

WOMEN

Wed., July 18 1956 The Guardian, Page 9

KEEP IN TRIM

Reduce With A Pal

By Ida Jean Kala

Fat is untidy and in hot weather it's intolerable. In summer, quite suddenly you decide to shift to lighter fare to beat the heat and the pounds. Happily you call a friend to tell of your slimming intentions. Psychologically, talking it over is an excellent plan. In fact, one overweight did just that and launched a new reducing idea . . . duo reducing clubs, telephone style. But let's hear about this in the words of a triumphant home-maker from a Washington, D.C. suburb—West Hyattsville.

"I've noticed that reducing clubs are usually in terms of a group. I thought you might like to know of the method we use here in my area. This is for those mothers who can't get out but still need the incentive to 'stick to it'."

"My neighbor and I each wanted to lose about 25 to 30 pounds, and had been on faddy diets, doctors' diets and just plain diets to no avail. One morning on the phone we discussed what calorie extras we had eaten the day before and what foods we could have eaten in their place."

"Lo and behold, the second day—almost as if by mutual agreement—we discussed diets again. And, don't laugh!—but after that whenever I'd go to reach for that extra cookie during the day or plan on finishing the children's lunch, I figured that I'd have to

tell all' the next morning—so no extras.

"The reward—my friend now wears her normal size 9—from size 13—and I wear size 13—from 16½. Better still, we've started 3 other 'duo clubs' in our immediate neighborhood!"

The principle of reducing clubs—whether there are 2 or 20 members—is to provide moral support and put a spirit of competition into the reducing program. The camaraderie of the venture prevents the feeling of loneliness and self-pity that leads to failure. Reducing with a pal makes life more interesting . . . and is guaranteed to take the boredom out of dieting.

If the head of the house is your reducing partner, give him man sized portions, and a good start for the day with an energy boosting breakfast.

WEIGHT WHITTING

Breakfast: Cantaloupe, half melon; broiled bacon—lean; Mrs. Canadian; Mr.—2 long strips; poached egg on thin slice toast; Mrs.—Thin slice toast, lightly buttered. Coffee, black.

Luncheon: Cold plate luncheon meat; Mrs.—1 slice; cottage cheese, ¼ cup; tomato slices, cel-

ery hearts and lettuce; this slice bread, lightly buttered; glass of skim milk or buttermilk.

Dinner: Savory meat loaf, 2 slices (lean ground beef and veal and green pepper); corn on cob; butter, ½ pat; asparagus, 6 spears tomato aspic (no dressing); Mr.—1 thin slice bread, lightly buttered; fresh peach; iced tea with lemon.

Clip and save: Pattern for lunch to carry: Sandwich—2 thin sliced bread, thick filling of lean meat, chicken or cheese. Use mustard and thin spread mayonnaise. Celery, carrot sticks, radishes or tomato. Fresh fruit.



MR. AND MRS. LORNE STERLING RAMSAY AND PARTY

Ramsay-Johnstone Wedding Celebrated At Long River

Mid banks of spring flowers in Long River United Church, Elizabeth Joan, (Betty), daughter of Mr. and Mrs. Wm. T. Johnstone, became the bride of Lorne Sterling, elder son of Mr. and Mrs. Leslie C. Ramsay of Hamilton, P.E.I., on Saturday, June 16th, at 2.30 p.m.

The officiating clergyman was Rev. S.H. Haslam T.H.B., B.D., and the soloist was Mrs. Edwin C. Johnstone, aunt of the bride,

who sang "The Wedding Prayer" prior to the ceremony and "I'll Walk Beside You" during the signing of the register accompanied by Mrs. Murdock MacLeod at the organ.

The bride, who was given in marriage by her father, looked lovely in a floor length gown of white nylon net over taffeta which features a Peter Pan collar and point sleeves. Her elbow length veil of bridal illusion was held in

place by a Mother of Pearl Coronet. She carried a bouquet of sweetheart roses and a white Bible—her gift from the groom.

The Maid of Honor was Miss Louise Ramsay, sister of the groom, who wore a gown of Nile green taffeta with net skirt and lace bolero. Her gloves and coronet were of matching net, and she carried a nosegay of pink and white roses.

The bridesmaids were Miss Evelyn Crozier and Miss Ruth Johnstone who wore gowns similar to that of the maid—of—honour, pink and yellow respectively. Their nosegays were of white and pink roses.

The groom was supported by Chesterfield

Mr. Robert Heaney, while Mr. Athur Johnstone, brother of the bride, and Mr. Norman Ramsay, brother of the groom acted as ushers.

A buffet supper for fifty guests was served at the bride's home, by the Long River W.A.

The bride's table was centered by a three tiered wedding cake topped by a miniature bride and groom.

The toast to the bride was proposed by Rev. S.H. Haslam, to which the groom very ably replied.

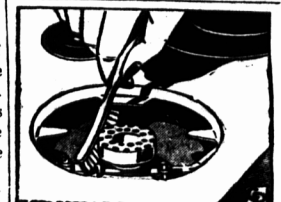
Miss Ruthie Cameron was in charge of the guest book and the bride's bouquet was caught by Miss Louise Ramsay.

For her daughter's wedding, Mrs. Johnstone chose a street length dress of pale blue crepe and lace with white accessories. Her corsage was of white roses.

The groom's mother wore a dress of pale pink and black nylon with white accessories. Her corsage was of white roses.

For a honeymoon trip through the Maritimes the bride chose a suit of powder blue fleck with navy and white accessories. Her corsage was of white roses.

On their return the happy couple will live in Hamilton, P.E.I., where the groom is a prosperous young farmer. Photo by Sears.



An old toothbrush is a handy tool for thorough cleaning of hard-to-get-at corners of the kitchen range.

Words Of The Wise

The less one has to do, the less time one finds to do it in.—(Lord Chesterfield)



McAssey-Wallace Wedding At Elmsdale United Church

Elmsdale United Church was the scene of a pretty wedding on July 7, 1956 at 3 p.m. when Rev. N.R. Green united in marriage Lulu Miriam, daughter of Mr. and Mrs. Merrill Wallace of Elmsdale and Robert Keir McAssey of Alma, son of Mr. Otis McAssey and the late Mrs. McAssey of Mount Stewart.

The church was decorated with seasonal flowers. Pink rosebuds with bows of white satin ribbon marked the guest pews. Mrs. Kenneth Crockett played the wedding music.

The bride, given in marriage by her father, wore a ballerina length gown of white nylon net over satin. The fitted bodice featured a high neckline and long, flared sleeves. Her fingertip veil was held in place by a tiara studded with simulated pearls, and she carried a bouquet of red roses.

Mrs. Weldon Rennie, sister of the bride was matron of honor. She wore a strapless, ballerina length gown of pink nylon net over taffeta, with white hat and gloves. Her bouquet was yellow roses.

Mr. Weldon Rennie was best man.

For her daughter's wedding, Mrs. Wallace chose a light blue linen suit with blue and white accessories. Her corsage was white roses.

A reception for thirty guests was held at the home of the bride's parents. Refreshments were served in buffet style. The table, attractive with cut flowers, was centered by a three-tier wedding cake which was cut in tra-

ditional manner. Assisting in serving were Miss Ida Wallace, sister of the bride, Mrs. Kenneth Crockett and Mrs. Lorne Leard. For a brief honeymoon trip the bride donned an aqua linen suit with white accessories Mr and Mrs McAssey will reside in Alma. Out of town guests were Mr. Otis McAssey, Mrs. Amy Geldart, Miss Claire Geldart, Mrs. Jonathan Affleck, Mr. and Mrs. Wendell McAssey. Photo by Frank Weeks.

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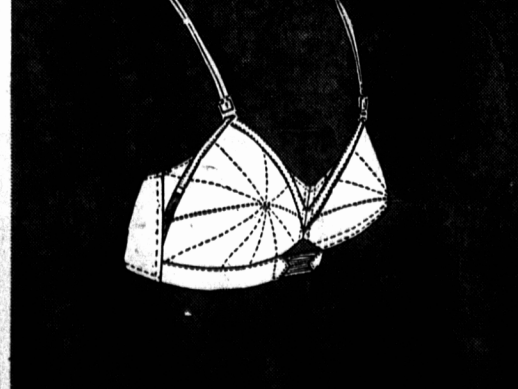
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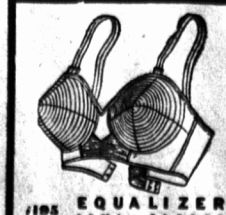
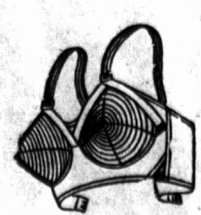
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