



MR. AND MRS. VICTOR ELMER HARTING AND ATTENDANTS

Lovely Wedding Is Held In Oshawa, Ontario

In the Grace Lutheran Church, Oshawa, Ontario, Doris Ramsay Mann of R. E. Island and Victor Elmer Hartwig of Oshawa were united in marriage by the Rev. Norman Krittack.

The bride is the daughter of Mr. and Mrs. Allison Mann, Kensington, P. E. Island. The groom is the son of Mr. and Mrs. William Hartwig, Eganville, Ont. Mr. William Hartwig played the wedding music and Mrs. Wray Hansell was soloist.

The bride was given in marriage by her cousin, Mr. Erskine Mann, Toronto. She wore a gown of white crystalite with a pleated bodice, trimmed with seed pearls. The gown was styled with a V neckline in front and back and had long sleeves. The long skirt swept into a chapel train. Her fingertip veil was secured by a pearl trimmed headress. She carried a mauve orchid on a white Bible.

The bridesmaids were Miss Shirley McTaggart, Miss Margaret Laddy and Miss Elmer Freitag. Miss Marilyn Hartwig was flower girl.

Mr. Willard Hartwig acted as best man. The ushers were Mr. James Fitzsimmons and Mr. Elmer Greitway.

A reception was held for seventy-five guests at Northminster United Church Hall. The bridegroom's mother received, wearing blue crepe with lace and pink accessories. Her corsage was pink roses.

Following the reception the happy young couple left on their honeymoon for Prince Edward Island. On their return they will reside in Oshawa, Ontario, where they both are valued employees of General Motors, the bride and groom being bookkeeper accounts with the company. — Photo by Ireland Studio Photography.

MORNING SMILE

Sign on a reducing parlor; "Come on in. What have you got to lose?"



BEAUTIFUL WEDDING GOWN

There is many a winter wedding scheduled these days and the marriage isn't a June one. It is still just as romantic and traditional. So here is a beauty for December nuptials.

This lovely bridal gown is very new in that it is a sheath made of serene white Swiss embroidered batiste in an Empire effect. Embroidery trims the panels, sleeves and neckline and a velvet sash ends in back streamers that touch the floor.

KEEP IN TRIM

Applied Psychology Will Make Slimming Exciting

By IDA JEAN KAIN

Many of you write that you start a diet firmly determined to reduce, but after a week or 10 days your enthusiasm wanes and will power wanes. Analyzing why you lose interest at almost the identical place in each reducing attempt can help you to bridge the difficult period.

You did lose weight, three or four pounds, so that part was satisfactory. But perhaps nobody noticed or mentioned that you looked slimmer. Nobody praised your efforts and so you begin to doubt if it is worth it. In that frame of mind it is easy to backslide and decide you haven't sufficient will to carry through. Such is not the case. It is merely that at the beginning of a reducing program the rewards are so few and the self-denial seems so great. The solution is to find ways to rekindle your enthusiasm. Then you'll have the will to do.

First off, it is important to believe firmly that you can reduce, for doubt dims your enthusiasm. On the right pattern of eating there is no question that you can lose excess weight. The formula is to build the meals around the protective foods, include a protein at each of the three daily meals, and keep calories within 1,000 to 1,200 daily. You will lose two pounds a week.

MEASURE YOUR PROGRESS

Regard the protective pattern of eating as a means of achieving your goal. This approach prevents the feeling of self-denial which fosters self-pity. Recognize that self-pity leads to alibis which weaken your resolve.

To keep enthusiastically on the course, find ways to measure your progress. Do you have a test dress? With four pounds off doesn't a favorite outfit fit a bit better at the waist and more smoothly over the hips? Feeling slimmer helps you to form a mental picture of yourself with a willow waist. This in turn makes it easy to stretch-bend and swing. First thing you know your waist is an inch slimmer—glory be!

It helps enormously to keep your goal in mind, particularly when faced with a dietary weakness.

Supposing you are tempted to take seconds at dinner. Reason thus, "I can have second helpings if I choose, but what I really want is to lose two pounds this week and keep advancing confidently toward ideal weight." It's a matter of interest. When you look at rich foods as being against your best interest, gone is the urge to eat them. This fresh approach is actually transforming power. Try it!

COOK'S CORNER



PINEAPPLE SQUARES

1 pkg. white cake mix
2 eggs yolks
3 tbs. melted butter
3 tbs. lemon extract

Combine above ingredients. This will be a crumbly mixture which may be kneaded gently to form a smooth dough. Press into well greased 9 x 9 inch square pan using fingers.

2 egg whites
1/4 cup brown sugar
1/4 cup well drained crushed pineapple
1/4 cup shredded coconut
1/4 cup chopped walnuts

Beat egg whites until stiff. Add sugar gradually, continuing to beat. Fold in pineapple and coconut. Spread meringue over cake batter and sprinkle with chopped nuts. Bake in a moderate oven, 350 deg. F., for 35 mins. Cool and cut into squares. Yield: 24.

White Is Right For Accessories

By SYLVIA HACK

Canadian Press Staff Writer

LONDON (CP)—White will be the foremost color for spring accessories, says a spokesman at a London handbag display.

The show, organized by the Leather Institute, features more than 100 handbags in new styles and colors which will be top fashion next spring. The majority will be exported to Canada.

White purses in a new leather called Vaumolezza have definite Italian influence. In long, elegant "satchel" shapes, they are plain or trimmed with contrasting leathers.

Vaumolezza itself has a shiny soft appearance and is said to be washable.

Other new colors for next season include "heavenly blue," "geranium" and "rosemary"—a pale pink. Gloves and shoes are also available in these tones.

"Canadian women demand better quality and styles than their English counterparts," says a trade spokesman. "They go in for pastel colors to tone with their outfits and keep the darker shades for practical wear."

British women tend to be "mainly practical" in their hand-

LET'S EAT

Frosted Breakfast Buns For Christmas Morning

By IDA BAILEY ALLEN

Christmas yeast-risen buns were a tradition in my mother's home for breakfast on the great day, not only for our own family, but for the neighbors' as well.

Bright and early, mother deftly shaped and baked the risen dough. By seven o'clock the buns were frosted and ready for us red-mitted children to deliver to the neighbors in time for Christmas breakfast.

It was a gift of loving service and friendship.

Here is my mother's recipe, arranged for easy, quicker baking. Christmas buns: (It takes 4 to 5 hrs. to make 5 doz.) Stir 3 pkg. or cakes active dry or compressed yeast into 1 c. tepid water. Let stand 5 min.

Combine 1/2 c. scalded milk, 1-2 c. molasses and 2 1/4 tbs. sugar. Cool to lukewarm.

Stir into the yeast. Beat and add 2 eggs and 1.3c. cooled, melted shortening.

Gradually beat in 3 c. already-sifted enriched flour. Beat until the batter is smooth and elastic.

FRUITS AND NUTS

Add 1 c. raisins, 2-3 c. diced candied fruits and 1/2 c. chopped nuts (any kind).

Mix 3c. whole wheat flour, 1 1/2 tsp. salt and 2-3 c. additional enriched flour. Work into the batter. Knead until smooth.

Form the dough into a ball. Place in an oiled bowl. Brush the top with fat. Cover with waxed paper. Let rise in a warm place until doubled in size, about 2 hrs.

Punch down the dough. Form into a ball. Cover. Let rest 10 min.

Shape into 2-in. balls.

Place, not touching, in an oiled, large baking pan. Cover with waxed paper. Let rise 30 min. in a warm place, or until doubled.

bag choice, says the spokesman, and "shy away from pastel tones."

MUFF-LIKE

One sports-type bag which will probably go over well comes in tan coach-hide. It folds over like a muff and is lined with lambswool to keep the hands warm. The front part opens up to a roomy purse, and it has an adjustable shoulder-strap.

Last year's envelope shape comes back into high fashion with bamboo or leather handles.

Lizard skin and suede come in elegant styles in tobacco and putty colors. Crocodile bags, the most expensive of all, are still popular.

Price tags on handbags banded for Canada range from about \$10 for a plain leather model to \$300 for a deluxe crocodile-type.

in size.

Bake 20 to 25 min. in a moderate oven, 375 degrees F.

When cool, frost the buns with confectioner's sugar icing. Decorate with nuts, red candies or candied fruits.

For variety, part can be made into twists or Christmas tree buns.

Just roll out 1 1/2 of the dough to 1/2 in. thickness and cut into Christmas tree shapes. Bake as described.

Sunday Dinner: Grapefruit, butter-baked sirloin steak; parried potatoes; panned broccoli; lettuce salad; Spanish - French dressing chocolate nut pudding; whipped topping; coffee, tea or milk.

Routine: 5:25 broil steak and place in oven for 10 min.

5:30 prepare broccoli.

5:35 Boil quartered potatoes (or use canned).

5:40 Prepare chocolate pudding and chill.

5:45 Prepare parried potatoes.

5:50 Prepare salad; refrigerate.

5:53 Set table; prepare grapefruit.

5:57 Whip topping for pudding.

5:59 Make coffee.

6:00 Serve dinner.

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

Butter-baked sirloin steak: Season 2 lbs. thick sirloin steak cut 2-in. thick with salt, pepper and monosodium glutamate. Quick-broil on both sides until browned.

Place in a well-buttered baking pan. Roast at 350 degrees F.; 25 min. for rare, 30 min. for well done. Baste twice with melted butter.

Cut in thin slices. Serve with the natural (juice) gravy in the pan.

French dressing: Prepare real French dressing, 1/2 pt. at a time. Just measure into a jar, 3c. olive or salad oil, 1/4 c. cider or wine vinegar, 1 tsp. salt, 1/4 tsp. pepper and 1/4 tsp. dry mustard. Add 1 garlic section, cut in halves. Shake well before each using. Not necessary to refrigerate.

Tomorrow's dinner: Lettuce-cress salad bowl; broiled fillet of flounder; spaghetti Italian; buttered green Limas; baked pears with cream coffee, tea or milk.

Routine:

5:30 Start spaghetti to cook.

5:31 Make spaghetti sauce (or use canned).

5:34 Cook frozen green Limas.

5:38 Peel and slice pears; sweeten and start to bake.

5:44 Wash and dry lettuce. Make French dressing — use at table.

5:48 Start fillet of flounder to

5:31 Season Limas.

5:53 Put spaghetti together.

5:56 Finish fish.

5:58 Start coffee.

6:00 Serve dinner.

Baked pears: Peel, core and quarter 6 winter pears. Arrange in a buttered deep pie plate. Spoon over 1/2 c. brown sugar.

Add the juice and grated rind 1/2 lemon, 1/2 tsp. powdered ginger, 1/4 c. water or apple juice and 1 tbs. butter.

Bake 20 min. in a moderate oven, 375 degrees F-400 degrees F. Serve warm with cream or hard sauce; or cold with any whipped topping.

Trick of the chef: Season green limas with a little thyme or marjoram and keep warm 5 min. to absorb.

BRITISH-GERMAN TALKS

BONN (Reuters) — British-German negotiations to determine the amount West Germany will pay toward the upkeep of Britain's four divisions and air force units in Germany are expected to open here the first week of January, reliable sources said Tuesday.

INFORMATION OFFICER DEAD

WASHINGTON (AP) — Charles R. Campbell, 52, director of the British Information Services in Washington, died Tuesday in Knoxville, Tenn. He was stricken Monday while on a motor trip. Campbell had been in charge of British information work in Washington since 1942.

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THE NEW EMPIRE SILHOUETTE

PROMINENT DESIGNER



Lovelest example of the new feminine look — here, Ann Cox creates a sheath that's all gentle curves, all softness in its Empire lines. This Prominent American designer believes in the subtle approach to making fashion headlines, rather than a bold, brassy statement of news. "The trick to this new femininity — simple, skillful lines that softly draw attention to all the natural beauty of a woman's figure". To give home couturers all the advantages of Ann Cox talents, her Original has been adapted to pattern form. Fabric suggestions afford an almost unlimited variety for daytime and evening — from fine wool flannel and jersey, to the rich silk crepes, satins, and satins.

Pattern M352 is available in Misses' Sizes 10, 12, 14, 16, and 18. See pattern for yardage requirements.

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