

KEEP IN TRIM

To Get Slimming Results. Act Out The Exercise

By Ida Jean Kain

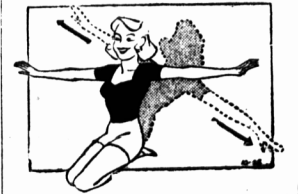
In exercise, action is more effective than words. Trying to make sure the exercise directions are worded for action, I often act them out first. Then, dusting myself off as I get up from the floor, I type the instructions, reflecting optimistically "This can't miss." Along comes a letter which proves I did miss — by a mile. One puzzled reader writes:

"In a column entitled 'Goal of Slimming Exercise Half Inch at a Time,' I can't figure out how one stands on her knees and sits back on her feet and holds arms out at sides shoulder level. Could you make this a little clearer?" My apologies — let's try again. Position: Kneel on both knees, keeping legs together. Then from this kneeling position, sit back, so that buttocks rest on heels. Stretch arms out at sides at the level of the shoulders.

Action: The exercise action is to bend sideways to the right, and try to touch fingers of right hand to floor on right side. The reason for sitting back on heels is to give more control through the middle measurement. An important part of the streamlining action is to first pull up-and-in snugly with the girdle muscles, and it is easy to get a grip on these middle muscles when sitting back on heels.

This side-bending movement, taken from the above position, is really effective. It helps to slim the waist, pulls out waist-to-wishbone bulges and tones the girdle muscles. After you get the knack of sitting back on heels and bending smoothly sideways aiming to touch fingers to floor on the side toward which you are bending, try reaching up high with the fingers of opposite

arm. But let's act this part out... Kneel on knees, sit back on heels. Have arms stretched out at sides. The action is to bend sideways to the right, reaching down with right hand, trying to touch fingers to floor on that side. Now, as you reach down with right fingers, try reaching up with fingers of left



Sit light - pull slim - bend.

Repeat the exercise six times, bending first to the right side, then come to position of sitting back on heels, and bend sideways toward the left, reaching down with fingers toward left side, and up with fingers of right hand s-t-r-e-t-c-h.

It isn't easy to picture the action from the printed word. The best way is to follow through and act out each movement — and that's beautifully slimming.



free!



Get your free Chlorodent right away. Just buy any size of Chlorodent. Then send in your empty carton with the special coupon you'll see at your dealers.

We'll send you free, your second tube of Chlorodent the same size as the one you

bought. This is a money-saving offer you won't want to miss! So act fast!

Chlorodent is the tooth paste that leaves a wonderfully fresh feeling in your mouth for hours! Buy Chlorodent today and send for your free Chlorodent Toothpaste.

Chlorodent gives you a clean, fresh mouth



Miss Kristine Mary Huestis and Mr. James Paige Dawson were married on September 10 and are shown above with their attendants. From left to right they are: Mr. Ronald MacLean, best man; and Mrs. James P. Dawson, the groom and bride; Mrs. Wilfred Cudmore, bridesmaid. Officiating at the ceremony was Rev. Emerson G. Huestis, uncle of the bride. (Edwin Heckbert Studio).

The home of Mr. and Mrs. Stephen Huestis, North Carleton, was the scene of the wedding on Sept. 10, at 4 p.m. of their daughter Kristine Mary to James Paige, son of Mr. and Mrs. Ites Inald Dawson, Trail, B. C. The double-ring ceremony was performed by the bride's uncle, Rev. Emerson G. Huestis, Brookfield, N. S. The wedding march was played by Mrs. Elmer Waite. The bride was given in marriage by her father, and wore a ballerina-length gown of white nylon tulle over white satin. The gown was strapless with a lace-fitted bodice and flare skirt. Over the bodice was a matching lace bolero jacket with Peter Pan collar and long pointed sleeves. Both gown and jacket were sequin and seed pearl trimmed. Her veil of white nylon tulle was worn with a seed pearl cap. She carried a nosegay of roses and gladioli.

The bride was attended by her cousin, Mrs. Wilfred Cudmore, Charlottetown. Her ballerina-length gown was of yellow tissue taffeta with matching headpiece, and she carried a nosegay of mauve mums. Mr. Ronald MacLean, Moncton, N. B., was best man. After the ceremony Mrs. Bruce Ham, Moncton, sang "Because", accompanied by Mrs. Elmer Waite.

The bride's mother wore a two-tone grey nylon wool dress with corsage of sweet peas. Mrs. E. C. LePage was in charge of guest book.

A buffet lunch was served to immediate relatives of the bride and groom. The bride's table was attractive with flowers and lighted tapers and was centered with a three-tiered wedding cake topped with a miniature bride and groom. The cake was cut in traditional manner after which Rev. Emerson G. Huestis proposed a toast to the bride which was fittingly responded to by the groom.

Mrs. Emerson G. Huestis and Mrs. James E. Andrews poured. Others assisting in serving were: Mrs. Elias Bishop, Mrs. James L. LePage, Mrs. Elmer Waite, Mrs. Warren E. Houston, Mrs. George Bishop, Mrs. W. M. Taylor, Mrs. Bonnell LePage and Mr. Bonnell LePage.

The young couple left amid showers of confetti and good wishes for Trail, B. C. For traveling the bride chose a grey suit with navy accessories and a corsage of sweet peas.

On their return they will reside in Moncton, N. B.

EXPLORER'S WIFE
Mrs. Robert E. Peary was the first white woman to winter in the Arctic, in 1891-92 and 1893-94.

Embarrassing FACE BLEMISHES
Relieved in 7 Days with Cuticura
Pimples, eczema rash, blackheads usually clear up fast with mildly medicated Cuticura Soap and Ointment. Buy today.

Nutmeg Pastry

2 cups sifted all-purpose flour
1 tsp. salt
1/4 tsp. freshly ground nutmeg
2-3 cup shortening
5 tbs. water

Sift flour with salt and nutmeg into a bowl. Add shortening and cut it in until flour-coated particles are the size of beans. Sprinkle in water. Mix only until the mixture can be formed into a ball. Divide dough in half. Roll each piece to 1/4-inch thickness. Use one piece to line the pie plate. Cover the apples with the remaining dough.

DONUTS

are why Tommy Tucker sang so loudly for his supper



Get delicious digestible



Made by the Bakers of LANE'S FINE BREAD

Alice Brooks Designs



FUN-TO-MAKE!
For TV relaxation — make yourself ballet and boot style slippers! Use velvet or a quilted fabric — trim with embroidery, ribbon!
Pattern 7392: Transfers, pattern pieces, directions for boot and ballet slippers. Sizes Small, Medium, Large, Extra-Large included.
Send TWENTY-FIVE CENTS in coins for this pattern (stamps cannot be accepted) to Alice Brooks designs c/o The Guardian, 60 Front St. West, Toronto, Ontario. Please print plainly NAME, ADDRESS, PATTERN NUMBER and SIZE.
Brimful of thrifty gift ideas — our Alice Brooks Needlecraft Catalog—82 of the most popular embroidery, crochet, sewing, color-broderie designs to send for. Plus transfer designs to send for. Plus 4 patterns printed in book. Send 25 cents for your copy. Ideas for gifts, bazaars, fashions.

FOR CATS "ARISTOCATS" AND KITTENS TOO!



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.

COMFORTABLE HEALTHFUL
NEOLITE SOLES
OUTWEAR LEATHER OVER 2 TO 1
LOOK FOR THE NAME
NEOLITE
NEOLITE—THE 5000 YEAR TIRE (CAN.)

Everybody's talking about new, light 'n fluffy

JELL-O INSTANT PUDDING

Pour 2 cups cold milk into a bowl...
Add your favorite flavor of JELL-O Instant Pudding and beat about 1 minute...
Ready to serve faster than any other pudding, regular or instant.

TALK... about the flavor-rich taste of JELL-O Instant Pudding... that wonderful, light 'n fluffy texture!

TALK... about the marvellous convenience — there's no cooking... no chilling!

TALK... about speed! You just mix JELL-O Instant Pudding with milk... and serve it 5 minutes later!

Makes 4 to 5 servings

Get the JELL-O Family's newest dessert

VANILLA
CHOCOLATE
BUTTERSCOTCH
CAMEL

JELL-O BRAND
New INSTANT PUDDING
No Cooking
4 DELICIOUS FLAVORS

Jell-O is a registered trade-mark owned in Canada by General Foods, Limited

JELL-O INSTANT PUDDING