Summer Weight Gain

By Ida Jean Kain

As you drift through the late summer days, eating whatever your appetite tempts and sipping cooling beverages, you probably give little thought to the fit of your skirt in a fall outfit. While it is easy to lose weight in the hot weather, paradoxically it's absurdly easy to pile on the pounds during this season.

To prevent a rude awakening a few weeks hence, do some sleuthing and track down the calorie culprits. Be your own detective and ferret out some important clues. In a whodunit, all suspicion is pointed away from the guilty party. On the calorie score— likewise.

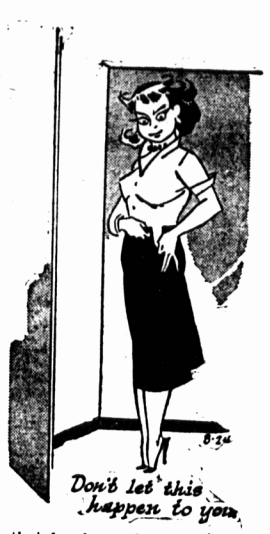
Summer meals that consist of all cold foods appear to be light eating. Salads are never suspect. Bnt hold on—calories lurk in the dressing. At 100 calories per tablespoon, dressings can turn salads into fattening fare. Potato chips, a popular accompaniment to a summer meal are considered a mere snack. But ten potato chips contain as much fuel as a medium-size baked potato.

Watch out for those cold food meals. They are not nearly so satisfying as hot meals, and because they leave you feeling vaguely dissatisfied, you continue eating. The grand total of calories would probably shock you.

But how do you tell a fattening food when you meet one? How, that is, before it has piled a billow of fat on the midriff? Some more important clues:

If the food feels oily to the taste, it's sure to be calorie packed. Avocado, olives, salad dressings and nuts are all high in fat. Butter, margarine and cream furnish fats, too, but you can detect them more easily. Does it taste starchy? Big mealy lima beans, mature peas, backed beans and the macaroni family 'starch" the calories rolling up. Hidden calories galore come in casseroles and creamed dishes. Lobster is low in calories—but not when served in a themidor. If a food is very sweet, whether in liquid form or a fluffy dessert, suspect it of having too many calories for slimming purposes.

If you are not feeling very hungry, you may order just a sandwich and a milk shake. But don't be deceived



—that lunch can be more fattening than a four course meal planned with an eye to deleting high calories

When you keep the calorie score, you solve the mystery as to where the pounds come from. Be ever alert for those calorie packed "extras." Have fresh fruit for dessert routinely. Cool off with non-nutritive soft drinks or fruit drinks sweetened with sucaryl. Summer isn't officially over for another 30 days. If you'll watch the calorie culprits, you can trim off a couple of pounds a week while not actually dieting.

Morning Smile

"That's the guy I'm laying for," muttered the hen as the farmer crossed the yard.

JERUSALEM, Isreali Sector (AP)—Parliament Monday night passed a law providing heavy prison sentences up to life for crimes committeed by infiltrators from neighboring states. The law also provides for deportation of offenders.

RHUBARB RELISH

1 quart rhubarb (cut in pieces)
1 quart chopped onions
1 scant quart vinegar
1½ lbs. brown sugar
1 teaspoon cinnamon
2 teaspoons cloves
1 teaspoon salt
A little cayenne or black pepper.

Boil rhubarb, onions, vinegar, sugar together for ½ hour.

Then add ingredients and cook until well done. About 45 minutes will finish cooking.

—Mrs. Colin Milligan,
Conway W. I.

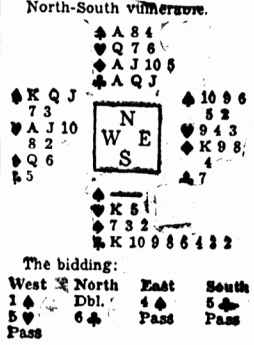
Contract Bridge

By Josephine Culbertson

TEST YOURELF

It is in such hands as the following that a declarer is really put to the test. Before reading the full account, why not take time out to decide how you would conduct the play from the South position.

West dealer.
North-South vulnerable.



The bidding:

West	North	East	South
1 ♠	Dbl.	4 ♠	5 ♣
5 ♥	6 ♣	Pass	Pass
Pass			

West felt that he had gone as far as he could in trying to sacrifice at the five-level, and besides, there was a chance that the opponents had bitten off more than they could chew. So West bowed out to the six-club contract and opened the king of spades.

Declarer automatically won the first trick in dummy, then spent some time in trying to decide what to discard, a heart or a diamond. Actually, it made no difference, but he finally threw a diamond. Then he drew seven rounds of trumps, hoping that the enemy would keep the wrong cards, but neither West nor East had any serious problem. The upshot was—just as South could have figured from the start—that a heart trick and a diamond went to the defenders.

It was no wonder that South was in doubt over what to throw on the spade ace as Trick 1, because the fact was that any discard would be worthless. That being obvious, South should not have wasted the ace of spades. He should have ducked the lead on the board, ruffing in his own hand, then drawn the necessary round of trumps. Now he should lead the five of hearts toward dummy—and West would be "fixed," whether he did or did not put up the ace. If he took the trick, South would have two tricks in dummy upon which to discard, the queen of hearts, (after he cashed his own king) and the spade ace; and if West ducked the heart lead, the queen would hold and then South could get rid of the heart king on the spade ace. That done, he could take successive diamond finesses and, with the missing diamond honors divided as they figured to be, lose only one trick.

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Subtle Changes

favor. Daytime dresses are currently best sellers at slightly lower prices than last year.

Open shoes are expected to be more popular than ever, although black suede shoes are still rated desirable to keep the wearer always in style.

Bright Colors

Among dresses in Ottawa, wool jersey is a big seller in bright reds, golds and greens. Sleeves are long and skirts are full. Evening dresses are "luxurious" with sequins, pearls and rhinestones trimming. Deep pile fabrics like alpaca are shown in coats which have simmer lines and big collars. Charcoal grey and black are popular colors.

Suits are little changed, except for some big collars. Ottawa's hats are of velvet and velour, close-fitting, many in raspberry red or provence blue. A popular shoe is an opera pump style in polished calf.

Toronto women will be wearing

Alice Brooks Designs

EASY SEW!

For now, sew a cool version without the sleeves! For later, a pretty party dress with puffed sleeves and embroidery icing! Use remnants — be thrifty!

Pattern 7046: Child's Sizes 2, 4, 6, 8 ,10. Tissue pattern; embroidery transfer. State size.

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Worn by Well Dressed Duchess

For wear in Canada, the British designer John Cavanagh has designed this fitted coat for Her Royal Highness the Duchess of Kent. It is in heavy chalk-white cotton with three-quarter sleeves, small, high collar and revers standing away ffrom neck, and four pleats in back of skirt coming from narrow hip band.

reds, varying in shade from orange to ruby, with charcoal grey and "blue print" blue also very popular. Tweeds in three weights—dress, suit and coat—and smooth woollens lead the material parade.

Hats will show wide brims, in the fashion of the Breton sailor, with ribbons trailing down behind

Coats are fitted, and in the more expensive lines will follow the Dior pattern of loose tops and sheath from the hips down.

Neat In Winnipeg

The fashion-conscious buyer in Winnipeg will be neat in appearance this fall, with no flamboyant details on her clothes. Transition cottons in greys will be very popular, fashion authorities say.

Daytime and late-night dresses have fully flared skirts. Suit skirts will be both straight and full, with short jackets and lower, collared necklines. Greys and browns, with some reds and amethysts, will be the predominant colors.

Hats will be small, and many coats will have small shawl collars of persian lamb.

Colors in Regina may be either light or dark, with tweeds popular for dresses, suits and coats. The coats will feature slim lines, and suits will have straight, slim skirts and short jackets. Shoes in this prairie centre will have bits of rhinestone and other adornments.

Fur Trim Stylish

Fur trims are placed high on the list of necessities for the stylish woman in Edmonton. Wools and tweeds are especially popular, as well as jerseys, taffetas and crepes. Skirts are the same length as last year, either full or pencil slim. Colors are grey, brown, blue black and red.

Wide-brimmed hats in velours and velvets are promising fashion features.

In Vancouver, the slim flat look recently highlighted in France is definitely not the style. Skirts will be full and pleated. Jumpers to be worn with shirt-waists and turtle-neck sweaters are popular with the younger set.

"Coachman" Coats

Coats will feature the "coachman" look, buttoning from neck to hem and trimmed with fur. They will be slimmer than last year, although still not fitted or flat.

The colors, in a trend that seems to point to casualness, are greys, browns, reds and blues.

Wardrobes are built around a basic outfit that can be rearrangd and matched to suit many occasions, as well as "costume" outfits, and matching dress and coats.

Jewelry is bigger and bolder

Prices for the new fashions generally across the country are either the same as last year, or a bit cheaper.

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Dorothy Dix's Column—

mother, I probably do tell her many things about our home life. However, I never thought this was wrong. Is it? I'm 30 and my wife is 25.

Dixon C.

WIFE YOUR FIRST CONSIDERATION

ANSWER: You have a tough problem on your hands, Dixon, but you are old enough to handle it. No man should permit anyone—even a beloved mother—to interfere in his home life. Your loyalty is first to your wife. You promised to cherish her, and letting a mother-in-law bring dissension into her home is not keeping that promise. Your mother must be told that while her visits are welcome, her criticisms are not; if her carping continues, then the visits must cease. This is definitely not an easy task, but the alternative is a broken marriage. Any woman who, like your mother, protests such high principles that she disapproves of divorce, should have sufficient integrity to avoid being a marriage wrecker, not withstanding that the marriage is not to her liking.

You are very wrong in going to your mother with all your family affairs. There are matters—financial, emotional, personal — that belong within the four walls of a home; they should not be carried outside to anyone.

Your wife is entitled to the confidential treatment of these matters and the least you can do is respect her rights. No one likes to know that every word she says is repeated to her mother-in-law. Yours is a childish habit and if

[illegible] of the way you have conducted your married life, it's small wonder that your home is not a happy one. There's a place in your life for mother, and a place for a wife. The two relationships need not clash; they certainly should not overlap. Make a distinction, see that your mother deserves it too, and you'll have no more marital troubles.

DEAR MISS DIX: If a man loves a woman, shouldn't he be expected to give her some help and consideration? My ex-husband expects the same affection and intimacy that he had when I was his wife. After our divorce we realized we still loved each other and began to go around together, but he refuses to marry me. It seems to me his actions don't bear out his declarations of love.

P. D.

ANSWER: There are some men who will get away with as much as other people let them. Your ex-husband is one. You are letting him get away with plenty. Why should he show you consideration or confirm his declarations of love with kindness? You don't demand kindness from him. He has the privileges of married life without its responsibilities and you passively permit him to call or dismiss you at his will. Better come to a decision as to whether you are to continue married or divorced.

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