

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



THE HOUSEWIFE - AND - HER ACTIVITIES

THAT LONG LOOK

New fall fashions are most flattering to figures which have long, slender necks. Look through the mirror, even if you can't look down, try to look long from hip bones to lowest ribs.

Excellent posture is the goal to aim at, of course.

Do possible exercises regularly. And, in addition, go in for stretching routines. For the long look through the middle, stretching rather than bending exercises are all important.

Stand with feet wide apart, lift arms above your head and stretch toward the ceiling. With right arm up and left one at left side, bend toward the left as far as possible. Notice how this stretches the muscles down right side, reverse, lifting left arm and keeping right one down. Repeat ten times a day.

If possible, go in for tennis. No sport is more effective in pulling the upper half of the body up and away from hips. When swimming, remember that the crawl stretches your sides more than breast and side strokes. If there's a horizontal bar in your children's gymnasium, you ought to be able to work out a few effective stretching routines which make use of it. Forget your dignity and do some gymnastics that will make your figure trim, supple and youthful again.

Also, see that your new fall girdles are long enough. Those which end at the waistline instead of above it will produce a waist-line roll.

PICTURES TO HANG ON FIGURED WALLS

Figured wallpaper is returning, has returned, in fact — and it is well to make a note of the rules for using pictures on patterned walls.

Suppose we have a beige paper sprinkled with old-fashioned nose-gays, landscapes, garden scenes or prints framed in bleached walnut to match the ground of the paper would give those walls their right picture, appropriately framed. Or say that the wallpaper pattern is a flowing design of flowers and vines, pictures with large areas of color in the dominant shades of the paper, would be best advantage on such a wall. Good illustrations are today's Victorian rooms with floral walls and dark furniture. Here boldly framed bird prints and old portraits are the usual choice.

RADIATOR EFFICIENCY

It is important for owners of homes having hot water heating systems to open the air valves of all radiators in the house when starting up the furnace in the fall. Air which has entered the radiators and pipes during the summer must be released from the system before efficient heating can be obtained.

HOW TO PROTECT YOUR CABIN DURING WINTER

It is only a few weeks before week-end trips to the country bungalow or cabin will be cancelled until next season. During the winter there are certain hazards from wild animals and theft, which can be prevented to a large extent by the following procedure.

All crevices, holes and openings should be closed or filled in. Tree branches overhanging the roof should be cut off to prevent squirrels and chipmunks from getting into the house. Cap the chimney top with a box that can be nailed or held in place by weights. Put blankets and clothing in tightly closed chests with plenty of moth flakes over each article. Rugs and carpets should be covered with moth flakes, rolled and wrapped



SILVER SEAL FOOD PRODUCTS Quality

SPICES - EXTRACTS - MUSTARD - PEANUT BUTTER

LOW CEILINGS CUT COSTS

The question of ceiling heights is one that has been discussed and disputed for years, and had not the necessity of economy weighed heavily on the side of low ceilings the debate would doubtless still be raging.

The urge to cut down in every possible way on the unnecessary in planning has won many converts to the side of the low-ceiling advocates, and only the few who can afford it still remain in the ranks of those who prefer high ceilings.

It is probably just as well, for high ceilings do not go with small rooms, and the present-day tendency toward compactness which design and planning have shown, not only to hold down construction costs, but operating costs as well, has called for rooms that are only large enough to perform their functions comfortably but without waste.

This new technique in house design has made the home a more efficient place to run, and one of the main items considered is heating cost and efficiency. High ceilings, of course, increase this cost, as there must be more heat to take care of the increased space such ceilings provide.

The old concept that low ceilings made for a warm house in summer, while true if compared to a house with high ceilings and high windows, is not true if these windows are low. But such windows go only with a large house and would be quite out of keeping with the typical home of today.

How Can I ? ?

(By ANNE ASHLEY)

Q. How can I avoid dirty sandy floors caused by the children's overshoes?

A. A novel way to keep the children's overshoes and galoshes is to buy some heavy paper shopping bags, writing the name of each child on a bag. These bags can be hung on the closet hooks. This will also keep much sand and mud off the floor. Of course the shoes should be dry before placing in the bags.

Q. How can I make the ironing of starched garments much easier?

A. The task of ironing starched garments can be made much lighter if, instead of a steam iron, you use a flat iron. The size of a bean, is added to every half gallon of starch before boiling.

Q. How can I remedy the little cracks and checks that appear in china, majolica, or earthenware?

A. Try boiling these pieces in milk. The dishes will usually look as good as new.

Prepare For The Coming Years | Dorothy Dix | Youth At Best Is Only Fleeting

Don't Spend so Much Time Maintaining Synthetic Youth—Age is Bound to Come, so Prepare to Meet it Gracefully

It is a queer thing that we spend millions of dollars and tons of energy on studying how to keep young and beautiful, but we never spend a nickel or give a thought about trying to learn how to grow old beautifully. Yet the one can be done, while the other is an impossibility.



No effort of ours will stay the hand of Time. It reaches into the beauty shop and plucks us out by the hair of our heads. Before we know it, it has snatched us into middle age. Then, before we can get our breath, it whisks us into old age. Then we realize suddenly that we are in a strange country for which we have not prepared ourselves, and to which we have no clue. We do not know how to adapt ourselves because we had never expected to visit it.

Perhaps the reason that most old age is so unlovely is because it is a condition forced on people against their wills. It is a misfortune that they never thought would happen to them, and so they are bitter and resentful and make things generally unpleasant for themselves and those who have to live with them.

Now considering that age lasts much longer than youth—or at any rate it seems so—it would appear the part of wisdom to put in our best endeavors where we would get the biggest, and most, lasting results; therefore, just on a percentage basis there are more dividends in cultivating the arts and graces of age than there are in trying to manufacture a perpetual synthetic youth.

Also, it is easier. Perhaps it is because we expect so much of youth and so very little of age that every charm and grace of age is magnified a thousandfold. An old man or woman can do business, socially speaking on a tenth of the capital that a boy and a girl can.

Take beauty, for instance. Or good dressing, or adaptability, or good nature. Any of the things that make people stand out from their crowd, but if Grandpa's face isn't as crisp-crossed with wrinkles as a railroad map is with lines, and if she has kept her hair and her teeth fit well, she has a reputation as a beautiful old lady.

Grandson has to look like a ready-made clothing advertisement to get a reputation as a swell dresser, but if Grandpa keeps his trousers pressed and wears a collar that fits around the neck and a necktie that doesn't belong to the Butterfield B. Hayes era, he is regarded as a regular Beau Brummel. Any old couple who are not sour, testy, whiny and complaining are famed far and wide for their heavenly dispositions.

The reason most people so dread growing old, and why they cling so frantically to their youth, is because of the three curses of age—loneliness, lack of love, and the feeling that one is in the way and not wanted. But against all of these they could protect themselves if they would devote as much effort to massaging out the wrinkles in their characters as they do the crowfeet around their eyes; if they would try as hard to keep their minds supple as they do their knee joints.

Why are a man and woman lonely in their seventies and eighties? Why are they unloved? Simply and solely because they have no laid up any affection in the hearts of those with whom they came in contact. They had lived selfishly. They have never rejoiced with those who rejoice, nor have they shown any sympathy or understanding. They have never helped a hand to those in need, so naturally nobody cares for them or bothers with them. Why should they?

The first principle in preparing for age consists in storing up friendship for that rainy day that is bound to come when we will have lost the personal attractiveness of youth and cannot draw strangers to us. Then we must depend upon those that we have bound to us by a thousand ties of love, of helpfulness, of thoughtfulness, of sympathy and understanding, of favors done and received. No man or woman who has been a good friend and a good neighbor is ever lonely or lacks love in his or her old age.

Nothing is more pathetic than the spectacle of old people who are in everybody's way, who are unwelcome guests even in their own children's homes, but this also is their own fault. They are dictatorial, fault-finding, tyrannical. Dominating, full of morbid complaining. They think that their way is the only way and their point of view the only one. They will not see that the world has changed, that there are new standards, new customs. They pick quarrels with their in-laws. They interfere with the management of the children. They keep the whole household upset. No wonder no one wants them.

But far otherwise is it with those who grow old gracefully, who mellow with time and sweeten with age, and who learn from the experiences of life wisdom and tolerance. Such old people are a benediction on a household and they are more popular than any debutants.

It is because age is inevitable that it is so necessary for us to prepare ourselves for it. For it is happy, or miserable, as we make it. DOROTHY DIX.

Splendid Cough Remedy Easily Mixed at Home

It's So Easy! Makes a Big Saving. No Cooking.

To get quick relief from a distressing cough, mix your own remedy at home. Once tried, you'll say it's your favorite cough medicine, and it's so simple and easy.

Put the Pinex into a 16 ounce bottle, and add your syrup. Thus you make 16 ounces of very efficient remedy, and you get four times as much cough medicine for your money. It tastes fine and never spoils.

And for quick, blessed relief, it is splendid. You can feel it penetrating the air passages in a way that means business. It loosens the phlegm, soothes the irritated membranes, and eases the soreness. Thus it makes breathing easy, and lets you get restful sleep.

Just try it, and if not pleased, your money will be refunded.

"I'M REALLY ENTHUSIASTIC ABOUT THE NEW IMPROVED PALMOLIVE,"

SAYS Jean Condie attractive Toronto Model

"It keeps my skin so soft and smooth, without any irritation."

"The new improved Palmolive adds a real thrill to my daily beauty treatment," Jean Condie continues. "It's new mildness helps a lot in keeping my skin smooth and lovely. From now on I'm keeping my complexion schoolgirl all over—just like the Dionne Quints. And I'm so pleased with Palmolive's new perfume."

The new improved Palmolive can keep your skin fresh and lovely too. It's the new blending of Palmolive's famous Olive and Palm Oils that makes its lather so much richer, so much more effective, so mild—free from irritation. Going deeply into your pores, it gently floats out every tiny particle of impurities. That's why your pores can breathe naturally when you use Palmolive. And that's why your skin becomes healthier and refreshed. And as Palmolive cleanses, it soothes your skin. Truly the Palmolive method is a sure way to lasting loveliness.

Try the new improved Palmolive tomorrow. You'll be delighted when you see how your skin becomes softer, youthful, lovelier... all over.



"PALMOLIVE IS THE ONLY SOAP USED IN THE DAILY BATHS OF THE DIONNE QUINTUPLETS. THEIR SKIN IS CLEAR, NORMAL AND HEALTHY."

(Signed) Allan Roy Daffer

Idle Rainbow

(Continued from page 8.)

"When you arrive in your city hat Dory a penny, thin or fat."

"This is easy," cried Poppy. "The weighing machine in a station."

"Of course," cried Rufus. "And it'll probably be Garrison."

Wonder if the others are all as easy?

They weren't, they discovered after they had found the cigar boxes behind the weighing machine and had been smilingly observed by an old gentleman sitting in the doorway of the station smoking a pipe. There was one hat had them all, even Rufus baffled. It had something to do with "a cow's howly, plus."

"I'll bet it's something terribly native," said Toby. "I can't seem to make head or tail to it. If we could only get that one might get back first and win the prize."

Rufus was driving aimlessly, thinking. He frowned. Suddenly he stepped on the gas. "Why, of course, it's Mogg's Tavern. 'T'ry in the world didn't I think of that before!"

It was Mogg's and the bartender, polishing glasses, with a broad smile on his face handed out another cigar box without even being asked. "That's one," he said.

"Oh, dear," Poppy's face fell. "I thought we'd done them so quickly."

"We have," said Rufus. "They were in order and everybody has to do ten clues. This one I'm thinking, leas us back to the apple tree in the front yard. We can soon see it."

Rufus stopped down in the driveway and everybody tumbled out, dashing to the apple tree. Lindsay gasped, there, hanging on the lowest limb, was a leather pouch. Holding Rufus' flashlight they pulled the string. It was filled with shining new pennies.

Lindsay and Poppy shrieked and ran up to the steps of the carriage house lighted and gay with music and voices. Already John Alexander, Gwen and Terry were running down the steps. "We've won," screamed Lindsay. "Look! It's the treasure!"

"Rufus Haydon's car won't! Already another pair of headlights turned their searching rays up the road and the occupants tumbled out and made for the apple tree. "Too late," danced Poppy. "The treasure's been claimed."

"Oh, dear," they stood there crestfallen. "Congratulations, Rufus!" And then excitedly they began to talk about the trouble they had in getting the clues, in figuring them out, and Rufus, unconsciously with his arm around Lindsay, climbed the stairs holding the leather bag with the treasure.

The game room upstairs was brilliant. The ping-pong table in the center was crowded with glasses and plates and turkey sandwiches.

Every Day Styles

For The Home Sewer

A devastatingly smart rabbit's wool dress that boasts two heart-shaped pockets. The blouse back with buttons from neck to hem, is so becoming to debsters. The high neck has a little girl collar of white pique. The short-sleeved skirt has a swishy flared hem. For "daytime" it's adorable in velvet or in rayon crepe silk in the collarless neck version with bracelet length sleeves. See smart view.

The low price won't strain your budget either! A diagrammed sewing chart included, enables you to finish it ever so quickly.

Style No. 2609 is designed for sizes 11, 13, 15, 17 and 19 years. Size 15 requires 3 1/2 yards of 39-inch material with 1-2 yard of 39-inch contrasting.

Send fifteen cents (15c) in stamps or coin (upon preferred) wrap coin carefully address to Charlottetown

Style No. 2609 Size.....

Name.....

Street Address.....

City..... Province.....

A keg of beer on stilts in the corner was leaning around the spigot and bubbling up in the vent at the top while somebody drew hissing glasses. It grew noisier as more and more cars came up in the driveway and the crestfallen occupants mounted the stairs to find out who had claimed the treasure. Poppy was sitting on the ping-pong table dividing five hundred new pennies into four piles. Lindsay sat in front of the blazing wood fire with her feet on a white polar bear rug. Toby saw her there and came over. Lindsay turned and smiled at him and thought:

"Here I am sitting in a game room at the Alexanders. That chestnut log fire is lovely and most of the people here I've never seen before. Three weeks ago certainly I hardly knew that anybody here existed. Mother and Daddy are probably in Egypt and Aunt Spiddy and Chrisy Morris no doubt are eating dinner at the Southern Tea Room and Aunt Spiddy isn't missing me a bit. And Toby has come over beside me with that dreamy look in his eyes

and probably nobody in the room will notice because they are all too busy telling about the clues. And in just a minute he will tell me he loves me."

(To be Continued)

IS YOUR BABY GETTING A TOOTH?

YOUR BABY must "get a tooth." But he need not get a fever with it.

If baby's mother is wise he won't. Here is what one wise mother, Mrs. Archie Begbie, of Concession, has to say: "We have not lost one night's rest through teething as I always use my old standby, Baby's Own Tablets. They are worth their weight in gold."

And Mrs. Alfred Houser, of Guelph, Ont., says: "I have eight children, have used Baby's Own Tablets for 21 years, and find them very beneficial during teething."

Give these safe, little tablets at the first sign of teething fever. Sweet-tasting, easy to take, prompt in action, yet safe for the most delicate baby. Analyst's certificate in every package.

Effective in Constipation, Simple Fever, Diarrhoea, Upset Stomach, Colic, Simple Croup and Fretfulness. Get a box today. Sickness so often strikes in the night.

Your money back from your druggist if results don't satisfy you. 25 cents.

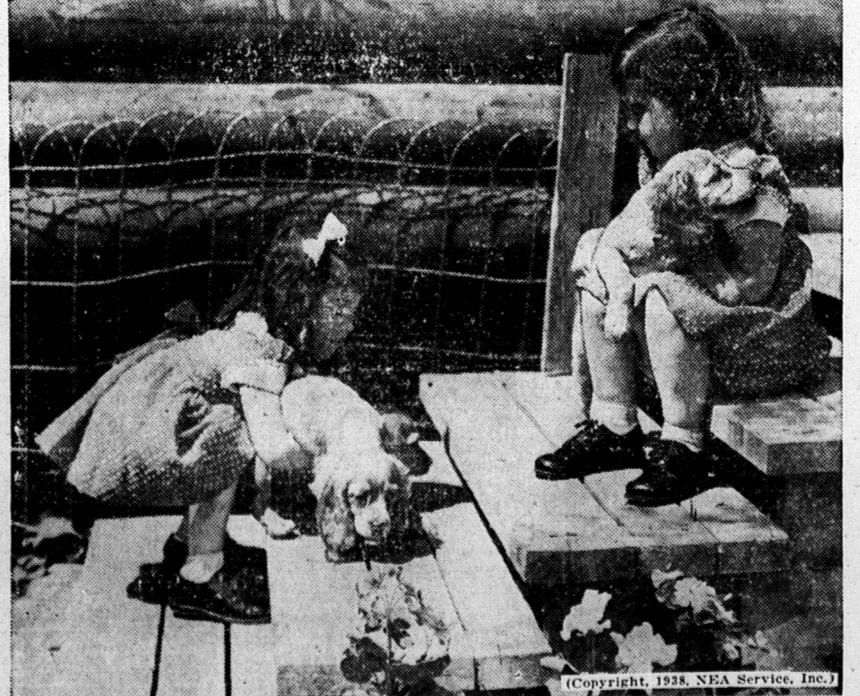
ENTHUSIASM KNOWS NO HOUNDS AS CUTE QUINTS MEET PUZZLED PUPPIES



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Now there's a puppy who's going to have a soft life! Yvonne feeds the stumbling red puppy from one of the nursing bottles no longer needed at the nursery. Though he's getting a bit of a hauling around, it's easy to see the pup appreciates it, and his mate, though temporarily dislodged from the bottle, looks happy to

First lessons in how to pick up two puppies at a time are being learned by Ceelle; left, and that's a hard task even for a grownup. Yvonne has been more successful, and the deep content evident in the dog as he perches his rattle on to her shoulder is proof. No dogs were ever so thoroughly scrubbed, dunked in disinfectant and generally de-germed as the five 6-week-old cockers who came in a big basket to belong to the Dionne quintuplets. Within two minutes they had become an inseparable part of the household.

jean Hersholt, a veteran movie actor, gives Marie practical instruction in how to hold a puppy, and now she's anxious to try it herself. Hersholt, on his third visit to Dionneville to play his role of Dr. Luke in "Five of a Kind," the quint's latest movie, has become a favorite with the girls, but the new puppies stole the limelight even from him.