

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

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That Body of Yours

By James W. Barton M. D.

PAIN IN SHOULDER WITH NUMBNESS AND TINGLING OF FINGERS

During World War I, in both military and civilian life, physicians and surgeons were reporting a condition known as cervical rib. One of the bones in the neck or cervical part of the spine had such a long transverse process that it was almost as long as one of the upper ribs and was called a cervical or neck rib. This "extra" rib pressed on nerves and vessels, passing to shoulder, arm and fingers and causing pain, numbness and tingling of fingers.

Later it was found that excess fibrous tissue in this region likewise pressed upon the nerves and vessels and caused the same symptoms as cervical rib.

The treatment of these symptoms is not as long as a week in bed, the patient being propped up during the day with each arm in a sling. This "lift" of the arm and shoulder gives relief. To prevent future attacks, resting and wearing the slings at times is recommended.

In civilian life, the above symptoms—pain, numbness, tingling—were formerly found mostly in middle-aged washerwomen and women engaged in work with shoulders bent forward. Today it is found in younger women, often those who for the first time are doing hard work.

However, as those afflicted with these symptoms do work which brings their shoulders forward in a sagging position, that the sagging of the shoulders may cause the pressure symptoms is the opinion of physicians interested in this cervical rib group of symptoms.

Because Vitamin B1 is of help in all tired and nervous conditions, the natural treatment in this ailment often is a daily dose of this vitamin. However, as the symptoms are caused by pressure, and sagging shoulder cause the pressure, the best treatment would be rest and arm slings until the symptoms are relieved.

In order to correct or prevent sagging shoulders, standing and sitting tall will give immediate or temporary relief, and developing the abdominal muscles will throw the shoulders back naturally. The abdominal muscles are developed by any exercise which "tightens" them—such as bending over and "trying" to touch toes, or lying on the floor and raising legs to a right angle, (two sides of a square) keeping knees straight.

with a knife. This will leave a smooth surface for the frosting.

Q. How can I make sweet peas bloom well?
A. When planting sweet peas they should run north and south to make them bloom well.



Shown in the above picture are the principals in the recent Brennan-Hynes wedding. From left to right: William Cantwell, groomsmen; Mrs. William Brennan, the bride; Miss Jean Ledwell, bridesmaid and Miss Hazel Hynes, maid of honor. (Picture by Ed Garnham.)

Brennan-Hynes Nuptials

One of the prettiest June weddings of the season and one of interest to many friends throughout the Province was solemnized at St. Dunstan's Basilica Wednesday morning, June 11th, when Evelyn Hynes, eldest daughter of Mr. and Mrs. Alfred Hynes, City, became the bride of William Cantwell, son of the late Mr. and Mrs. Adolphus Brennan also of this city.

The ceremony was performed and nuptial mass said by Rev. P. McMahon, D. D.

The bride looked winsome in a floor length gown of lace over white satin with bustle back, and long sleeves of knife pleating coming to a graceful point over the hands, with Mary Stuart head-dress and finger tip veil, carrying a bouquet of American Beauty roses, was given in marriage by her uncle, Mr. Louis Hynes.

Her bridesmaid was Miss Jean Ledwell wearing a floor length gown of yellow nylon with coronet head-dress. She carried a nosegay of sweet peas.

The bride's mother was becomingly gowned in a fuchsia crepe dress grey accessories with a corsage of yellow roses.

Groomsmen were Mr. William Cantwell, Messrs. Harold Hennessey and Giles Cantwell acted as ushers.

The groom's gift to the bride was a string of pearls; to the

"Island Maid" Bread is a quality food

"TRY IT"

STEWART BAKERIES LIMITED

CHARLOTTETOWN, P.E.I.

Living & Leisure THE WOMAN'S REALM

It's just the little homely things, The unobtrusive friendly things, The "won't-you-let-me-help-you" things That make our pathway light. —Grace Haines.

BRIGHT COATS SHOWN WITH SWIMMING SUITS

NEW YORK — Coats highlight the swim and sun suits. Here bold plaids, stripes, and brilliant colors are used in effective geometric patterns. Contrast these with unruffled white waffle pique on any beach and the effect is delightful.

One approach to fashions for the young crowd whips itself to a skirt with a brand new treatment that gives ballet-type fullness, of brown and white striped cotton attached to a slim bodice. The curve so popular this season makes a bolero ensemble in a striped, combined broadcloth in gunmetal with pink stripes. A sleeveless bolero fastens with a buckle, while the stripe of the fabric tends to give interesting design to the entire costume.

HATS ARE STRAWS IN FASHION WIND

NEW YORK — For the girls with careers on their minds and easy-to-brush, easy-to-manage coiffures on their heads, Battalions of smart hats are shown. Back interest, bretons, bretons with soaring plaid taffeta bows, cuff bonnets, and sailors and pillboxes manoeuvre for position and place, mostly posed on the back of the head.

Watch for the dramatic straw hats faced with black velvet. One designer offers a striking leghorn bicorne and faces it boldly in black velvet. Bicorne also flourish made of light felts with a pale gold cast. These blend with the new orange shades and other costume colors. Another milliner plans a campaign of light black horsehair hats, distinctly summery and devastating with print dresses and theatre clothes.

MORNING SMILE

CHARITABLE

The benevolent old gentleman watched the crowd of youngsters round the entrance to the football ground, eagerly trying to catch a glimpse of the big Cup Final.

Touched by the boys' interest, he went up to the ticket office and with an air of authority, said to the attendant:

"Let these boys in and count them as they pass."

When the last one had gone in the attendant turned and said: "Twenty-eight, sir."

"Good," answered the man smiling and walking away. "That's what I made it."

HOT WEATHER AND CORSETS

Warm weather months ahead pose special problems in the care of corsets.

Perspiration acids and body oils what I made it."

THE STARS SAY—

By GENEVIEVE KEMBLE
For Wednesday, June 25

STAMINA, patience, perseverance and concentrated effort are the telling factors in this day's attempts to stabilize the fortunes, position and future. This against probable conflict or criticism from those expected to support established projects, plans or policies, but who may be disposed to resist to understand or tricky tactics rather than straight-forward procedure. Keep alert to intrigue, subtlety, lures and gains. Security and eventual rewards may come from integrity, fortitude and good work.

For the Birthday

Those whose birthday it is may be prepared for a year demanding their concentrated effort, well-organized plans and programs, built upon practical and constructive principles, if eventual culminations and delayed recognition are to crown good work in the face of opposition from those whose concrete support had already been established. An element of the subtle, treacherous and underground ways and means may have to be fought out with grim purpose and reality, facing the danger with diligence and faith as well as loyalty to principles and plans.

A child born on this day may be well endowed with the sterling qualities and practical skill and talents to win out eventually against all odds, open criticism and undercover treacheries.

Modern Etiquette

By Roberta Lee

Q. In whose name should wedding announcements or invitations be sent if the parents of the bride are both dead and her only relative is an older brother?
A. Have the invitations or announcements sent out in the name of the brother.

Q. Is it all right for a man to wear colored socks with full dress?
A. No; black hose only should be worn.

Q. Is it obligatory to send a gift when one is notified of the birth of a baby?
A. It is not obligatory, but is customary to do so.

How Can I!!

By Anne Ashley

Q. How can I prevent tennis racket strings from breaking?
A. The strings should be covered with vaseline before putting away for the winter. This will prevent them from snapping during the time the rackets are not in use.

Q. How can I remove the scorched top or bottom of a cake?
A. Grate over it lightly with a nutmeg grater instead of scraping

Ellen's Diary

By an Island Farmer's Wife.

At Alderlea the seeding was completed yesterday, when because James preferred it "straight cats" instead of the usual mixture of grains was sowed on the bit of new land at the end of the wood through the stump field. "We won't bother cutting it" I overheard James say "we'll just let the stock eat it off towards Fall." Then the seeder that has done the sowing for James for the fortieth consecutive season was cleaned of its grain and tucked away in its place in a shed. "New then?" James repeated in response to my question "indeed no—I just can't tell you how many years it's been used on the farm—and I don't believe we ever cut a better harvest than we did last year." "I'd say" Joek remarked "that the new seed cleaning machine in the settlement had something to do with that. "Have it more leisurely now that the grain is all in?" James replied at dinner in answer to words I let fall in his hearing. "But Ellen, are you forgetting all the work that must go towards getting the potatoes planted and the turps sowed? The cleaning of the land is a big undertaking—and what a difficult season this one has been to try to get couch grass killed!"

(Continued on Page 3)

INFANT'S JACKETS

DESIGN NO. 1099

Three wool jackets for the newly born infant are none too many. Little time is required to crochet each of these three items. Pattern No. 1099 contains complete instructions. Needlework Book 20 cents.

To order: Send 20 cents in coin to Needlework Bureau, Charlottetown Guardian.

Design No. 1099

Name _____
Address _____
City _____ Province _____

Needlecraft FOR THE HOME

YOUNG LOVE

In Spring a little girl's fancy turns to just this kind of a dress, sings a song of scallops along the Gathering at the waist, it merrily airy armhole openings, low cut neck, patch pocket tops... and ends up by trimly buttoning at the shoulders. Turn about's fair play, too. When there's a big bow sash in back.

No. 2647 is cut in sizes 6, 8, 10, 12 and 14. Size 8 requires 2 1/4 yards 35-inch.

Send 20 cents for PATTERN which includes complete sewing guide. Print your Name, Address and Style Number plainly. Be sure to state the size you wish. Include postal unit or zone number in your address.

Address Pattern Department, The Charlottetown Guardian, Charlottetown, P.E.I. Pattern No. 2647

Name _____
Address _____
City _____ Province _____

To get clothes clean, rinsing is as important as washing. Often rinsing is not thorough enough for good results. Clean soft water must be used for each rinsing, and must be extracted from the clothes after each rinse by wringing or spinning.

2647
SIZES
6-14

Amazing Soapless VEL

cleans better, washes faster

VEL gives water amazing new cleaning power—makes it penetrate, lift out dirt, cut grease fast!

VEL dissolves instantly, completely, even when you add cool, hard water.

One big advantage is that VEL's light, foamy suds disappear quickly... the water stays clear. You see what you wash. No heavy clinging suds.

VEL CLEANS DISHES, GLASSWARE CLEANER THAN ANY SOAP! EASIER ON HANDS!

VEL KEEPS MY STOCKINGS, UNDIES NEWER LOOKING. NO DULLING SOAP FILM.

VEL CUTS GREASE. NO MORE SOAP SCUM.

IT'S VEL FOR ME FROM NOW ON! NO MORE OLD-FASHIONED SUDS!

VEL KEEPS MY WOOLENS AND BLANKETS SOFTER, FLUFFIER.

VEL WASHES DIAPERS BETTER.

VEL WORKS MIRACLES

Eliminates sticky suds—soapy film

Leaves glasses sparkling clean. Keeps silks, nylons, sweaters—Woolens softer, fluffier—clothes snowy-white.

Save time and wash cleaner, by soaking heavily-soiled laundry in a VEL solution for a little while before washing. To remove deep-down, grimy dirt, sprinkle on a little dry VEL, then rub gently.

VEL IS A COLGATE PRODUCT Quality Guaranteed

DOROTHY DIX SAYS—

Wifely Loyalty

Belittling Husbands Just As Unfaithful As Having Illicit Love Affair

Many women have a curious idea of what constitutes loyalty in a wife. They think that as long as they do not have affairs with other men that they are being faithful to their marriage vows and that they have a perfect right to stab their husbands in the back with their tongues. So often does this happen that it is a matter of common knowledge that whenever a group of women gather together for a talkfest, they pick their husbands to pieces until their very bones are bare.

Apparently it does not occur to many a wife that she owes any loyalty to the bread she eats, and that as long as she lives with her husband and accepts his support that she should keep silent concerning his faults and weaknesses. No stranger should be permitted to look behind the iron curtain that shuts in a home until it is raised on the divorce proceedings.

All wives know this and yet nothing is more common than to have not only your women friends out women, whom you scarcely know by sight, tell you intimate details of their family life that they should be shocked for ever revealing. Not one of us but who has been horrified to hear a wife babble along about her husband's business affairs, or about his not liking the boss, or about the time he got drunk, or about his having had some flirtation with his secretary, or even retell some story of a scrape he got into in his early youth.

(Continued on Page 3)

Better English

D. C. Williams

1. What is wrong with this sentence? "It is just exactly as I told you."
2. What is the correct pronunciation of "en route"?
3. Which one of these words is misspelled? Pavilion, medallion, battalion.
4. What does the word "appellation" mean?
5. What is a word beginning with hu that means "to mortify"?

ANSWERS

1. Omit just or exactly. One might as well say, "It is just (or, exactly) as I told you."
2. Pronounce an-ROO-tay, as in ah, oo as in too, accent last syllable. 3. Battalion. 4. A name or title. "Christianity is with them a geographical, not a descriptive, appellation."—Faber & Humiliate.

Household Scrapbook

By Roberta Lee

Borax

When any white articles, such as curtains, blankets, spreads, etc., are very soiled, it will add considerably to soak them over night in cold water to which a handful of borax has been added. This will loosen the dirt so that it will wash out readily the next day, and give a good color to the material.

Window Shades

Window shades can be kept in a cleaner, better condition for a long time if they are, taken from the brackets about once a month, unrolled and wiped clean on both sides with a soft, dry cloth.

Teed Tea

Lemon will be more convenient in handling for seed tea if cut into cubes.

Name _____
Address _____
City _____ Province _____

Flavour FORECAST

Young vegetables and aged vinegar make superior salads

Pickled Eggs and Beets

Combine 1/2 cup Heinz Distilled White Vinegar, 1/4 cup beet juice, 1/4 cup water, 1 tablespoon whole mixed spices and 2 tablespoons sugar. Boil 2 minutes. Strain and cool. Pour over 6 cups canned or cooked beets, whole or cut, and 6 hard-cooked eggs. Stir occasionally. Allow to stand until eggs are coloured. Serves 6-8.

For salad insurance choose the best vinegar you can buy, just as you choose the best fruits and vegetables. That's the way to protect and enhance flavour.

HEINZ Vinegars

57