

# No Waistline No Figure

By Ida Bailey Allen

When extra calories pad the waist area, curves are crowded out. This widening at the middle squares off the short figure and gives a heavy-set, matronly look to the large framed girl. The effect can even make a bulky bundle for the near normal weight's figure.

But time's a-wastin', so let's get on with the whittling... Slimming the middle can be a fast process if the exercise is directed to the right muscles. This resistance exercise is the remedy for restoring tone to the muscles at the sides of the silhouette.

Position: Stand in a doorway with one side pressed against the door frame and with hands gripping the frame above head and at shoulder height. Keep feet together.

Movement: Pull up strongly with the lower abdominal muscles and hold hips tucked under. Slowly pull away from the door frame and bend to other side. Keep this up until a strong pull is felt along the waistline region. Come back to position and repeat three times. Change sides and bend to other side.

The loss of tone in the waistline extends from the abdominal girdle muscles. To put snap back into the oars muscles and streamline the frontline, as well as the waist, try this exercise:

Position: Stand on knees, then sit back on heels, and have arms out at sides, shoulder level. Get a Position: Stand on knees, then sit back on heels, and have arms out at sides, shoulder level. Get a grip on girdle muscles by pulling up and in snugly and holding.

**STRETCH-BEND**

Movement: Slowly bend to the side, aiming to touch fingers to floor as you stretch long and smooth with the other arm. Come slowly back to position, bend to the opposite side, trying to touch the floor with fingers of one hand, and stretching up with the fingers of the other hand... pull. This is a wonderful stretch-bend exercise. Repeat about six times.

Position: Lying on back on floor with arms down at sides, right knee flexed and left leg straight down.

Movement: Flex the left knee toward chest as you swing arm up and back on floor beyond head, and pull slim through the middle of the figure. Return to position and perform with the same leg, times, raise and repeat with the other leg, keeping one knee flexed with sole of foot on floor eliminates strain.

Keep the middle muscles toned and the waist supple and you can keep a young figure always.

# WOMEN

Page 8, The Guardian Monday, May 21, 1956

## LET'S EAT

### Shish Kebabs Take Country By Storm

By Ida Jean Kaln

The Chef finished stringing the last bite of lamb on a long metal skewer and remarked, "These shish kebabs have taken America by storm, especially for the barbecue. Yet this is one of the oldest methods known of cooking meat. Tomorrow's Dinner: Anchovy-cabbage-slaw; lamb vegetable kebabs; buttered rice; green beans; french custard pie; coffee, tea or milk.

All measurements are level recipes proportioned to serve 4 to 6.

**Lamb Vegetable Kebabs:** To 1 1/2 c. tomato juice, add 6 bay leaves and 1/2 sliced medium-sized onion; boil 5 min.; cool.

Add 1 1/2 tsp. lemon juice. Pour over 1 1/2 lbs. tender lean lamb cut in bite-sized pieces. Cover; refrigerate 30 min.

Then string the meat on greased long shish kebab skewers, alternating each piece of lamb with a small slice of onion and a square of green pepper. Brush with oil; dust with salt, pepper and monosodium glutamate.

Place across the edge of a pan, so the shish kebabs are suspended. Broil 20 minutes at medium heat. Turn once.

**French Custard Pie:** Line a 9 in. pie plate with American pie pastry. Build up the edges. Dust the pastry with 1 tsp. fine dry bread crumbs and lightly press in.

Pour in the French custard filling. Bake 10 min. in a hot oven, 400 degrees F., then reduce the heat to 350 degrees F. and continue baking 35 min.

Last, caramelize 1/4 c. sugar in a heavy frying pan. Add 4 tsp. hot water. Cook 3 min. or until a little when dropped from a spoon turns a thread.

Spoon over the top of the pie and cool.

**French Custard Filling:** Separate 3 eggs. Beat the yolks with 2 c. milk and 1/2 tsp. vanilla. Beat the egg white stiff and fold in.

Trick of the Chef:

When making anchovy-cabbage-slaw, toss in 1 tsp. minced fresh dill, or use 1/2 tsp. dried dill, constituted 3 min. in 1/2 tsp. cold water.



**CAPE EFFECT**  
PARIS—A cape effect is obtained in the design of this coat in grey and white checked wool.



**SHORT AND SWEET**  
Some of the prettiest coats of the season have a story to tell that is short and sweet. As proof we place in evidence this attractive model. Originals does it in white Kashmir and suggests it for cocktail wear with a rich silken sheath. Cut away from, and falling to just below the waistline, it fastens with rhinestone buttons. A red silk rose centers the deep oval neckline to add a striking note.

## ANNE ADAMS PATTERNS

This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions. Send THIRTY-FIVE CENTS (35 cents) in coins (stamps cannot be accepted) for this pattern. Print plainly SIZE, NAME, ADDRESS, STYLE NUMBER.

Send order to Anne Adams, care of Charlotte-Town Guardian, Pattern Dept., 60 Front Street, W., Toronto, Ontario.

**NORMA'S LADIES' WEAR ANNIVERSARY SALE**

1 rack Spring COATS and ALL-WEATHER COATS and SHORTSIES ..... 1/3 OFF

1 rack DRESSES—Silks, cottons, and Nylons. .... 1/2 Price

Entire stock of this Spring's DRESSES. Sizes 9 - 24 1/2 ..... 1/3 OFF

Good assortment of SWEATERS, SKIRTS and BLOUSES ..... 1/3 OFF

**New Spring COATS and SUITS 20% Off**

Merry-Go-Round BRASSIERES, regular \$4.00—Some Strapless Bras. SPECIAL ..... \$2.75

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Nylon GLOVES, reg. \$1.98 ..... \$1.25

First Quality NYLONS—Special ..... 99c

**NO CHARGES NO REFUNDS**

## Women Are Unreasonable About The Way Shoes Fit

By OLI DAUM  
Canadian Press Staff Writer  
TORONTO (CP) — Women generally are unreasonable regarding the way shoes should fit, says a shoe expert here. And as a result, he says, 90 per cent of Canadian women have foot ailments of one type or another.

Gordon Clapp, president of a firm specializing in corrective shoes, said in an interview that women usually insist their shoes should fit as snugly as a glove.

"A tight, extra snug-fitting shoe doesn't allow the foot to function normally and pressure on the foot kills the tissue and retards the circulation," he said. Shoes were meant to protect—not injure—the foot.

"To imagine that the shoe should be worn tight enough to support the foot all over is a definite wrong," he said. "Only ground support is necessary."

**WALKING SHOES BEST**

The greatest promoter of foot health is the walking shoe. Designed for comfort, it has a military heel, flexible sole and laces and should be fitted extra large.

**MARY HAWORTH**

**Pressure By Daughter, 13 For Clothes**

Dear Mary Haworth: Several years ago we moved from a large East Coast city to a smaller town of about 40,000 population. My husband is retired, due to a "tired heart" condition.

We get along comfortably on our income, but cannot afford to be extravagant. The problem is our 13-year-old daughter's attitude. In our opinion, she has always been well dressed; yet her pressure upon us, for more clothes, is getting greater all the time.

She tells that all the "popular" girls either have cute figures or are very well dressed. Some of them get three or four dresses at a time costing eleven to fourteen dollars. There is much snob-busness here, something we never experienced before, and the word "popular" seems to have terrific meaning to the teen-ager.

Isn't there something worth talking about in life besides boys, clothes and being popular?

**WHAT'S WRONG**

Another problem, perhaps more crucial is the language to us when our comments displease her. "Shut up, drop dead, stupid looking idiot, you're so stupid it's pitiful," etc. Such incivility is hard to take, when we have always been thoughtful and kind.

What can be wrong with us, or Janet? We are willing to work at this before it gets further out of hand. What in your opinion would be a proper yearly budget for a teen-age girl's clothes in a small southern city? Your advice is eagerly awaited and will be greatly appreciated. W.G.

**FALSE FRONT**

Dear W. N.: My idea of a proper annual budget for clothes for a young teen-age girl is, simply, the amount her parents can sensibly afford to spend on dressing her. She isn't entitled to more than that, and shouldn't be supported in an overstrained effort to keep up with the Joneses.

As for a clothes allowance, if by that you mean setting aside a fixed sum monthly for Janet's clothes, it is my opinion that such a system closed to her, would be unsatisfactory for either the parents or the child. Those who've tried it soon discover that a financial outlay that might seem lavishly abundant at one season, or in one year, may not cover the necessities of the following year. A clothes allowance sounds impressive to the uninitiated; but the average teen-age girl who embarks upon it generally wearies of the struggle to make ends meet and be well dressed; and eases back into a more comfortable reliance upon flexible parental buying power. (Assuming the parents are reasonable and kind, as you are.)

**SEEMS OVER-AGED**

Janet's rudeness when displeased with your comments is an interesting revelation of the vulgarity of her new idols nowadays. Evidently she is over-awed by a rather tough crowd in school, who've picked up their manners from each other, and from equally tough mouthed parents, perhaps. If she never gets "popular" with this breed, so much the better for her, I think.

She deserves to be sternly corrected for her crude disrespect and insolence to parents. You do her a grave disservice to tolerate that line of talk. Perhaps you've been imprudently treating her through the years as a doted-on equal in family confabs, so that she lacks a clear sense of her subordinate status and duty of deference, in right relation to parental leadership and authority.

For advice: It isn't new clothes but rather a change of schools that Janet most needs. If you can afford it, send her to a quality school for girls, staffed by gentlewomen teachers. She's at the age when peer influence is paramount, hence efficacious parental control consists in placing her in a civilizing routine, M.H.

Mary Haworth counsels through her column, not by mail or personal interview. Write to her in care of this newspaper.

**S. A. McDONALD HAS THE ANSWER TO A MORE BEAUTIFUL FIGURE**

**3R BRA**

3R—the bra with the young round look... the ingenious circular stitching that clings as it stretches for perfect fit always!

**MORNING SMILE**

Man: Are you Donald Vance?" to the young man beside the cloak rack in the restaurant." (Other surprised): "No." Man (icily): "Well, I am and this is his overcoat you are putting on."

**GO GO GIRL**

**Sarong GIRDLE**

Sarong—the criss-cross girdle that slims as it trims—lets you walk, sit, bend or run in complete comfort. It never rides up!

Consult our trained fitters for your perfectly-fitting 3R and Sarong.

TRADE MARK REG'D

## COOK'S CORNER



Brush fish fillets before sauteeing with French dressing. Then dust with salt, pepper, monosodium glutamate and a little powdered dill.

## Words Of The Wise

He who is overcautious will accomplish little. —(Schiller)

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## HAPPENINGS

**Miss Isabelle Storey and Mrs. G.S. Storey** entertained on Saturday, May 19th at the former's home in honour of their niece, Miss Eleanor Storey. Miss Anne Storey and Miss Arlene Gundon served. Mrs. Edwin Cook presided over the tea cups.

Prior to her forthcoming marriage, Miss Davida MacEachern was tendered a miscellaneous shower with Mrs. Earl Burke and Miss Elizabeth Vessey as joint hostesses. The former's home.

The bride-elect was assisted in opening the gifts by Miss Rolanda Carr, and the accompanying verses were read by Miss Chris Todd. Assisting the hostesses in serving were Mrs. Alice Carr and Miss Rolanda Carr.

On Monday evening Miss Chris Todd entertained at her home in honour of Miss Davida MacEachern, who was assisted by Miss Marion MacDonald in opening the gifts. The verses were read by Miss Beverley Vanderstine. Serving with the hostesses, were Misses Roberta Todd and Isabel Farquharson.

Mrs. Lloyd MacDonald entertained on Wednesday evening, for Miss Davida MacEachern, whose marriage is to take place on May 26th. The bride-elect was the recipient of many lovely gifts.

**SHOWER AT MONTAGUE**

Miss Margaret MacDonal, RN was entertained by her friends in Montague Thursday evening when she was tendered a miscellaneous shower in the Presbyterian Hall, in honor of her approaching marriage to Mr. Reginald Reid.

To the strain of Lohengrin's Bridal Chorus, played by Mrs. Walter Beer, Margaret was ushered into the hall by Mrs. Richard MacLean, and seated under a gaily decorated canopy. The programme included two original humorous readings, one by Mrs. Cyrus Shaw and one by Mrs. Elsie Waterworth. The many lovely gifts including china, silverware and linen, were wheeled to a large decorated table by Misses Joanne and Janice White.

The bride-to-be was assisted in opening the gifts by Mrs. Claud Nicholson, while the accompanying verses were read by Mrs. Spencer Llewellyn, Miss Freda Apts, Mrs. Balse, Mrs. Wellington Campbell, Mrs. Emerson O'Connors and Mrs. Leland Nelson arranged the gifts. In a few chosen words, Margaret thanked her friends for the lovely gifts and expression of good wishes for her future happiness.

Mrs. A.F. Campbell rendered a number of piano selections. A delicious lunch was served by Mrs. John Gaudet, Miss Rita Gill, Miss Mary Homphill, Mrs. Llewellyn, Mrs. Nicholson, Mrs. W. Campbell and Mrs. Jerome Power.

A very happy evening closed with singing of "For she's a jolly good fellow" and everyone wishing Margaret many years of happiness.

**ST. EUGENE C.W.L.**

The St. Eugene's sub-division of the C.W.L. held their regular monthly meeting at the home of Mr. Louis Aylward on Sunday evening, May 6th, with the president Mrs. Leslie McCabe presiding.

The meeting opened with the League Prayer by the Director Rev. Fr. Wood. Twelve members and one visitor were present. The minutes of the previous meeting were read and approved. Two members paid their fees. By-law books were distributed to each member.

Correspondence was read and discussed. Mrs. Pat Horgan offered to attend to donations toward the Sacred Heart Program.

An expression of thanks for intended sympathy was received from Mrs. Austin Murphy, Emerald.

It was decided to hold a candy sale at the show in Corron Ban Hall, May 12 in aid of Sister's of the Previous Blood. The spiritual Convener Mrs. Wm. O'Connell read an interesting spiritual reading.

Social Welfare Convener, Mrs. John B. MacDonald, told of visiting the Catholic Welfare and the need for clothing for pre-school children. It was moved by Mrs. John B. MacDonald and seconded by Mrs. MacDonal that each member bring an article of clothing for these children to the next meeting.

The members made provisions for the washing of the church linens for the year.

The next meeting is to be held at the home of Mrs. Pat Horgan, Appointed lunch committee: Mrs. Parnell Curran, Miss Annie Power, Mrs. Allan Reardon, Mrs. Charles

## ALICE BROOKS DESIGNS

**FAVORITE DESIGN**

Daily favorite — in pineapple crochet. Make this stunning oval design to decorate your home!

Pattern 7274: Crochet oval doily 15 x 26 inches, matching 15 inch round doily — using No. 30 mercerized cotton. Smaller in No. 50 cotton; larger in string.

Send TWENTY-FIVE CENTS in coins for this pattern. Charlotte-Town Guardian, Household Arts Dept., 60 Front Street W., Toronto, Ont. Print plainly NAME, ADDRESS, PATTERN NUMBER and SIZE.

Two free patterns—printed in the new Alice Brooks Needlecraft book for 1956. Stunning designs for yourself, for your home—just for you, our readers! Dozens of their designs to order—all easy. Send 25 cents for your copy of this wonderful book right away.

**HOUSEHOLD HINT**

Cut flowers will keep fresh longer if you place them in a container of almost hot water. Let it cool naturally before arranging the flowers. Use a sharp knife to cut stems ends and be sure to remove any leaves below the water line. When you change the water, wash the floral container thoroughly to discourage the growth of bacteria.

by Alice Brooks

**ORWELL COVE W.I.**

The regular meeting of the Orwell Cove W.I. was held at the home of Mrs. John MacKrae on May 9th, the president in the chair. Meeting opened with the Lord's Prayer and a reading of the "Thank You" notes were read.

The Secretary reported the Government grant received. Painting of the interior of the school was left over until a later date. No new business was undertaken at this meeting.

Mrs. John A. MacLeod invited the group for the June meeting; Roll call—a "Household Hint". There will be a silver collection at this meeting Mrs. Edison MacLean is in charge of programme.

Mrs. B.J. MacDonal entertained the members with an interesting contest. Prize won by Eileen Rooney. Meeting adjourned. Delicious refreshments were served by the hostess assisted by Mrs. Morrissey, during a pleasant social hour.

**BEDEQUE W. M. S.—Y. W. A.**

The Auxiliary of the W.M.S. and the Edith Thompson Y.W.A. held a joint meeting in the Bedeque United Church on May 9th at 2:30 p.m. The president, Miss Louisa Callbeck presided and led the devotional period. Mrs. Arthur Murray of the Y.W.A. read the Scripture; followed by singing Hymn 414.

A letter from Miss Ratz Port worker at Halifax was read thanking the members for gifts received.

A letter was read by Mrs. Ivan Dawson, from Rev. Mr. Avery, pastor of Noring House, Manitoba, thanking the Edith Thompson Auxiliary for a parcel of warm clothing.

Posters were on display showing the need for more Christian nurses, day school teachers, ministers and missionaries in Canada. A film was shown depicting how new comers are received in Canada. Meeting closed with silent prayer for missionary recruits.

Refreshments were served by the Edith Thompson Auxiliary and a social hour spent.

**SHOWER AT MONTAGUE**

Miss Margaret MacLure, Montague, was entertained by the ladies of the Presbyterian Church Friday evening, May 4 when she was tendered a miscellaneous shower in the church, in honor of her approaching marriage.

The hall was attractively decorated for the occasion with white streamers, wedding bells and baskets of spring flowers.

The many lovely gifts were opened by Mrs. H.M. Smith and the accompanying verses were read by Mrs. James Shaw. Miss MacLure very graciously expressed her appreciation for the gifts and the good wishes of her friends. A pantomime featuring "Misses Diana Gills and Sharon Bull as the "Bride" and "Groom" under the direction of Mrs. Elsie Waterworth, was very much enjoyed. A delicious lunch was served and an enjoyable evening closed with a sing-song with Mrs. A. F. Campbell as piano accompanist.

**KINGSTON W. I.**

The regular monthly meeting of Kingston W.I. was held at the home of Mrs. Leith Newson on Thursday evening, May 3rd. Meeting opened by repeating Ode, following by "Creed" in unison. Roll call was answered by six members, one visitor. Two members acknowledged fruit sent them. One thank you card was read.

It was moved and seconded to give \$5 membership fee to the Musical Festival for our Institute to be a member.

A party sale was discussed and decided to leave for a couple of weeks. Collection was 55 cents, Friendship 21.

Next meeting place is at Mrs. Dan MacKrae, lunch committee Mrs. Harrison Green and Mrs. Fred Hanson; roll call next month something about New Brunswick. Mrs. Dan MacKrae gave an interesting talk on Scotland and showed views. Meeting adjourned. Lunch was served and social hour spent.

**EARNSCIFFE C.W.L.**

The annual meeting of the "Star Of The Sea" C.W.L. at Earnsciffe was held in the church on Sunday, May 6th with thirteen members in attendance. The meeting opened with prayer.

Minutes of last monthly and last annual meeting, were read and approved.

The members decided to hold their meetings in the church, on the first Monday of each month, for the summer months. Four members were appointed to visit and take treats to parishioners in Hospitals and Institutions.

The president, Mrs. J. J. McInnis, read a very complete and interesting report of the activities of the Sub-Division, for the past year and extended her thanks to our Spiritual Director, officers and members for their cooperation.

The financial statement showed his baby's first cry.

**UNION ROAD W.M.S.**

The May meeting of the United Union Road W.M.S. was at the home of Mrs. Walter MacArthur. The meeting opened with a hymn followed by Lord's Prayer. Scripture lesson was read from Luke 6th chapter verses 16 to 49. Another hymn was followed by sentence prayers. Mrs. Mallett presented the Christian Stewardship reading.

Roll call was responded to by nine members. Minutes of last meeting were read and approved. For the program Mrs. MacArthur gave a reading entitled, "Worship in the Auxiliary."

Program committee for the next meeting is Mrs. Hardy, Mrs. Green and Mrs. Bryenton. Next place of meeting is at the home of Mrs. Brent MacMillan. Collection amounted to \$10.75. Flower and Fruit Fund 65 cents.

Meeting closed by singing, "The Morning Light is Breaking" and Misses' Benediction. Lunch was served by the hostess and a social hour spent.

A Los Angeles hospital has set up the custom of presenting each new father with a recording of his baby's first cry.

**WEEK'S SEW-THRIFTY**

Graceful sundress — apron, or terrycloth beachcoat in shortie version. So many different ways you can wear this versatile style. Easiest sewing — it wraps and ties; opens flat for jiffy ironing. Make several now — relax, and enjoy those summer days to come! Pattern 4546: Misses' Sizes 12, 14, 16, 18, 20. Size 16 takes 4 1/2 yards 35-inch fabric.