

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

Modern Etiquette

By Roberta Lee

Q. If you have been invited to the home of a friend and through oversight have not been introduced to some of the other guests, should you call this to the hostess' attention?

A. No; it is much better to save the hostess from embarrassment by joining in the conversation and laughter, and it is quite likely that you will soon be talking to everyone present.

Q. Should one leave at once when visiting a friend in a hospital and another visitor enters?

A. Yes, leave at once when another visitor or the doctor enters.

Q. When should coffee be served at an informal meal?

A. Coffee is served at the table either during or after the desert course.

How Can I!!

By Anne Ashley

Q. How can I relieve dry and burning feet?

A. When the feet are inclined to be too dry and harsh-skinned, producing a burning sensation, a good remedy is to rub them thoroughly with olive oil, massaging it well into the pores.

Q. How can I treat crystal glassware to make it less liable to break?

A. Place it in a pan of cold water on the stove and allow it to come to a boil. Let it boil for about ten minutes, then cool in the same water.

Q. How can I make a starch paste?

A. Take one-half cupful of lump starch and mix thoroughly into one quart of water; then boil slowly for a few minutes.

Better English

D. C. Williams

1. What is wrong with this sentence? "This here boy will go with you."

2. What is the correct pronunciation of "alloy"?

3. Which one of these words is misspelled? Debonair, commette, grammer.

4. What does the word "placid" mean?

5. What is a word beginning with ex that means "to clear, as from an accusation"?

ANSWERS

1. Omit here. 2. Pronounce a-l-o-y, as in at unstressed, accent last syllable. 3. Grammar. 4. Undisturbed; peaceful; quiet. "The mind that is cheerful in its present state . . . will meet the bitter occurrences of life with a placid smile." — Horace. 5. Exonerate.

Coulson MacNeill Nuptials



Mr. and Mrs. Ernest Francis Coulson, who were married on June 20th at 9 o'clock in St. Teresa's Church, Ottawa, by Rev. D. D. Mac-

Donald. Mrs. Coulson is the former Isabel MacNeill, daughter of Mrs. Leonard MacNeill, of Summerside.

That Body of Yours

By James W. Barton M. D.

HEART MURMURS WITH NO ENLARGEMENT OF HEART NOT USUALLY SERIOUS

During World War I, as medical officers, we were instructed to reject any recruit with a heart murmur. I fully recognized the fact that many heart murmurs were due to physical work and no breathlessness resulted, there was no reason why the recruit should not be accepted for military service — even in the front line.

I had in mind our best cross-country runner, winner of the intercollegiate championship, whom I allowed to run because he was able to run the six miles and finish in good condition. I felt secure in permitting him to run because there was no enlargement of the heart. Early in World War I, Sir William MacKenzie, then a general practitioner in an industrial town, discovered that many patients with heart murmurs climbed a high hill to his office yet showed no difficulty in breathing when they arrived. The spread of this knowledge enabled Great Britain to send many heretofore rejected men to the battle front. The same was done in Germany. In all these cases, murmurs were present but no enlargement.

In "Medical Clinics of North America," Drs. William D. Stroud and Morris W. Stroud, University of Pennsylvania, state that as there is no specific or special cure or treatment for chronically damaged heart valves, examining physicians should not make the patient "heart conscious." It is usually well to tell the patient with slight or no enlargement of the heart that the heart muscle is fine and that there is no reason why he or she should not indulge in all common activities. It is this warning of these patients with murmurs but no enlargement "to be careful" that causes "a great deal of unhappiness to the patient and apprehension to the parents." These patients become mental invalids if not permitted to exercise.

However, where there is enlargement of the heart the patient should be advised that any exercise or work that soon brings on breathlessness should be avoided or done at a slower rate.

HOW IS YOUR BLOOD PRESSURE

Send today for Dr. Barton's booklet dealing with both high and low blood pressure entitled, "How Is Your Blood Pressure?" To obtain it, just send 10 cents and a 3 cent stamp to cover cost of handling and mailing, to The Bell Syndicate, Box 99, Station G, New York 19, N. Y., and ask for your copy.

Morning Smile

A GALLANT THOUGHT

While we will neither affirm nor deny it, there are many who believe that a certain Southern judge won the favor of feminine voters and, incidentally, his re-election because of certain small but important considerations he shows the fair sex while conducting the business of the court.

One day recently he caused a certain young lady to give slight evidence in a case which did not seem at all necessary.

"Judge," he was asked later, "was it really necessary to place Miss Day on the stand yesterday?"

"No," it wasn't," admitted the judge, "but I saw she had a new hat, and was anxious to show it off. So I just helped her do it!"

The hunter burst into camp and saw the guide splitting wood excitedly, "Are Harry, John and Albert here?"

"Yip," said the guide, "they're all in the cabin."

"Yip," said the hunter, "then I shot a deer."

Ellen's Diary

By an Island Farmer's Wife

Dusk was claiming the far hills, though our valley still basked in the tender light of the afterglow. It lay there so still and peaceful that one wished the darkness might withhold its dim curtain to allow one to enjoy before this fitting and to a perfect day. James, doubtless, would be wishing to stay his hand, so that he might complete the cultivation of the potatoes at the other farm, whether he had gone since supper. There would likely be a few drills yet, to be done before he could leave the field there and home with a light heart. Jack was at some extra choring after the milking. From the orchard where I bussed myself it soon as though some piece of carpentry was being attended to: a stable

(Continued on Page 3)

WIN A NEW CHEVROLET OR A \$500 BLUEBIRD DIAMOND RING

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- 1 Buy a package of Goderich Salt from your Grocer.
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- 3 Mail entries, with your name and address and your grocer's name and address, to Department "G", Maritime Industries Ltd., Amherst, Nova Scotia, Canada.
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DOROTHY DIX SAYS—

Men As Marriage Failures

Wives Want Husbands To Flatter Them, Continue Love-Making

In this land of romance, where the fortune hunter is practically an unknown species, almost every man marries for love, or else he would not take upon himself the board bill and shopping ticket of the girl he leads to the altar. Also, he goes into matrimony simply sloshing over with good resolutions about making his wife happy, yet in no other country are there so many marriages that are failures and so many divorces.

Of course, the blame for this sad state of affairs does not rest entirely upon the shoulders of the husband. There are just as many women who are unfitted by temper, temperament and inclination for domesticity as there are men. But it does give one to think, as the French say, why an adventure that starts out with such good intentions, high hopes and fine prospects of success so often ends in disaster.

So far as men are concerned, I think that the average well-intentioned man whose marriage goes on the rocks falls of success as a husband as he ventures that starts out with such good intentions, high hopes and fine prospects of success so often ends in disaster.

He went into blindly, without the slightest understanding or preparation for the job he was taking upon himself.

GIRL HANDICAPPED, TOO
In addition, he is still further handicapped by having as a partner (Continued on Page 8)

Living & Leisure THE WOMAN'S REALM

THING NOTHING OF IT
You've made another mistake, it's true. But don't waste any time on rue; think nothing of it, it's quite all right—it could happen to anyone who isn't bright!

May Richstone.

ROYAL FAMILY STYLES SPARK SMART TRENDS

LONDON—(GP)—Hobble skirts for evening, longer sleeves on autumn woolen dresses and influence of styles worn by the Queen and the Princesses in South Africa were seen at a show held by the Drapers' Organizer.

Bishop type sleeves were the most popular, rather full, and gathered into a wristband or cuff. Another new sleeve was wrist-length and open-ended in the manner of the old bell sleeve. It can be worn three-quarter length by turning the lower part up as a deep cuff or it can be even shorter by rolling it above the elbow.

Long swallow-tailed jackets appeared in another new autumn style, and the bare-shouldered bodice on evening dresses was replaced by a diagonal one-shoulder line.

Autumn colors were purple, smoky blue, burgundy and orchid beige for day wear, and popular accessories were parasols, long white kid gloves and artificial flowers on evening frocks.

An off-the-face hat made with a garland of roses, a black velvet bow and some veiling followed a style launched by Princess Elizabeth with her Hartnell hat of pale grey-blue leaves. A two-piece in dusky pink jersey with straight box coat and two pockets were copied from the favorite style of both the Queen and Princesses.

Two double-duty dresses were shown, one was a dinner ensemble in slipper satin. The jacket could be removed to show a slim draped dinner dress with cap sleeves.

FLOWER-GIRLS WELCOME SWATUE

A lot of distinguished people gathered in London recently to welcome the famous statue of Eros to his old place in the centre of Piccadilly Circus. Since the war began the silvery god of Love had

Household Scrapbook

By Roberta Lee

A Dry Skin
To remedy a dry skin, cleanse the face night and morning with a good cold cream instead of using soap and water. This will keep the skin soft and no trouble will be experienced in making the powder adhere to the face.

When a small hole is noticed in the stockings, mend it as soon as the stockings are removed. It will not develop into a large hole and the stockings will last a longer time.

Paint Stains
To remove paint stains from fabrics, saturate two or three times with equal parts of ammonia and turpentine, then wash thoroughly in soapsuds.

FANCY CAUGHT BY EMBROIDERY
NEW YORK — Embroideries on lilies and plaques and many eyelet embroideries in all-over patterns catch the summer fancy. They appear also in the new fall collections as they go into production where you see tracings of embroidery used against velvets and the gleam of rich blouses patterns on dresses and boules, reflecting the sumptuousness of a season which will be marked by the unlimited use of fabrics.

Perhaps this generous use of lace and embroidery stems from the fact that an immense amount of embroidery and lace is now being made right here in America.

Cook's Corner

RICH CHEESE CAKE
German Sweet Pastry
1 cup butter
1 cup sugar
2 cups cottage cheese
1/4 cup lemon juice
4 egg yolks slightly beaten
Grated rind 1 lemon
1/4 teaspoon nutmeg
4 egg whites, beaten stiff but not dry.
Line a 9-inch pie tin with pastry. Cream butter and sugar, add the other ingredients, folding in the egg whites last. Fill pie tin and bake 30 minutes in a hot oven (400 deg. F.)

MEAT LOAF BOST
3 cups coarse bread crumbs
1 1/2 pounds minced lean beef
1 1/2 teaspoons salt
1/4 teaspoon pepper
1-3 to 2-3 cup chopped onion
2 eggs
2 tablespoons thick condiment sauce.
1 tablespoon beef dripping.
Prepare the bread crumbs. Turn the beef into a large bowl and loosen thoroughly, using a fork. To the beef, add the crumbs, salt, pepper and onion to your liking; mix very lightly. Beat the eggs slightly and stir in the condiment sauce; add to meat mixture and again mix lightly. Shape loaf in a greased shallow pan, using lightest pressure. Dot top with the dripping. Bake in a moderate oven, 350 deg. about 1 1/2 hours, basting two or three times during baking. Make gravy, as for any roast.

The Stars Say -

By GENEVIEVE KEMBLE
For Friday, July 25

THE routine for this day is characterized by static and crystallized situations in which it may be difficult to break through barriers and limitations, even by the most studious, profound and determined effort. In all directions there seems to be stone walls, which only the most astute and adroit marshaling of forces, perseverance and long-sustained diligence has any hope of penetrating. A program of postponement seems to be the most encouraging suggestion for meeting stubbornly crystallized situations. Conserve forces for future attack.

For the Birthday
Those whose birthday it is are advised of a year of stubborn obstacles and impediments which it may be difficult to batter down. Shrewd and adroit attack, held to desired objectives by perseverance, fortitude and faith, may eventually prove weapons for future programs of concentrated attack. It almost becomes a new attitude by realistic "Blessed is he who knows his limitations." Under current stress and stagnation it might be the part of wisdom to "turn disaster into discipline."

A child born on this day might be handicapped by a series of static circumstances, only to be overcome by patience and fortitude.

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New Big In An Ice Box?
A quick glimpse into her ice box or refrigerator tells you she's a good cook! She manages to find room for everything — and she saves a special spot for 7-Up. Delicious 7-Up, with its smooth, sparkling taste, means cheerful refreshment for the whole family. Serve it with meals, between meals — and 7-Up ice cubes for your iced tea!

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