

Roli Off The Bulges . . . Merrily

By Ida Jean Kain

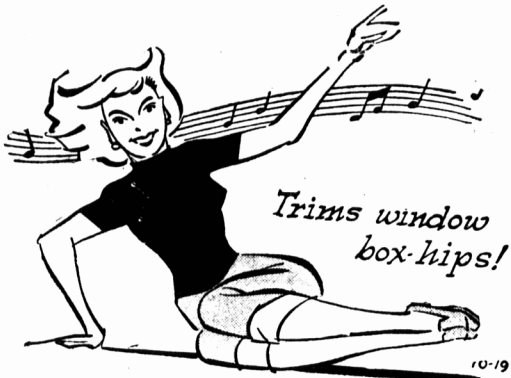
A teen-ager complains wistfully that she is the square type, saddled with hopeless hips. She needs help in a hurry, for her boy friend kidded her about them, and ungallantly compared the shape of her hips to window boxes!

Needless to say, the young lady is fully determined to correct this figure fault, with all possible speed. However, it seems that rolling is of little avail, "hasn't made a dent."

Well, now let's analyze the situation. The object of rolling exercise bulging contours. A straight-away-roll, from the usual starting position, would miss the target. The strategy is to shift the angle of the roll. The following trio of exercises will surely iron out the bulges and reshape hip contours. You may depend upon that promise, for when soft fat meets the hard, unresisting surface of the floor, something has to give — it's the floor.

Position: Sit on the floor with knees flexed. Have arms out at sides with palms on floor. Now lean back until you are resting on the area that needs re-shaping.

Action: Roll over the thighline, then roll slowly back across upper hipline and on along the other thighline. Make this a slow, heavy sea to bring pressure to bear on the roll, but put some rhythm into the movement. Hit the rhythm with the tune Roll Out The Bump . . . only think of it as roll-off-the-bulges. Twelve to twenty-five times will be enough. Then



ing the hips that squared off effect, bounce.

Position: Half recline on floor, with weight resting on left leg and left forearm. Have right knee bent, foot on floor. Shift to bounce on exact spot.

Action: Bounce, bounce, bounce smack on the pin cushion of fat. Change sides and repeat.

Finish with a free swinging motion, lying on side and swinging the top leg forward and back twenty-five times, then changing sides, repeat with the opposite leg.

Town Tweeds



By Alice Alden

COUNTRY tweeds we all know and love, but now we have city tweeds, sophisticated, suave, elegant. Arthur Jablow does this very definitely town tweed in a luscious turquoise mixture, the jacket framed with a velvet plastron collar that lies flat and away from the neck. A small arrow-lab defines the waistline at the back and also details the closing of the beautifully fitted jacket.

(Continued from page 8)

A Country Garden

ed with lovely scarlet flowers. The stems of these Cacti are usually long, flat, thin growths with smooth or wavy and sometimes indented edges, mild to dark-green in color and almost spineless. There are innumerable delightful hybrids in addition to the true species. All are well suited to room cultivation and do best in half shade. They flower very readily and they need more water and a good soil than some Cacti. The flowers of these Cacti are wonderful.

When looking for interesting plants that do well indoors try some of these succulents.

I have been reading about "The Shakespeare Garden in Paris" which was made after seeing the gardens in Stratford-on-Avon. These gardens are planted with about one hundred and fifty varieties of plants mentioned by Shakespeare in his plays. These beds of flowers are backed by clipped yew hedges and separated by paths of turf. The Bois de Boulogne seemed designed for a Shakespeare Garden in Paris, taking into account two essential considerations; this wood was laid out in the nineteenth century in the English landscape style and in it is the Bagatelle Park which, designed in 1778 by the English landscape gardener Blaikie, is one of the first French landscape creations. This garden is reserved for plants bedded out in a formal manner so another suitable site in the Bois de Boulogne was secured.

The indispensable associations were obtained not by a building linked to Shakespeare's time, but by an open-air stage allowing the performance of complete plays, or passages from them. The theatre consists of a stage in front of a hillock planted with trees and shrubs, which constitute a romantic decor. Subterranean passages under this hillock act as the "wings" and in front there is a pit for an orchestra. A gently sloping arena of turf can accommodate seats for six hundred people, which are brought in when required for performances.

The stage, separated from the spectator's arena by a low retaining wall, and those parts of the theatre which surround it have been transformed into a garden conceived after the following general ideas. Shakespeare's literary production covers two essential periods: in the first the plays are young, fresh, gay and unconcerned whereas in the second the plays, more numerous, become dramas of jealousy, vengeance, madness or crime. One can also say that the dramas have for their setting either a Mediterranean country (Italy, Greece or Sicily), or a country on the edge of the North Sea (England, Scotland or Denmark).

For the five plays where plants have been described in relatively considerable numbers a separate garden stage has been created, having for its theme the setting of one of the play's acts. In front of each, on the wall which separates stage from arena, is a placard inscribed with the title of the play and characteristic verses from it in English and French.

The first section is for "Macbeth," and the act chosen takes place in the land of the sorceresses. The scene represents a moor

Sonny Steps Out



By Tracy Adrian

Brother will look very handsome in this outfit for Sunday and special occasion wear. And he will be a little man of distinction when he passes the sandwiches at mother's afternoon bridge or canasta game.

The coat is in all-wool flannel and has a cardigan cut. Contrasting slacks are made of rayon and acetate flannel. The vest is of pinwale corduroy with an all-over horse and rider print. For added importance there is a smart bow

criss-crossed by paths, and the plants include birch, Irish yew, pine, white willow, gorse, broom, holly, heberis, myrtle, garden balsam, heather mandrake, hemlock, mustard and rhubarb. A number of dead trees are also included.

The second stage is for "Hamlet," the act in which Ophelia is drowned. Here the stage includes a small pool dominated by a weeping willow, and a meadow covered with various flowers.

The chosen act of the third play, "As you like it," takes place in the Forest of Arden. The stage, which is also the entrance to the auditorium, is typical woodland scene with hawthorn, English yew, box, columbine, rosemary, pansy, primrose, bracken, daffodils, violets and ivy.

The fourth stage represents "The Tempest" and the setting is the terraces of a Mediterranean island. The final act is from "A Midsummer Night's Dream" which takes place in a wood on the outskirts of Athens. Many lovely shrubs and plants are placed here.

During 1954 the Paris municipality has arranged a series of theatrical performances and the French television has already used the theatre for a very fine broadcast and

between performances the Shakespeare garden is visited by the public in great numbers. Apart from anything else, this garden constitutes a manifestation of Franco-British friendship and almost every British visitor to Paris pays a visit to this beautiful garden.

Dill Pickle

Wash and dry large (apple 4" long) cucumbers. Prick with a fork and place in 2 qt. jars. Put 2 large blooms of dill in first and 2 on top, add 1 tsp. mustard seed and bay leaf, optional. Fill jars with brine made with these ingredients:

1 cup vinegar
2 cups of water
2 tbs. salt

Heat to boiling point in granite or glass container never in aluminum. Fill jars and seal. Allow to stand at least 4 weeks. They will appear cloudy for a time and when clear they are ready for use.

LAST STRONGHOLD

The island of Formosa, last stronghold of the Chinese Nationalists, has an area of 13,800 square miles.

Byrnes-Ellert Nuptials

St. Louis, R. C. Church was the scene of the wedding on October 2, of Margaret Marie, daughter of Mrs. Lidwina Ellert and the late John Ellert of Waterloo, Ont., to Francis Byrnes, son of Mr. and Mrs. Edward Byrnes of Bristol, P. E. I.

The altar was beautifully decorated with pink and white gladioli. Rev. Donald Curtis officiated. Sister Cecelia played the wedding music, and Mr. Peter Kelley, Waterloo, and the Children's Choir of the Church sang.

The bride was given in marriage by her brother, Thomas Ellert, of Toronto, and wore a gown of imported lace and nylon tulle, over lustré satin. The fitted bodice had lily-point sleeves with a band of tulle at the neckline with Queen Anne styled collar. The skirt of nylon tulle with lace paneling back and front formed a chapel train. Her headpiece was a cloche of nylon tulle set with rhinestones, sequins, and scalloped in rose point edging. She wore a veil of silk illusion tulle scalloped with rose point lace set with sequins and carried a prayer book covered with lace and satin edged with nylon tulle, topped with red sweetheart roses and stephanotis.

Miss Joan Ellert, niece of the bride, was bridesmaid and Mrs. Carl Tutton, of Guelph, Ont., was matron of honour. Both wore violet chiffon over taffeta and tulle and carried bouquets of yellow mums.

Miss Judith Anne Ellert, niece of the bride, was flower girl.

Mr. Reginald Byrnes, brother of the groom, who is employed on the City Police in Kitchener, Ont., was best man. Mr. Albert Ellet and Mr. Carl Tutton, ushered. Mrs. Reginald Byrnes attended in a lime green dress with beige accessories, and a corsage of feathered talisman carnations.

A reception was held at Burgundy Room of Castle Inn. The bride's mother received in a rose dress, with black accessories and a corsage of pink carnations.

For a motor trip after the wedding the bride wore a lime green worsted suit, with many accessories, and a corsage of sweetheart roses. The young couple will live at 81 Alexander Ave., Waterloo, Ont.

START OF ERA

The first atomic explosion created by man was touched off in the New Mexico desert July 16, 1945.

Sausage Pie

1 lb. pork sausage meat
1 clove garlic (chopped)
1 unbaked shallow, 9 inch pie shell
1 cup shredded cheese
1 8-ounce can tomato sauce
1/2 teaspoon of paprika
Cook sausage meat slowly in skillet until lightly browned. Drain; add garlic and continue cooking a few minutes longer. Spread in pie shell; cover with cheese and top with tomato sauce. Bake in hot oven, 425 degrees F. for 10 minutes; reduce heat to 375 deg. F. and continue baking for about 20 minutes. Serve at once.

Tomato Relish

1 small basket green tomatoes
8 medium sized onions
Salt
3 lbs. white sugar
5 sweet red peppers
2 bunches celery
1/2 oz. celery seed
1/2 oz. turmeric powder
1 oz. mustard seed
1/2 tsp. ground cloves
1/2 tsp. cinnamon
vinegar
Method: Put tomatoes and onions through food chopper and salt overnight. Drain and add rest of ingredients and cover with vinegar. Boil or simmer 15 min. Make 9 pints.

The first coal-burning gas turbine locomotive in the United States was constructed in 1960.

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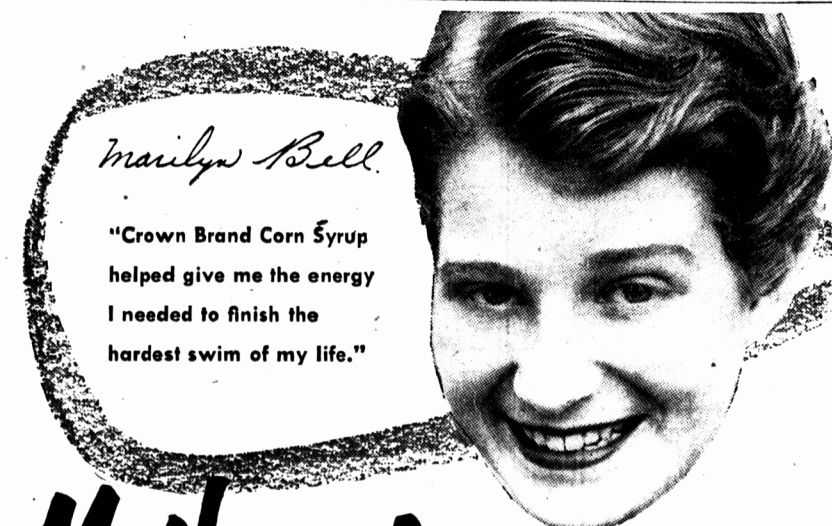
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