Woman's Realm/Social and Personal/Fashions/Literature

Happenings of The Week

Nearly 3,500 Ottawans and members of foreign diplomatic missions resident in the city found a welcome respite from the heat this week on the wide, tree-shaded lawns and terraces surrounding Rideau Hall, where they were entertained at the annual Dominion Day party given by Their Excellencies, the Governor General and Viscountess Alexander of Tunis The brilliant sunshine and top-flight temperatures of a typical Ottawa summer day provided the backdrop for the fete, the social highlight of the early summer season. The beautiful gardens with the clipped hedges, shrubs, spacious lawns, flower gardens and graceful spruce, maple and elm trees provided the setting. The costumes of the women guests—dresses and summer suits as gay and vivid as the brilliantly-hued flowers themselves, and hats as dashing and charming as any in many a year—provided the color and filip to the party. For the occasion Her Excellency wore formal summer gown in white silk patterned in peacock blue figured design, smart white hat and white accessories. Miss Anstice Gibbs, her lady-in-waiting, wore a royal blue shantung dress with white straw hat and white accessories. Later the vice-regal party had tea in one of the marquees on the lower lawn. In the vice-regal party were Capt. E. C. Sherwood, RCN, Major the Hon. Desmond Chichester and Maj. J. D. Chichester-Clark. Five honorary aides-de-camp, Brig. J. L. Melville, Commander L. C. Audette, Col. J. D. Fraser, Lt. Col. G. Patrick, Inspector H. G. Nichols and J. F. Delaute, assistant secretary, attended the Governor General.

• • •

Miss Edith Bernard of Government House is spending a few days in Tignish.

• • •

Mr. and Mrs. Robert Alastair Borden have returned from their wedding trip and will spend the summer at their North River farm.

• • •

Miss Eleanor Bourke whose marriage is taking place this month, was entertained at a yachting party Thursday afternoon. Mrs. H. C. Bourke and Mrs. George Wood were hostesses.

• • •

Rev. William T. Warren and Mrs. Warren of Morrisville, Penn., and their two young daughters Meredith and Wendy, have arrived on a visit with Mrs. Warren's parents, Mr. and Mrs. H. M. Simpson.

• • •

Lt. Allan Cosh and Mrs. Cosh of Ottawa are holidaying with his parents, Mr. and Mrs. A. B. Cosh, West Street. Lt. Cosh is stationed at Naval Headquarters, Ottawa.

• • •

Mrs. G. M. Avard, Greenfield Avenue, entertained at a luncheon party in her garden on Wednesday noon.

• • •

Mrs. Gordon Bell, Dartmouth, and two children are visiting with her parents, Dr. and Mrs. Heath MacIntyre, Prince Street.

• • •

Mrs. H.S. Henderson was hostess at a luncheon on Friday at "The Villa Waters."

• • •

Mr. Ewen MacKinnon, C. B. E., and Mrs. MacKinnon have returned from a holiday in Montreal. Their young grandson, Colin, accompanied them from Montreal and will visit with them for several weeks.

• • •

Miss Betty Large visited in Windsor, Ontario, the Dominion Day holiday, the guest of Mr. and Mrs. I. MacArthur.

• • •

Mrs. James MacMillan and Mrs. A. R. Gillis were supper hostesses at a garden party Sunday afternoon in honor of Miss Helen Lawson, who was married this week.

• • •

After the church rehearsal on Monday evening of the Honsberger-Lawson wedding, Mrs. H. S. Honsberger entertained for the bridal party at the Rendezvous Restaurant.

• • •

On Tuesday evening Mr. and Mrs. J. A. Lawson gave a dinner party at the Stanhope Beach Hotel.

• • •

Master Tommie DeBlois, young son of Mr. and Mrs. T. D. DeBlois celebrated his second birthday on Thursday with a party for his young friends at Keppoch.

• • •

Mrs. C. J. Fear and daughter, Lisbeth Jean, of Dalhousie, N. B., returned to their home on Monday after spending three weeks holidaying with her parents, Mr. and Mrs. J. P. Simmonds of Brighton Shore.

• • •

Mrs. Frank Hobbs has left for Boston where she will visit with her sister, Mrs. L. R. Clarke, and her brother, Dr. H. C. Hooper. Her grandson Peter will accompany her.

• • •

Dr. W. J. P. MacMillan and Mrs. MacMillan have as their welcome guests their daughter Nora, of Toronto, and Miss Lillian Cox of Toronto.

• • •

Mr. and Mrs. Arthur J. Peppin and daughter Patricia are visiting the former's parents at their cottage at Keppoch.

• • •

Mr. and Mrs. K. H. Franklin of Montreal and two children are visiting with Mrs. Franklin's father, Dr. H. M. Shaw, Prince Street.

Mr. B. Roy Holman has arrived in Toronto to join Mrs. Holman. They will reside in their suite at the Windsor Arms Hotel, St. Thomas Street.

• • •

Mrs. Louis Sadler entertained at afternoon tea on Monday for Miss Elinor Ormston of Toronto, who was in Charlottetown for the Honsberger-Lawson wedding.

• • •

An informal welcome-home party was given at Keppoch Friday for Miss Joan Miller who has returned from a holiday in the United Kingdom.

• • •

Dr. and Mrs. John Howie of Windsor, Ont., are spending a three weeks vacation at Stanhope Beach Inn. Mrs. Howie was formerly Miss Jean Henderson of Charlottetown.

• • •

Tea hostesses at the Tennis Courts this afternoon will be Miss Audrey DeBlois and Mrs. Ralph Dumont.

• • •

Mrs. Arthur Roper, Mrs. William MacNeill, Mrs. Stirling MacDonald and Mrs. Wendall MacDonald will be tea hostesses at the Golf Club this afternoon.

• • •

Professor and Mrs. Warren Duchemin have returned from a three weeks' visit to New York and Boston. Professor Duchemin spent some time visiting at Harvard.

• • •

Miss Jean MacDonald, Weymouth Street, left Monday morning by plane for Pittsburg, Pa., where she will be the guest of her cousin Mr. H. Justin Brown and Mrs. Brown. After a month's visit, Miss MacDonald, accompanied by Mr. and Mrs. Brown will motor home to Charlottetown.

• • •

The tea hostesses at the Summerside Golf Club on Wednesday afternoon were Miss Wanda Wyatt, Mrs. Gerda Morrison, Miss Ann Allen and Miss Lois Graves.

• • •

Mr. and Mrs. W. Arthur Allen, Summerside, had as their guest the past week Miss Ann MacRae, Sydney Mines, N. S. She left on return Wednesday morning.

• • •

Mrs. Harry Walker, Halifax, N.S., is the guest of her sister, Mrs. James A. Harding, Norboro.

• • •

Mrs. L. A. Moore left Summerside yesterday morning for Madoc, Ontario, where she will be the guest of her daughter, Mrs. J. F. O'Riordan.

• • •

Mr. and Mrs. Keith Jelly and son Vaughan of Arvida, Quebec, motored to Summerside on Saturday and are the guests of the former's parents, Mr. and Mrs. C. B. Jelly for a two weeks' vacation.

• • •

Miss Mary Maddigan of Toronto spent the long week-end in Chicago, Illinois. While there she was the guest of Miss Mary Kelley, daughter of the late Justice Kelley of Toronto.

• • •

On Thursday afternoon Mrs. G. M. Avard entertained the W.M.S. of Trinity United Church at her home on Greenfield Ave. Miss Louise Callbeck, returned missionary from Japan was guest speaker and urged the great need of more money to send more missionaries. At the close afternoon tea was served. The dining table with a centrepiece of pink and white peonies was presided over by Mrs. (Dr.) H. C. Rice and assisting in serving were Mrs. A. D. MacLennan and Mrs. A. B. Bagnall.

• • •

Miss Dorothy Ann Green, granddaughter of Mr. A. C. Duchemin, who graduated from Netherwood School, Rothesay, and since has been spending a few weeks visiting school friends in Montreal and Ottawa, is flying home this week-end to spend some time with her parents in Trinidad, B. W. I.

• • •

On Wednesday afternoon members of the board of trustees of Zion Presbyterian Church were guests at the beautiful summer home of Mr. and Mrs. J. H. Hill, Wood Islands. Following a delicious supper the regular monthly meeting of the board took place, after which a social hour was enjoyed.

• • •

Island friends will be interested to learn that, at the recent convocation of the Law Society of Upper Canada, held at Osgoode Hall, Toronto, Elgin Coutts received the degree Barrister-at-Law. Mr. Coutts, an R.C.A.F. pilot, was stationed at Summerside during the war. Mrs. Coutts is the former Helen Muttart of Cape Traverse.

• • •

Miss Helen Agnew, one of this month's popular brides-to-be, was guest of honor at several functions during the last week. The Girl Guides of Central Royalty, of whom Miss Agnew is the Captain, held a very jolly kitchen shower at the home of Mrs. Wendell Wood.

• • •

At the closing of the Central Royalty School Miss Agnew was presented with a beautiful cut glass entree dish, with silver inlay, by her pupils, who expressed regret at losing her as their teacher.

• • •

Miss Verna Harding was hostess at a miscellaneous shower for Miss Agnew, on Wednesday.

• • •

Birthday congratulations to Hon. Thane A. Campbell, K.C., Chief Justice, who was fifty-four on Thursday.

(Continued on Page 3)

McElroy-Costello Wedding

Mr. and Mrs. James McElroy photographed at their wedding reception at The Charlottetown with their attendants. The bride, formerly Miss Madyine Costello, was given in marriage by her brother, Mr. John Costello, left. Others left to right: Mr. Wm. Boyles, and Mr. Enoch Sullivan, ushers; groomsman, Mr. Frank McElroy, groom, Mr. James McElroy, the bride, train bearer, Miss Virginia MacDougall, Mrs. Walter White, matron of honour, Miss Martina Costello and Miss Dorothy MacPhee, bridesmaids. Garnhum Photo.

Ellen's Diary

By an Island Farmer's Wife

June, month of pearls, wearing a rose and a honeysuckle in her hair left Alderlea this week, and in her stead July of the ruby and water lily came quietly in. The thought brings to mind, July child that we are, a neat circlet of gold, set with very small but infinitely precious rubies, which came to us in childhood, by way of a Christmas stocking. It was our pride and talisman through many a year, and is still treasured carefully to give away or perhaps to bequeath to some maiden—to grand-daughter likely, to go with her as it did with ourself through many a childish delight and tragedy. To be her charm when she sets herself some wearisome task, or wearing and beloved, appear to make some precious wish of her heart come true.

• • •

We have ever found comparing the years, that this period which farewells the old and ushers in the new, introducing fresh delights of the Summer has a charm and magic all its own. In this interval, except to the most tardy, the end of the cropping has arrived, and farmwork is not quite so insistent as it was. Now too the fruits of the farmers' labors appear in fields of promise, and now it is that folks can find time to feast eyes on "the hills" and all, clad in a rare beauty.

• • •

To us, the end-of-June week is one in which as work is estimated, we are apt to be found wanting. "El-len!" James may call from the barnyard, "where are you? I thought you were right behind me!" But how could we when only that minute a touching scene of rare fragrance had intercepted our path?—a dewy drift of roses come suddenly to bedeck a bush; the early sun putting beautiful touches to a daisy-set hay-field; a swallow, bright-eyed greeting us from his—or her—adobe door-way. Or maybe a song sparrow has halted our steps, with a carol to set the theme for our day. So many delights are incidental to June's latest days, we find that it takes some resolve on our part to keep to any semblance of schedule or order in our round of care.

• • •

This week gave us several outings. Among these was one which allowed us as a family to attend a farm sale in another community. Our farmers like to add to their modest herds and flocks, or rather to replace with younger animals those that go from the farm to keep the family pot boiling. And sometimes at these forgatherings which have their touching angles, they pick up as they will tell you, a calf or an animal more mature or should the necessity demand it, a colt, if its lines are pleasing to both. Here as in other purchasing, though we believe he is inclined to hold a wider point of view in these instances than with some of the house-wives' buyings, James has his favorite maxims: "Don't pay too much for your whistle!" and "a bargain, if you don't need the article, is dear at any price!"

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Household Scrapbook

By Roberta Lee

Rugs

Be sure to remember when buying rugs that are to be subjected to a lot of sunlight, that dark blues, browns, and greens will fade more readily than lighter shades.

Lemons

The most juice obtainable can be had from a lemon by rolling it well, pressing with the fingers until the lemon is quite soft. This process frees the juice.

Colors

Set the colors in cotton goods before washing them the first time by soaking for twenty minutes in cold water, to which a handful of salt has been added.

DOROTHY DIX SAYS—

Time: Friend Or Enemy?

Life Brings Compensation For Loss Of Youth

We all think of Time as our enemy. Especially do women regard it as their most malevolent foe, for does not Time rob them of their beauty? Does it not steal the roses from their cheeks and dull the luster of their hair and fade the color from their eyes and take from their forms their lissome grace? Would not most women rather be accused of a scandal than of growing old? Is it not against Time that we fight a ceaseless battle in which we are always vanquished in the end?

How foolish. For, in reality, Time is not our enemy but our friend. It is our greatest benefactor. It is an anodyne for our suffering. It is a philosopher's staff on which to lean. It is the magic that lifts the crushing burden from our shoulders and makes smooth the rough places in life.

Even to women Time is kinder than they think. It offers itself to them as an ally instead of an adversary if they will meet it in the right spirit, and if it takes from them the fleeting beauty of youth, it will give them in place of it a charm that will never fade. For no women are so fascinating as those whom age and experience have ripened and perfected and given sophistication and taught every art of pleasing. Compared to them, the prettiest flapper is as a hard and knotty little bud to the full-blown rose.

And age gives beauty to many women who never had it in their youth. Time is a sculptor that chisels the rough features of many a girl into symmetry. It hardens many a flabby girl's figure into flowing lines of grace. It gives poise and dignity to many an overgrown, hobbledehoy girl. Many an old woman's face is simply luminous with the goodness of her soul that shines through it like a light through an alabaster vase.

Time is the greatest solver of all our problems, if we only had in-

(Continued on Page 3)

Modern Etiquette

By Roberta Lee

Q. When attaching one's card to a wedding gift, is it necessary to write the bride's name on the envelope?

A. No; it is not necessary, but it is all right to do so.

Q. Should dancing be mentioned in the invitations if it is to follow a reception?

A. Yes.

Q. Is it necessary that the hostess give favors to the guests at a home luncheon?

A. No; this is entirely optional.

Cook's Corner

BIRDS NESTS

¼ cup butter
2 egg yolks
1 T. sweet milk
¼ cup sugar
1 cup flour
1 teaspoon baking powder
¼ teaspoon salt

Mix the above ingredients as for cookies, roll and cut with round cookie cutter. Prepare the following filling:

2 egg whites (stiffly beaten)
1 cup icing sugar
1 teaspoon melted butter
2 cups fine cocoanut

Arrange a rim of this mixture around the edge of the cookie. Add a dab of bright, red jam or jelly in centre for decoration and bake in moderate oven.

The Stars Say--

By Genevieve Kemble

For Sunday, July 10

SUNDAY'S astrological forecast shows a lack of cooperation or definite want of harmony and encouragement from those in influential positions. Plans, hopes and wishes in this direction may miscarry, although a tactful, considerate and reasonable course of action may break down such resistance. Compromise and finesse may win out.

If It Is Your Birthday

Those whose birthday it is, may be prepared for lack of desired support from those in high places whose influence is important on promoting ambitious plans. Employers may be indisposed to agree on matters concerning promotion, or fail to see eye to eye on suggestions for advancement, for putting over major operations of joint interest. Compromise and amiability may be the best implements to break down resistance or ill intent.

A child born on this day, may have a faculty for running counter to the wishes of parents, employers or others in place and position. Over-confidence or weak health may be at the root of this.

For Monday, July 11

MONDAY'S horoscope holds excellent augury for the launching of programs, campaigns or major explorations into new fields of action, with many promises of their advancement and spectacular progress and productive results. Yet an erratic impulse, a rash attempt to batter down the doors of opposition or lack of support, may o'er "leap itself and fall on the other side." Moderate and considerate conduct may avert the crash, but the personal judgment if blurred, not reliable, may impel wayward or blundering steps into wrong paths. Shun sarcasm and public criticism of supporters.

If It Is Your Birthday

Those whose birthday it is, have promise of excellent openings for putting over important deals or explorations into fresh and untried fields of operation. Ingenious and experimental plans may find cooperation from influential places, and yet such may be offended, alienated, or jeopardized by erratic moves, impetuosity, half-baked plans or schemes, or by over-confidence, criticism or sarcasm. Radical ideas, personal idiosyncrasies or forced issues may negative splendid efforts or plans.

A child born on this day, while ambitious and talented in out of the ordinary ways of life, radical and experimental, yet its faculty for offending its elders or superiors may alienate needed cooperation. A blundering mentality or erratic impulses may defeat its fondest hopes and wishes.

Better English

By D. C. Williams

1. What is wrong with this sentence?" Each of the men have their own opinions."
2. What is the correct pronunciation of "brethren"?
3. Which one of these words is misspelled? Langor, anchor, bachelor.
4. What does the word "prevalent" mean?
5. What is a word beginning with el that means "to explain"?

ANSWERS

1. Say, "Each of the men has his own opinions." 2. Pronounce last syllable ren, not breth-ern. 4. Languor. 4. Most generally received, current, or practical. "Such ideas are prevalent today." 5. Elucidate.

How Well Do You Know Your Island?

(By Uncle Joe)

The following is a list of the Junior Live Stock Clubs in operation in the year 1948:

The Urbainville Holstein and Shorthorn Club.
The St. Phillip and St. Chrysostome Ayrshire Club.
The Acadia Holstein and Jersey Club, Bedeque.
The Sherbrooke Holstein Club.
The Millcove Holstein Club.
The Victory Jersey Club, North Wiltshire.
The St. George's Ayrshire Club.
The St. Peter's Ayrshire Club.
The North River Hereford Club.
The C.-C. Shorthorn Club of Augustine Cove, and
The Hopeful Farmers' Ayrshire Club at Framington and Mt. Hope.

The three poultry clubs operating in the Garden of the Gulf are located as follows: Mt. Carmel, Egmont Bay and Rustico.

1948 was the banner year for poultrymen. Egg surplus to Maritime and Newfoundland requirements were exported to Britain to the extent of 65 carloads or one million, three hundred and seventeen dozen. Three quarters of a million pounds of fowl, turkey and chickens went to our cousins across the border.

The Royal Packing Company and the North Shore Packing Company carried on experimental work with turkey pack, which proved that a sound and profitable business could be developed along with chicken and fowl.

It is interesting to note that some of our operators of canning plants are the most experienced in this line of business in Canada, one operator having thirty-nine years of canning experience to his credit.

P. E. Island is keeping up to standard in all the latest and detailed procedure re blood-testing of poultry, which should insure that Pullorum disease-free chicks reaching the hands of poultrymen be reduced to a minimum.

Here is a report of flocks tested in this disease in 1948 season:

Number of birds tested—26,090.
Number of flocks tested—103.
Number of birds clean first test—26,090.
Number of flocks clean first test—103.
Total samples taken—26,090.
Total samples set up at laboratory on standard and variant antigen—52,180.

Most common diseases among Island poultry are: Avian Tuberculosis, Avian Leuceosis, Coccidosis and Internal Parasites.

Turkeys frequently suffer from Enterohepatitis, or what is commonly called Blackhead, a disease that infects the intestines and the liver. Certain preventive measures are available in the form of medicinal agents which is usually placed in the drinking water to keep resistance of those delicate birds at a high level and to prevent infection from getting a start. It is a filth-born disease.

Morning Smile

An Aberdeen merchant, at the close of his financial year, called his staff together.

"Well, men," he said, "we've had a splendid year and I'm going to divide a sum of money among you. I've written out three cheques, one for Mr. McGregor, one for Mr. Grant and one from Mr. Gordon. I congratulate you all on the way you have worked, and if you do as well during the next 12 months, I'll sign the cheques."

How Can I !!!

By Anne Ashley

Q. How can I prevent cracking of glasses when washing them?

A. Do not put a glass into hot water bottom first, as it is liable to crack due to sudden expansion. Slip the glassware into the water edgewise, and even the most delicate type will be safe from cracking.

Q. How should table oilcloth be fastened?

A. Instead of tacking the oilcloth to the table fasten it with flour paste. This will prevent cracks and wrinkles, will be more durable, and look nicer.

Q. How can I easily clean outdoor brass fixtures?

A. Mix the scouring soap with kerosene. Apply with a flannel cloth and rub thoroughly.

Living & Leisure

THE WOMAN'S REALM

BARGAIN LIFE

To know spring and summer well
And the glory of the fall,
Makes it worth man's while to dwell
On this old earth after all.

And to face and live them through—
All the stings of winter drear—
Is the payment that is due
For the purchase of a year.

Checking back, through good and ill,
Storm and days of sunny skies,
Life appears a bargain still;
Worth its cost in sacrifice.

—Edgar A. Guest.

Freeze left-over coffee or tea into cubes for iced coffee or tea. Fruit juices may be frozen to be added to fruit drinks.

A lot of ordinary things you have around the house can double for a number of other uses.

For instance, a stapler is a handy thing to have around—but it does more than a desk job. You might use it, for instance, to seal the tops of paper bags for lunches. It won't keep Junior from dipping into the cake before noontime—but stapling will make the bag neater and easier to carry.

The same idea can be applied to mothproof paper bags with faulty fasteners, though in this case you must be sure to space the staples closely along the edges and top of the bag.

One quick-minded lady we know used a stapler to fix a broken shoulder strap as she was dashing out the door.

If you have the kind of stapler that can be used on a flat surface, you can even use it for tacking felt weather-stripping along the sides and tops of windows.

Lining bureau drawers or cupboard shelves with paper or oilcloth is a cinch with a stapler. It's much easier than thumb-tacks, and when you want to replace the paper, just rip it out. You can put in the new lining without bothering to take up the old staples.

You can replace worn-out window shades, too, by means of the handy gadget. And the stapler allows you to use your own ideas for shades. You can staple your own choice of material on the rollers.

A photo album is another spot where you can use a stapler to add vantage. The pictures will lie flat and yet they can be removed easily.

SLIM SKIRTS ON SUMMER DRESSES

NEW YORK — A noticeable leaning toward slim skirts crops up all through the summer fashion picture. Using a light-grounded chiffon print, Trigere brings out a smart, short chiffon dress appropriate for a dozen occasions in summertime. This is made of graduated bands of shirring from the hem to the top of its single-strap bodice and belted with a rich Venetian red crushed velvet girdle.

Another narrow summer dress, though for all its straight lines delightfully easy, is Mark Mooring's imported white batiste cut on a slight off-shoulder line with tiny short sleeves, the whole dress a dream of threadlike tucks, dainty Val lace, and traceries of embroidery. Ankle length, it is worn with a frosty pink sash for romance.

SHORTER SKIRTS FORECAST FOR FALL

BUFFALO, N. Y. — Hem lines will be up and prices will be down when the American woman goes to buy her Fall wardrobe, a fashion expert says. The feminine silhouette also is in for a change, Mrs. Adele C. Elgart of New York said recently in a report.

The silhouette, she declared, will be slimmer, reflecting woman's natural desire to display the figure she strives so hard to acquire.

"Last Fall," she said, "much of the result of dieting was lost in the fuller skirts, which were a carry-over of the post-war splurge by designers."

Along with slim lines in the coming Fall fashions, she continued, will be skirts up to 1 1-2 inches shorter. Mrs. Elgart predicted prices would be from 10 to 15 per cent below those of last year.

Flavor a cream sauce to be used for steamed green cabbage with a little Worcestershire sauce and lemon juice; garnish the creamed dish with finely chopped parsley.

For a smoother white sauce, add flour to melted fat, then remove from heat and pour the milk in gradually, stirring constantly. After the milk is well blended, return to the fire and continue cooking, stirring until the mixture is thickened.

DAILY HOUSEHOLD HINT

To avoid the taste of rancid oil in shelled walnuts, pour boiling water over them, shake for a second and drain. Rinse with cold water and dry without too much heat.

If a door squeaks and a little sewing machine oil dropped on top of hinge doesn't stop the squeak use a penetrating oil which you can buy at a hardware store.

When pressing a rayon faille skirt or dress that has lots of fullness, iron into the gathers, never across, them, and on the wrong side of the fabric unless you use a pressing cloth.

Fruit at room temperature is easier to squeeze than that which has been chilled in the refrigerator.

That Body Of Yours

By James W. Barton, M. D.

THE OVERWEIGHT CHILD

As children in school if a boy was thin we called him skinny and if fat we called him fatty and nothing more was said or thought about it. Today the boy called skinny still thinks nothing about it but the boy called fatty, and his parents don't like the name fatty.

In Bulletin of the New York Academy of Medicine, Dr. Hilde Bruch states that obesity (fatness) has increasingly become the butt of ridicule and cause for humiliation, especially among young people. "Many young persons become withdrawn and seclusive because of the barrassment of being fat." They think so much about their appearance, due to excess fat, that they appear to forget their other attributes and become shy, oversensitive, discouraged and depressed. Excess fat often interferes with careers as well as marriage.

While most of us think of fat individuals as being happy and good natured, a disposition usually associated with overweight, Mr. Bruch states that many of them have underlying feelings of unhappiness and put on their outward appearance of acceptance as a defense against their inward reaction.

Although heredity and gland disturbances causes some excess fat, the one outstanding fact which cannot be denied is that although heredity or gland disturbance are partly to blame for excess fat, it is only too true that the overweight individual, young or old, is himself mostly to blame. He (or she) simply eats more food than the body needs since their particular bodies do not need as much food to carry on the ordinary activities of modern life. This means that by cutting down on food intake every overweight person is bound to lose some weight. If he eats plenty of

(Continued on Page 3)

Needlecraft

FOR THE HOME

ROWS OF RUFFLES

Sun-seeking suits are a "must" for younger sister at play! This panel-styled one is new and different — with four rows of rustling ruffles to provide the sweet and pretty look.

No. 2520 is cut in sizes 2, 4, 6, and 8. Size 4, 1¾ yards 35-inch.

Send 25c for each PATTERN which includes complete sewing guide. Print your Name, Address and Style Number plainly. Be sure to state size you want. Include postal unit, or zone number in your address.

Address Pattern Department
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