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OLD LADIES.

To Miss Agnes Barker of Bracknell comes a greetings telegram from the Queen - for it's Miss Barker's hundredth birthday. Her father fought at Waterlee, and forged his own sword right here in Bracknell.

Signers Viola Paltrimieri, of Belogna is 101, and she believes anyone can make the contury by heeping fit. For the past 26 years she's done har daily dosen every morning. As a result, she doesn't look a day over 90 - though she was a grown woman when Garibaldi died - and that's going back some! Keep it up Signers!

But those two are more youngstors compared with From Luise Rissman of Berlin. At 106, she decides to take her first gir trip. With her doughter Elizabeth, she flics from Berlin to Hanover - and enjoys every minute of it.

The oldest women in Germany, Frau Rissman is still at work - she helps her grandsom in his tobacco ship. This is just a day off!

The pilot asks her: What would you do if you were starting life again? That's easy, says From Hissman; I'd be an air hostess!