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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 Waterloo, and forged his own sword right here in Bracknell.

Sigera Viola Paltrinieri, of Bologna is 101, and she believes anyone can make the century by keeping fit. For the past 26 years she's done her daily dozen 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 Sigera!

But those two are mere youngsters compared with Frau Luise Rissman of Berlin. At 106, she decides to take her first air trip. With her daughter Elizabeth, she flies from Berlin to Hanover - and enjoys every minute of it.

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

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