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

Elegance To Prevade Early Fall Fashions

(Canadian Press)

Struggling for recognition on the troubled fashion front is the "complete look." But no large controversy like that which greeted the "new look" is anticipated for this version of good grooming.

A Canadian Press survey shows that women across the Dominion likely will purchase with the thought that full accessories are what fashion experts decree this fall.

Hats, gloves and purses are indicated for all occasions. Color teamwork in these accessories, a long-established rule, is again in focus this fall.

This "completely-dressed" appearance will be seen with a Victorian touch in many places. Toronto stores predict that evening elegance will be applied to daytime wear. It is reflected in moderate black fullness and the mid-Victorian richness of color and material.

August blacks, long and slim in front with a draped back, are being shown in most shops across Canada, but the big autumn clothing item is a suit. The majority Canadian-made, these suits feature slender skirts and long jackets, the direct opposite to last year's ballerina silhouette which only flattered youthful figures.

Rounded shoulders and soft curving lines around the hips and pockets make these suits a combination of the tailored and the dressy. They will be worn about 11 to 12 inches from the floor.

Green, in all its rich Victorian shades, is the predominate fall color.

Despite Paris suggestions that skirts are getting shorter, they still cover all but aboct nine to 12 inches of the Canadian woman's legs. But to make up the difference, figures promise to be more evidence as the silhouette slims to more normal and flattering proportions.

In Halifax most of the clothes are Canadian-made with the hemline posted at 11 to 12 inches from the floor. St. John, N. B., women were reluctant to accept the "new look" last fall, but now are happily buying the longer lengths.

Modern Etiquette
By Roberta Lee

Q. What is the correct sequence of pages when writing on folded note paper?

A. One may write on pages one and two, one and three, or one and four. But do not write on one, three, two and four, nor one, four, two, and three.

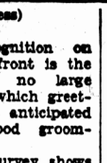
Q. At a formal dinner, where are the water glasses placed on the table?

A. The glass should be placed to the right of the plate, at the end of the knives.

Q. Should a woman apologize for not removing her gloves to shake hands, or should she remove the glove?

A. Neither is necessary.

CHANGE of LIFE?



Are you going through the functional 'middle age' period peculiar to women (38 to 52 yrs.)? Does this make you suffer from hot flashes, feel so nervous, high-strung, tired? Then do try Lydia E. Pinkham's vegetable Compound to relieve such symptoms. Pinkham's Compound also has what Doctors call a stomachic tonic effect!

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DESIGN NO. E-766

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

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That Body Of Yours
By James W. Barton, M. D.

ANXIETY AND RAGE RAISE THE BLOOD PRESSURE

Blood pressure that is always high, even when the individual is at rest and no digestion going on, usually is due to some organic ailment of the blood vessels, kidneys or other organs. It is necessary that the blood pressure be higher in these cases in order for the heart to pump blood to all parts of the body, including organs where congestion is present, as in the kidneys.

While the patient may get along with this necessary high blood pressure for months and years, part of the increase in pressure may be caused by conditions that are not organic yet are keeping the blood pressure higher than it needs to be. This stretching of the elastic tissue of the blood vessels by these other conditions will, in time, cause loss of elasticity in the walls of the blood vessels so that more pressure is needed to pump the blood through. The other conditions, not organic, that raise the blood pressure are emotional disturbances.

In "American Practitioner," Dr. Edward Weiss, Temple University, Philadelphia, states that two psychic (mental and emotional) tendencies seem to stand in close relationship to high blood pressure—anxiety and rage. This may explain the sudden deaths on the golf links. While we have seen players throw their clubs away in disgust and others bend or break them over a tree, there are even more who are "raging" within themselves. In regard to anxiety, we know that this is really chronic fear; and fear raises the blood pressure.

Where an individual has necessary or essential high blood pressure which can be kept within safe limits by watching his food and exercise, he should be reassured about his condition if he stops worrying and keeps reasonable control of his emotions. This assurance will serve to keep him more relaxed and prevent undue rises in his blood pressure.

Dr. Weiss suggests that physicians spend less time measuring the blood pressure and more time helping the individual in the control of his emotional life.

How Can I !!!
By Anne Ashley

Q. How can I remove old wallpaper?

A. There are several methods of removing wallpaper, but one good way is to add alum to warm water as long as the water will dissolve it, then apply this solution with a white wash brush. After it has dried the paper will come off easily.

Q. How can I prevent moths in a piano?

A. Make two bags of gum camphor and hang inside the piano, near the felt. Be sure that the bags do not touch the resounding keys.

Q. How can I remove the socket of an electric light bulb, when the glass bulb has broken off?

A. This can be easily done by pressing a large cork firmly into the socket. This will enable you to unscrew the metal part.

Cook's Corner

CHOCOLATE CAKE

One and one-half cups once-sifted pastry flour or 1 1/3 cups once-sifted bread flour, 2½ teaspoons baking powder, ½ teaspoon salt, ¾ teaspoon ground cinnamon, 6 tablespoons cocoa, 8 tablespoons shortening, 1 cup of brown sugar, 2 eggs, well beaten, ½ teaspoon vanilla, ¾ cup milk. Turn batter into greased and floured 8-inch square pan and bake in a rather slow oven (325 deg. F.) about 20 minutes.

Ellen's Diary
By an Island Farmer's Wife

They went to the potato-spraying up at the other farm, those farmers of ours, and Rob, this morning. We met them later at dinner, but have seen neither "whip nor stitch" of them since. Indeed now that the new moon is caught fetchingly against the velvety blue of night above the old mill in the valley there is still no sound of their return. Knowing their ways I suspect there would be a last sprayerful to be put on at the edge of dusk and then as Jeanie and I agreed "it takes some time for them to come home with the team." "But they'll be home pretty shortly" grand-daughter remarked picking up her elders' words. She had been putting her pup to bed in a strawy crate in the woodshed and was still puffing from her exertions. She had found it awkward to lift her pet high enough to drop him hind feet first into it. And then "It's a dandy pup!" she said turning away. Calmly then the daylight was fading setting presently a star above the hilltop and a silvery trail of moonlight across the pond.

• • •

This has been another quiet day for Jeanie and me, taken up pretty well however with our busy round. To urge us to greater achievement in the line of farm work James still asserts that his women-kind "can work all day under a cabbage leaf," and continues to wonder in the absence of any pressing seasonal doings: "How do you manage to put in the day, Ellen?" Of late and indeed over-long when one reckons the time, it has become a habit of Jeanie's and mine to attend to much of the evening choring in our farmers busy-ness, and in consequence I am often at a loss for suitable answers to the catechism we must recite when James returns. Like: 'Did you remember to give the lion's share of the milk to that youngest calf, Ellen?" a most be-

(Continued on Page 3)

The Stars Say--
By Genevieve Kemble

For Tuesday, August 24

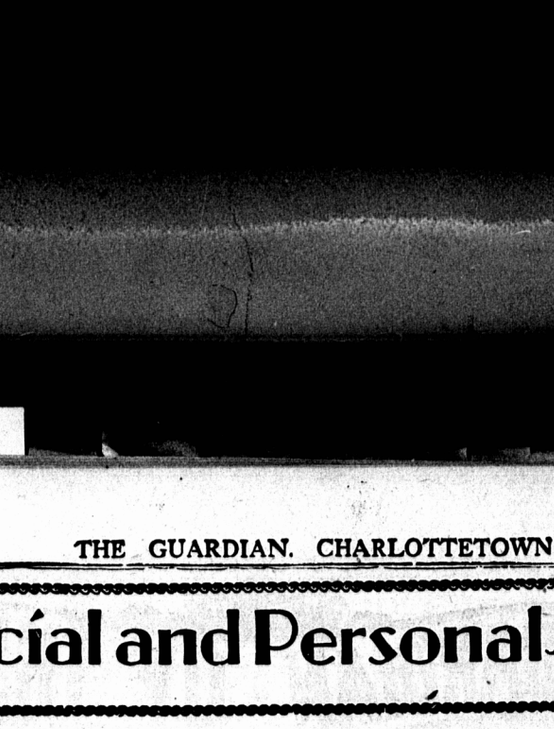
WELL-STUDIED plans, worked out in realistic and practical techniques may be counted upon to make very definite and concrete progress in advancing desired objectives and cherished ambitions. The highest aims and aspirations have promise of full fruition if plans be well-organized and carefully executed as to detail and with ideas for long-range security. However, any rash, intemperate and over aggressive acts could bring ruinous reactions on career, possessions and standing.

For the Birthday

Those whose birthday it is, are encouraged to push their highest objectives, fondest hopes and wishes, with sound, well organized plans and an eye to future solidarity, in which final results find reaction on the intimate life, position, popularity and prestige. Sagacity and sound tactics could yield rich results, but any effort to force the issues, use strenuous or exaggerated methods, could defeat high purpose and block aspirations.

A child born on this day has splendid equipment for attaining sound objectives, or long-term and far-reaching consequences. But over strenuous or forceful efforts could prove disastrous.

THEY'LL RULE THE NETHERLANDS



Princess-Regent Juliana, who will be crowned queen of the Netherlands on September 6th, poses for an official court photograph in Amsterdam with her consort, Prince Bernhard. The Prince wears the uniform of an admiral of the Dutch fleet. Juliana will ascend the throne when her mother, Queen Wilhemina, abdicates because of ill health after ruling 50 years.

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DOROTHY DIX SAYS—

Wise Divorcee

Unwanted Wife Finds Peace of Mind After Freeing Disloyal Husband

DEAR MISS DIX: After thirty years of what I supposed to be a successful marriage my husband announced to me that he had fallen in love with a girl twenty years younger than he was, and that he wanted a divorce so he could marry her. I agreed as I did not want to be an unwanted wife, and I have gotten along much better than I thought I would without him. Our old friends all stuck by me, and his new ones and his bride are pretty much left to themselves, and I hear that the going is rough for him in his business and that his firm is about to go on the rocks.

I do not try to help punish them for the wrong they did to me, for I can go securely on my way, living the life I want to without having to consider the wishes of an exacting man. I have a peace of mind that is far beyond my expectations, and I believe that as time goes on I will find even more peace and satisfaction. When a man throws away his wife after as many years together as we had, he is not worth grieving over.

MRS. M. B.

ANSWER: I hope this letter from a wise and brave wife will be read by the thousands of women who are breaking their hearts over the dastardly husbands who forsook them for girls young enough to be their daughters.

If there is one time in life when Fate metes out a punishment to fit the crime, it is when a man swaps off a faithful old wife for a young avaricious girl. For the old man's passion soon cools. He belongs to one generation and she belongs to another and they have nothing in common, so they bore each other to tears. While as for the girl, all she married for was to get the things that money buys. Nothing in life is more tragic than the sight of an old man sitting lonely at a table in a night club, while his pretty young wife dances and flirts with boys.

HUSBAND LOSES

The husband who forsakes his old wife for a young one thinks he has made a shrewd bargain, but he is mistaken. He has earned the contempt of all who know him. His old friends fall away from him and, 99 times out of 100, he loses his prestige in business circles. Men want to be able to respect and trust those with whom they deal.

Julia At 39 Well Trained For Queenship

THE HAGUE, Aug 21 —(CP) — A younger head will carry the crown. Stronger hands will bear the sceptre. Juliana, Princess of The Netherlands, will assume next month the heavy burden for which she has been preparing all her life.

The retirement of Queen Wilhemina takes place Sept. 4. On that day Juliana will take her first drive through the capital city, Amsterdam, as Queen. Two days later her official investiture will take place in the "Nieuw Kirke."

"The child," as the Dutch still call their 39-year-old Princess, will become Queen. She will succeed weary, ailing and revered Wilhelmina as constitutional ruler of an empire of 60,000,000 people.

Juliana was born in the Royal Palace of The Hague on April 30, 1909, only child of Wilhelmina and her consort, Prince Henry of Mecklenburg-Schwerin. She was baptized Juliana Louise Emma Marie Wilhelmina, Princess of The Netherlands, Princess of Orange-Nassau, Duchess of Mecklenburg.

Juliana had a strict upbringing, but she enjoyed a family life, too. From her earliest years there was emphasis on languages and the sciences. She studied voice and violin. Although not an ardent sportswoman, she enjoyed ice-skating and later took up tennis.

Soon after her 18th birthday, the heiress apparent entered Leyden University as "Miss Van Buren." Her four university years were among the happiest of Juliana's life. She made lots of friends, and insisted on being called plain "Julia."

Better English
D. C. Williams

1. What is wrong with this sentence? "The boy almost fell out of the window."

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

3. Which one of these words is misspelled? Architecture, aristocracy, arbitrater.

4. What does the word "indispensable" mean?

5. What is a word beginning with po that means "severely painful or distressing"?

ANSWERS

1. Say. "The boy nearly fell out of the window." 2. Pronounce shas-i, a as in at, i as in it, accent first syllable. 3. Arbitrator. 4. Essential. "Sunlight is indispensable to human life." 5. Poignant.

Morning Smile

He: "Do you know the Scotch football yell?"

She: "Yes. 'Get the quarterback! Get the quarterback'!"

Father: "Now children, tell me who has been the most obedient during the last month and has done everything Mother asked him to do."

Children: "You, Daddy!"

Living & Leisure
THE WOMAN'S REALM

A MOTHER'S HYMN OF PRAISE

O God be praised for romping boys
Who plague me every day,
Who bring the wrinkles to my face
And turn my hair to grey;
My heart has softer grown,
And midst the furrows on my brow
Are seeds of patience sown.

O God be praised for muddy boots
That tramp the hall and stair,
For mouths to feed, for pants to patch
For every trivial care;
Because, in all my daily tasks
I see so plain and clear
The need God has, through them, for me
And why he placed me there.

But most of all I praise my God
For rosy lips to kiss
For loving arms that round me cling
And fill my soul with bliss;
Because, though in a lowly way,
I feel I'm living through
Those sweet hours of motherhood
That gentle Mary knew.

—Eva Constance Barrett.
From May Flowers and Roses.

RAISE MORALE OF WORKING MATE

Industrial health experts point out that the wives of working men can help their husbands to better health and safety by keeping in mind a few suggestions for boosting family morale. They suggest the wife should strive to create a happy, comfortable atmosphere at the home to which her husband is glad to return when the day's work is done. She should see he has healthful lunches, punctual meals at home and a household run within the limitations of the budget.

She should also be careful to complete all repairs to clothing, cuffs and buttons quickly in order to avoid accidents with machinery. She should try to understand his work problems and encourage his health and safety consciousness.

CANNING RHUBARB

Some persons advocate canning rhubarb without cooking it. The jar is filled with rhubarb and placed under the water faucet where the cold water is allowed to run over the rhubarb, packing it into the jar and filling every crevice. The jar is then sealed and stored in a cool, dark place. It must not be moved or disturbed in any way until it is opened. The rhubarb is sweetened when the jar is opened for use. Although this uncooked rhubarb may keep satisfactorily, the flavor is generally not so good as that of rhubarb canned by one of the ordinary methods.

'GIFTS" IN LETTERS NEEDN'T BE MONEY

A certain grandfather always encloses a dime in the letters he writes his young grandchildren. Without question he is their favorite correspondent.

If you want your own letters eagerly received, take a tip from that grandfather and always put a little present inside.

A dime takes cares care of the kids. But you'll have to use a little more ingenuity to include a "gift" in the letters you write to adults.

A bit of praise will do it, or a story that will bring forth a chuckle.

Good news in a letter is also a gift to the receiver. Or genuine warmth that makes the person that gets your letter feel that the writer really cares about him and what he is doing.

Sometimes the gift can be a clipping that you know the one to whom you are writing will find interesting or amusing.

Sometimes the nicest thing you can send in a letter is the assurance that shared pleasures of the past are remembered.

But keep in mind that grown-ups, as well as children, like to find something pleasant inside when they open a letter.

PLEASANT SCHEMES RATE WIFELY BEAM

Would you like to have your wife beam on you with that "aren't you wonderful" look you haven't seen in a long, long time?

Then surprise her once in a while. Chances are, she knows exactly what to expect from you—and would appreciate having you for once, do something entirely unexpected.

Instead of loafing around Saturday afternoon and offering excuses if you're asked to fix something, say: "If you'll give me a list of all the things you've been wanting done around the house, I'll knock off a few of them this afternoon."

Or telephone her in the morning (so she'll have plenty of time to fix her hair and get a baby-sitter) and suggest an evening out. And don't do it as a "I'm-going-to-do-something-nice - for - the-little-woman" gesture. Make it clear you expect to enjoy it too.

Or if she's the kind of wife who gets up every morning to cook your breakfast, how about sneaking out of bed some morning and getting breakfast ready for her?

A housewife's lot can be a dreary one—if nothing unexpected ever happens to her. And if she is married to a man who never does anything out of the ordinary routine her chances of having life hand her a pleasant surprise now and then are pretty slim.

So try surprising your wife once in a while and see if the old "aren't you wonderful" look doesn't come back in her eyes.

Household Scrapbook
By Roberta Lee

Removing Wall Paper

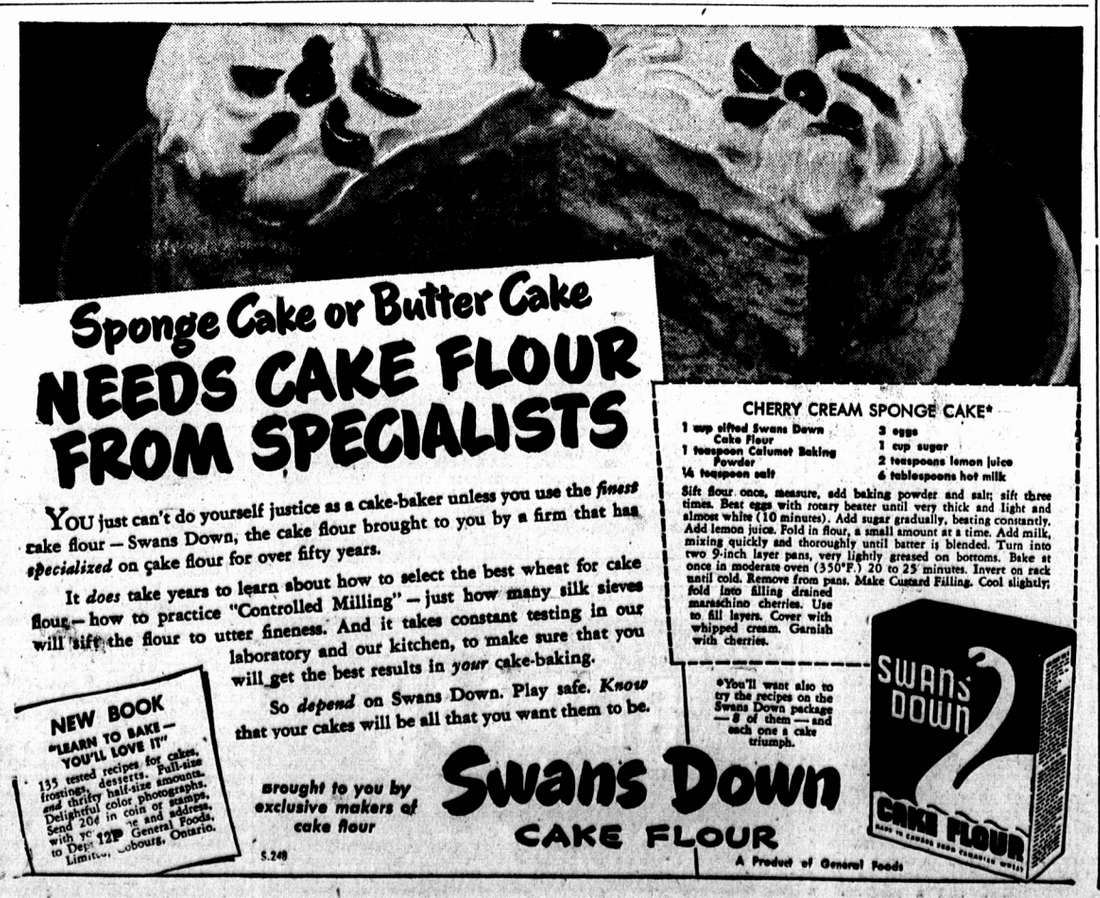
Old wall paper can be removed as follows: Mix up a quart of flour paste and add it to a pail of piping hot water. Swash this all over the wall and allow it to soak well in. Its thickness will prevent its drying too quickly, and you'll have plenty of time to scrape or peel the old paper off.

The Sewing Machine

When the sewing machine seems to run too heavily, put a little alcohol in an oil can and squirt it in the places where oil is required. This will cut any gummy oil.

The Bird's Bath

Place a few drops of cologne water in the bird's bath and it will keep him from picking his feathers after his bath.



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FOR THE HOME

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TEL AVIV, Aug. 19—(Reuters)—An air-raid warning was sounded today when an unidentified plane flew over the city at a high altitude. The all-clear was given 40 minutes later.