

WOMEN

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KEEP IN TRIM

Waist Is Weight Barometer

By Ida Joan Kain



If you have a favorite skirt, the waist band of which fits snug and right when your waist is trim, but a mile tight the minute the pounds spill over, use that skirt as your weight barometer. Just two pounds can add a full half inch to the waist measure, particularly on the short waisted gal.

So when the figure begins to get a bit soft at the boundary lines, right then is the time to take firm measures. The waist is not only a likely spot for fat to homestead, but the most conspicuous.

Once tone is restored to the middle muscle area, you will feel svelte and lithe, and you'll feel like pulling your posture up out of the dumps. Then there will be no slump at the waist... happy days!

Today's exercises are old favorites, but this time put the emphasis on the upstretch rather than on the down bend.
Position: Stand on knees, then sit back on heels. Arms are out at sides, shoulder level.
Movement: Bending sideways to the right, aim at touching fingers of right hand to floor at side, but stress the upward stretch of the left hand. Feel the pull all along the left side. Then bend to left, touching fingers to floor at left side, but again emphasize the upstretch. Half a dozen smooth, slow, stretch-bends will do for a starter.

Progress by doing this same exercise from a position of standing on knees. Keep on the posture beam by first pulling snugly up-and-in with the abdominal muscles and contracting with the hip muscles. As you bend to touch fingers to floor, reach for the ceiling with the other hand.

Cinch in the waist with the familiar whirler.
Position: sitting on floor, legs outstretched, arms out at sides, shoulder level.

Movement: Using waist as pivot, twist gently to the right, and reaching forward, touch left fingers to outstretched right toes. Don't crumple through the middle or all slumping bets are off. Straighten up, twist at waist to left, and repeat.

With daily exercise you can slim a full inch of your waist in ten days — and that skirt band will fit like a charm.



MR. AND MRS. LESTER CORMIER AND ATTENDANTS

A quiet wedding was solemnized on May 6, at 6 p.m. in the Sherbourne United Church, Toronto, when Rev. Noble Hatton united in marriage Eva Katherine, daughter of Mrs. Emma Drake, formerly of Morell, P.E.I., and Lester Marcus eldest son of Mr. and Mrs. Stanley Cormier of Amherst, N.S.

The bride chose for her wedding a light beige suit with blue and beige accessories. She wore a corsage of red roses.

The maid-of-honor, Miss Doreen Dahr, was dressed in a blue suit with white accessories and wore a corsage of red roses.

The groom was attended by his brother, Donald.

The bride's mother was attired in a coral suit with navy blue and white accessories and wore

a corsage of white gardenias. The groom's aunt, Mrs. Fred Walker, was attired in a grey suit with white accessories. She wore a corsage of pink gardenias.

A reception for 35 guests was held at the home of the groom's aunt, Mrs. Fred Walker. The bride's table was beautifully decorated with pink, white and blue streamers and centered with a three-tier wedding cake. Friends of the bride and groom served.

A toast to the bride was proposed by Mr. Fred Walker and was responded to by the groom. The newly-weds are residing in Toronto where the groom is employed with the Massey Harris Company.

Several showers were held for the bride previous to her marriage.

ELLEN'S DIARY

by an Island Farmer's Wife

Well pleased with the summons occasioned by clearing blue sky and warm June sunshine, James was away after dinner to a far field of "the other farm" and his sowing. He goes as far as Rob's where the rest of his team and the seeder is, on horseback. We watch him go, eyes ahead, down the driveway and along the lane, thoughts likely off before him. And then, there by the rowan tree where the lane bends, he turns to regard a window, and a hand goes up in gesture of his au revoir, quickly, before he is lost to sight.

From here through the afternoon we sent our thoughts to him there at his rather lonely rounds. Over fields and woodland, past pasture and meadow and stump land and grove, along the quiet places of the farmlands between, they winged in what we suspected was a one-way communication only. Even in this June-time, month of romance, of brides — and remembrances, his thoughts would not be so "lightly" concerned. He would be wondering if "she's putting it on, well, too thickly or too thin?" And would the summer suns and showers, the winter frosts and snows deal kindly with the tiny seeds of the clovers and timothy which went to the seeding down of those acres? Or did he in an off moment maybe send his thoughts back to his mother-place of our acres? To this old house where he and a brother and sisters before him were born, where he has spent almost his every day? Was he here when we stirred the tin of white paint and dipped the brush and up on a chair proceeded the chore of painting the kitchen ceiling?

"Don't you think that's a little strenuous considering...?" That was a buyer of wool who chanced to come to the door. "Oh no", we laughed, falling into James' ideas, "this is only good exercise, you know!" "And where are the men?" that was a drover, "to have a look at the fat cattle?"

In the sunshine, outside on the lawn a tulip opened its cup of red. And another, one of white. And there was one of yellow, catching the quiet sunbeams. And Granddaughter who loves to find new-opened flowers about came to the door and ask: "Did you know that we have white forget-me-nots? Yes! with a pleased smile, "one never knows what she may find about this place!"

Little breezes laughed about — little, clean — washed zephyrs from "up the creek" beyond the Public Bridge. These had wandered in, carelessly lightly the mill-pond and came up bearing incense marked as to contents. Then there are the heavy jobs that don't get done because you need help for them.

Discard Them
For instance, wouldn't it be wonderful if you cornered your husband or the neighborhood handy man into helping you put casters on those heavy pieces of furniture behind which you would like to clean often, but don't because the pieces are so heavy.

Were you improvident enough to choose a wallpaper that's non-washable? If you love its pattern colors and texture anyway and hope it lasts years and years how about making the dream come true by applying an easily obtainable waterproofing finish.

Now and then, the things you treasure got broken but you never throw them away. There's a closet somewhere bursting with them: old lampshades, bric-a-brac, old cushions, pillows and such. How about getting them out and seeing if they can be cleaned, mended and put to use, or really throw them out?

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Words Of The Wise
Age in a virtuous person, of either sex, carries in it an authority which makes it preferable to all the pleasures of youth.
—(Sir Richard Steele.)

HOUSEHOLD HINT
Don't shake your dust mop the window, from the back or any place where the dust will blow around. Tie a big bag around the mop head and shake it away in the incinerator.

John Marbeck, English organist who died in 1585, composed in the first book of chants for Anglican Church.

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4646
12-20
by Anne Adams

Getting Odd Jobs Done Will Make Life Easier

BY ELEANOR ROSS

All dreams of glory aren't concerned with great accomplishments, as writing a first novel that becomes a best seller or as winning a prize for painting.

For many homemakers, if we can believe the stories told us by friends, there's many who dream of accomplishing little things — things that could and should be done, if only we had more time.

Many of these tasks are not things that really have to be done. Rather they're jobs which, once really tackled, seldom if ever have to be re-done. But they are jobs that make everyday living immeasurably easier, more pleasant, or even more luxurious.

Dresser Drawers
Maybe you once caught a glimpse inside of the dresser drawers of a friend and have ever since envied her the permanently bright and washable lining. She put it in herself you know and you could do the same, do even a better job maybe, if only you would! If you do get at it instead of daydreaming, you'll find it fun to give the drawers a lining of washable wallpaper to harmonize with dressing or bedroom decor.

Shoulder Straps
Do you, almost every day, think how nice it would be if you knew there were straps of thread or tape at the shoulders of every dress you own, sewn in so that you can use them to snap lingerie straps forever out of sight and hold them firm? You might often have thought of how wonderful it would be if there were snaps inside your dresses and blouses for shoulder pads and shields that could be easily removed and replaced for washing. This job you could do, too, if only you would.

Replacing Buttons
Every time you've needed to replace a button for the past four or five years you've thought how much easier this simple chore would be if your collection of buttons were not such a jumble. But you never think of it until you need to sew on a button and then it's usually a hurry-up job. The problem could be easily solved by keeping the buttons in the compartments of a plastic-covered tray or in small envelopes each clearly

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