed muscles don't go into action without protesting. They'll strengthen with practice and the exercises at the bottom on the page will help. Your attempts at good posture are

themselves a day-long exercise. One day, and it will be a fine one, you'll discover that the correct position has become effortless, your body stronger, more supple, obedient. Could take a month, maybe two months. Depends on how persistent you are and the shape your muscles are in to start.

**MOVE WITH GRACE.**  
You are now ready to learn to move with grace. To walk with the smooth stride of a model, push up from the ball of your feet. Keep your toes pointed straight ahead, taking steps about the length of your foot. As you step forward, keep the weight over your back foot, then shift weight to balance evenly over both feet, then on to the front foot. You've got the hang of it when you can walk with a book balanced on your head.

To sit, don't drop into a chair. Lower yourself, letting your leg muscles do the work. Keep back straight, your seat tucked under. When seated, cross legs at ankles and place feet to one side. Rise the same way — don't use your arms to help.

Kneeling for the ceremony, go down first on one knee, then the other. Keep your back straight, knees and feet together. To rise step up on one foot and push with the toe of the other.

Climbing stairs, keep — back straight and don't hang onto the railing. Coming down, you may rest your hand on the banister for security, but don't look down. You won't need to if you feel each step with the back of your heel.

On a reception line or standing for long periods, place one foot behind the other, your body slightly turned, and shift your weight from one foot to the other to prevent fatigue. Don't lean on things.

Plan well ahead for reception

Advance planning months ahead for the wedding reception is not only advised, but is almost mandatory because of the need to compare the advantages of one catering service over another.

An owner of a large reception hall advised the brides-to-be and their mothers to inquire closely into what's included in

the cost per person for the reception.

Is the price quoted for refreshments only, with extras tacked on for table decorations, wedding cake, champagne, tips and so on? Or is it an all-inclusive charge covering all these aspects.

He also suggests a thorough inspection of the room, where the reception will take place, in order to decide well in advance where the orchestra will sit, what size tables to have, and where to place the head table.

He also recommends auditioning the band and possibly suggesting that twist music alternate with something more sedate, for the benefit of older guests at the wedding.

An extra timetable helps to keep the reception going smoothly, too, again with advanced planning. This way there's no dragging interlude between the time all the guests have passed down the receiving line and the serving of the buffet.

Bridesmaids help when bride changes

It is the duty of the bridesmaids to help the bride to change into her going-away at-

trix. It is a wise precaution to lock the bedroom door. It has happened that some close relative, usually a sentimental old lady, has considered herself privileged to come to speak to the bride at this juncture. Once you let her in, it is almost impossible to get her out.

When the bride is ready, she should join the groom in an upstairs sitting-room in order to say final farewells and thanks first to his parents and then to her parents.

A bridesmaid should go down stairs to make sure that rose petals or confetti have been passed.



MMMM- THEY SMELL LOVELY

Master Gregory Campbell, son of Mr. and Mrs. Ken Campbell, formerly of Belvedere Ave., gets a close sample of the perfume from the

bouquet of flower-girl Kathleen Andrews, daughter of Mr. and Mrs. Fred Andrews, Bunbury.



MRS. NORMAN CURRIE ADJUSTS GARTER  
George Wotton Photo

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Japanese girls well prepared

What does a Japanese bride need to insure a happy home life?

Just two gifts: a sewing machine and an automatic electric rice cooker.

The former means she can create a handsome wardrobe at budget prices from some of the many bolts of local silk, and the latter gift speeds up the daily cooking of the Japanese's favorite staple.

But well before Japanese girls are of marriageable age, they are already well prepared for homemaking. As little girls they help care for younger members of the family and help with the cooking and housecleaning.

Instruction in flower arranging and formal tea ceremonies teach them grace and patience.

As teenagers they learn to knit and design their own clothes. Sewing classes are held both in public schools and large schools conducted by leading contractors.

When she marries, the Japanese girl wears at her wedding a black silk kimono with bright patterns, covered by a white silk over-dress. Her head-dress is of white silk gauze. The costume symbolizes the bride's devotion to her husband and her desire to raise a family.

PLAN FOR JOBS

GEORGETOWN (CP) — British Guiana's Prime Minister Forbes Burnham has tabled in the House of Assembly a seven-year development plan aimed at reducing this country's unemployment to 10 from 20 per cent and bolstering domestic production. The plan, involving expenditure of some \$200,000,000, has been long awaited in this South American nation of 600,000 people which is scheduled to achieve independence May 26.

AID MOON EXPLORERS

SUNNYVALE, Calif. (AP) — Without setting foot on the moon, scientists may be able soon to determine the mineral composition of the lunar surface. Lockheed Missiles and Space Co. say it has developed an infra-red geological analysis system to identify rocks by recording the manner in which they emit heat. Astronauts could survey the lunar surface while in orbital flight and learn its composition without landing.

wedding radiance

for the bride and her attendants?

With an eye to what blends with the newest trends in bridal gowns, we have chosen a wide variety of footwear for the bride! Whenever your wedding date is, we'll have new styles to show you.

Of course, your trousseau will need to include new shoes... see our many styles and colors.



color match  
your attendants' gowns

Fabric shoes may be beautifully matched in any of over 300 shades to compliment the gowns of your attendants. We stock the latest in satin pumps, in both illusion and spike heels.

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Brand name products at Lucky Dollar Food Stores are products you know... products in which you have placed your fullest confidence. Some have served your families for generations. Others have been created to keep pace with modern living. We at Lucky Dollar Food Stores are proud to be part of the tremendous distribution system that daily brings these quality products to you. Start your new life by shopping at the Lucky Dollar Food Store nearest you. You'll really appreciate the selection, service and low prices.

An Invitation To All Brides

The Lucky Dollar Food Stores invites you, the new bride, to join the thousands of families who have found the friendly Lucky Dollar Food Stores a better place to shop and save on quality foods, meats and produce.