

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

What the Fashionable Are Wearing

Illustrated Dressmaking Lesson Furnished With Every Pattern

By Anabelle Worthington



collar with loose hanging ends. The sleeves with turn-down flaring cuffs, are fitted through wrists. The back is slim and straight crossed by belt to hold in surplus fulness.

It's stunning too for resort wear in peach shade crepe de chine, chartreuse green chiffon, flowered chiffon yellow washable silk crepe, printed chiffon volles in orchid and white gingham check, and suntan-beige silk crepe.

Almond green tiny check in sheer woolen is sportive for immediate wear and lovely for early Fall.

Burgandy silk crepe, black crepe satin, wine-red cantin crepe and Romeine crepe in slate blue are advanced Fall ideas.

Pattern price 15 cents. Be sure to fill in size of pattern. Address Pattern Department. The Large Fashion Magazine is 15 cents, but only 10 cents when ordered with a pattern.

Form for ordering patterns with fields for Name, Street Address, City, and State.

HAMPSHIRE SCHOOL

The semi-annual examination of Hampshire School was held on the afternoon of June 27th, with the largest attendance of parents and visitors present.

was seldom absent at such meetings as this one, and was a fluent speaker of ability, recognized not only in this province, but through out Canada as the chairman of the Champion School district of P. E. I., winning Governor Heartz Prize for the best kept school grounds.

He was pleased to be the first chairman to have the honor to sit behind so beautiful a desk purchased by the teacher at not one cent of cost to the rate payers of Hampshire. Mr. Cecil J. Stewart, in seconding the teachers report said he was pleased to have the honor of seconding such a worthy report.

Regain Lost Vigour With This Refreshing Beverage

Are you tired, run down, can't sleep? read what Mr. John J. Metcalfe of 829 Ontario St., Toronto, says:

"I was so run down in health that I despaired of recovery. I commenced taking Dr. Watson's Tonic and in a few days I began to feel better. It is a wonderful tonic and I can recommend it to all who are suffering from weakness."

DE BLOIS BROS., LTD. Charlottetown, M. ALLEN & CO., LTD. Terminal Bldg., Toronto, Ontario.

Etiquette

By Roberta Lee

Q. Is it good form when introducing two persons, to say, "Mr. Miller, Mr. Thompson. Mr. Thompson, Mr. Miller?"

A. No; it is unnecessary to mention each name twice.

Q. What is the safest excuse to give when declining an invitation that one does not care to accept?

A. Probably the safest is an earlier engagement for that evening.

Q. What does "entrees" mean?

A. Small dishes served between courses.

Report was adopted by a standing vote. Meeting then came to a close by singing the National Anthem.

PROGRAM

Solo—Phyllis Easton. Recitation—Margaret Larter. Dialogue—The Safety First Train. Recitation—Verna Kilson. Solo—Johnnie Edwards. Recitation—Elmer Larter. Recitation—Clifton Stewart. Chorus, Getting Ready to go to School. Recitation—Frances Larter. Duet—Clifton Stewart and Phyllis Easton. Duet—Peggy and Gladys Easter. Presentation of certificate to Peggy Easter.

TEACHER'S REPORT

Account of expenditure of concert held, and prize money, on January last. Amount raised at concert . . \$51.59. Prizes for flowers at Exhibition \$2.00. Prizes for flowers at School Fair 50c. Total \$54.09.

Expenditure

Masks for dialogue, \$1.10; Cassidy bags, 35c; Advertisements, \$1.44; Kettle for school, \$1.37; Hand basin for school, 30c; 10 blinds for school, \$12.50; Flower seeds for garden 50c; Care of Kingston Hall, \$2.00; Duster for school, 15c; Desk for school, \$31.00; Postage and stamp for order, 19c; Postage prepaid for desk \$1.51; Balance paid for spray \$1.38; Part payment on cones, 30c.—Total \$54.09.

Dorothy Dix Letter Box

Dear Miss Dix—Mine is the problem of the overly devoted family. My husband and I have been married five months. We are very fond of each other and would like to have some time alone together and be able to go off on little pleasure excursions alone.

Now, of course, I realize that it is because my parents love us that they want to be with us all the time, but my husband is fed up with my people. How can we tell them, gently and tactfully so as not to hurt them, that we would like to be by ourselves a little? R. M. L. Answer:

It would take a diplomat with the finesse of an Ambassador Extraordinary and Minister Plenipotentiary to convey to your parents the information that you were suffering from an overdose of their society and could do with less. A mere hint would not suffice. They would simply have to be knocked down with a club to make them even suspect that they were in the way.

And it would break their hearts to find it out, for such is human vanity that it is impossible for us to conceive of the fact that we can ever bore anybody or that they can grow tired of us or weary of listening to our chatter. We judge others by ourselves and we find ourselves so exceedingly entertaining and amusing that we leap to the conclusion that no one can ever get enough of our company.

Especially do parents never dream but what they are as interesting to their children as their children are to them, or that their children do not enjoy them as much as they enjoy the children. Life has gone stale and dull and flat for the old people. They are doing the same old thing and thinking the same old thoughts that they have for the last forty years and their only new contacts with the world are through their children, their only pleasure and amusements come through their children.

That is why they want to always be with their children and they do not realize that no matter how much their children love them, that the children don't want to be regaled on father's old stories and mother's old discussion of the house as a steady diet. Nor do they want to do the things that mother and father want to do. They want to go where there is life and gaiety and music and dancing. They want companions of their own age who speak their own language, who do the things they like to do and with whom they can laugh and skylark together.

There are plenty of parents who do not realize this, and because they are crazy over Mary or John they fasten themselves, like an old man or woman of the sea, on poor John or Mary's back and crush him or her down with their weight.

Often father and mother go and live with John or Mary, even when they know that their in-laws don't want them and that they disrupt the happiness and harmony of their children's homes. They have plenty of money to maintain their own establishments, or to live in good hotels or boarding houses where they would be perfectly comfortable, but because they can't bear to have John and Mary out of their sight they camp down on them for the balance of their lives.

And even when they don't go to live with them they visit John and Mary to death. I know of many young couples who never can go anywhere because father always comes over and spends his evenings with them. And there are plenty more in your fix who never can go to a gay restaurant dinner because they have to eat a stodgy one with mother and father who would be hurt if they didn't.

There is no greater problem than that of parasitic parents, but I don't know what is to be done about it unless parents will rise to the unselfishness of considering their children's happiness before their own and realize that no matter how fond of them their children may be, nor how dutiful they are, they want to be left to themselves some time and to stay in their own homes when they want to instead of always having to run around to mother's.

Children can't tell their parents that they bore them, but parents should have enough sense to know that they do without having to be told. DOROTHY DIX

Dear Miss Dix—I am 26 years old, deeply in love with a splendid little girl who has a fine position as a secretary, a good home and most of the little luxuries a girl desires. Our most earnest wish is to marry and make a home of our own, but as I am just a degree above a pauper this is out of the question. Worst of all, the business I am in failed and I am now out of a position. I have told Mary that there is but one honorable thing to do: Let me fade from her life, but this she refuses to do. Am I not right to feel that it is criminal to keep her from possible happiness with another? Should I not go away and bury myself and my failures where she can never find me? WHAT TO DO. Answer:

Certainly not. That is the kind of thing that is only heroic in melodramas. In real life the brave thing is to buck up and fight for the woman you love, not run away and desert her. It would be a poor way of securing the happiness of your sweetheart to leave her wondering where you had gone and picturing you as sick and suffering and in want, perhaps. Any sort of trouble that you can face is better than the anxiety of uncertainty.

You are only 26. A mere boy. Just out of the threshold of life and you are filled with despair and think you are a failure because you are not making enough money to get married on. And you are considering throwing it all up and just succumbing to misfortune and accepting yourself as a failure. Why, you are turning quitter before you even begin to fight. Mighty few men have done anything worth while before they are 26. Look over the list of the big and successful men in all the professions and in business.

Most of them are getting mighty small salaries, or none at all, at that age, and couldn't have supported a wife, even if she grew her own feathers and ate as little as a humming bird. They were like you that far, but they weren't like you in thinking of giving up. Such an idea never entered their minds. They simply dug in and lightened their hunger belts and struck out with every ounce of force that was in them and they won out.

Follow their example. Quit thinking about running away. Quit thinking of yourself as a failure. Make up your mind what you want to do and go after it tooth and nail. Work for that fine girl until you get her. She is worth it. DOROTHY DIX

Dear Dorothy Dix—My wife says that if our two boys have a tendency

COULD NOT DO MUCH WORK

Eczema on Face, Neck and Hands. Cuticura Heals.

"Eczema broke out in pimples all over my face, neck, arms and hands. I had to keep my sleeves rolled up so they would not irritate the breaking out on my arms. I was ashamed to go around on account of the eruptions and the irritation was terrible. I could not do much work, and the irritation kept me awake at night. I sent for a free sample of Cuticura Soap and Ointment and it gave relief. I purchased more and in about two weeks I was completely healed." (Signed) Percival S. Pinder, R. R. 6, Lindsay, Ont., Aug. 27, 1928.

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Household Hints

By Roberta Lee

Furniture Cloths

A cloth used for oiling furniture should be kept in the air. If closed up there is danger of spontaneous combustion and also of the oil spreading to other things around it.

Plain Ice Cream

A good plain ice cream can be made as follows: One gallon of milk, one half pint of sweet cream, seven eggs, and four cups of sugar. Flavor to taste. Stir together and then freeze.

Ants

To get rid of ants place lumps of gum camphor in their runways and near sweets infested by them.

For The Cook

SALAD DRESSING

One cup vinegar, butter the size of a walnut. Put on the stove and let come to a boil. Mix 2 table-spoons flour, 3 table-spoons sugar (more is preferred), 1 table-spoon mustard (less if real strong), 1 tea-spoon salt, pinch of pepper. Mix to paste with weakened vinegar. Four hot vinegar on mixture, stirring all the time. Break in an egg, and beat mixture with egg-beater. Now put back on stove, and cook till it thickens, which takes just a minute or so. Stir all the time. Just before using stir in one-half cup rich milk or cream. I enjoy the page very much, and find many useful helps in it.

London has a matchbox-collection fed.

The chemical industry of Germany is booming.

More merchant ships are being built in France than a year ago.

Improvements of the River Thames, in England, will cost \$1,500,000.

Glasgow, Scotland, will run municipal buses to nearby cities.

to smoke she will not stop them with force or strict measures, because they start them doing things behind her back that she would not wish them to do. I say that I will use strict measures and force so as to stamp out while young the craving for tobacco. Which of us is right? Answer:

Your wife. You cannot beat the desire to smoke out of a boy, nor can you force him to refrain from smoking by peremptory commands. In fact, the stricter you are and the more you forbid a boy to smoke, the more likely he is to do it, because we will still have the old Adam in us and hanker after forbidden fruit. All that you will gain by taking severe measures is to make your children lie to you and deceive you.

But you can keep your boy from smoking by argument and persuasion and by convincing them that it is bad for a boy who has not got his growth.

DOROTHY DIX

Milady Beautiful

By Lois Leeds



Avoid Fatigue in Hot Weather

A certain amount of bodily and mental fatigue is a normal result of exertion and when moderate it is normal. When fatigue occurs at the close of a good day's work it can be quite a pleasant sensation. So often, however, that tired feeling comes at the most awkward moments, perhaps in the middle of the morning or afternoon, when there is apparently nothing to account for it.

The very first thing to realize is that if these moments of unexplained fatigue become very frequent there is something wrong either with the state of health or with the way we live our daily life. They are a warning that rest and quietness are required and it is disregard of this warning which leads to serious breakdowns.

If the call to rest is neglected, the nerve tissues, being the most delicate, are the first to be affected, and a state of nervous excitability results. If you become tired too easily, have yourself examined by your doctor with a view to ascertaining whether the heart, lungs and circulation are in a satisfactory condition, or if other internal disturbances are present.

If these are all sound, consider whether or not you are neglecting your health in some particular. Are you getting sufficient sleep and rest, fresh air, exercise and sunshine every day? Do you drink sufficient water? Another possible cause is under-nourishment. A great many people forget that although fruit and vegetables are very desirable during the warm summer weeks a fair amount of protein food is still required to replace the daily wear and tear on the tissues.

On the other hand, many women are apt to forget that during the warmer days the diet which was suitable during colder weather is no longer desirable. In warm weather much less heat is given off from the body than in the case during the winter. Therefore, the diet should be considerably poorer in fats and carbohydrates—the energy and heat-forming foods. Overeating should be avoided, but the diet must be adequate to maintain health and vitality.

The tired feeling, fatigue and lack of pep usually result from unhygienic habits of one kind or another. Lack of daily exercise in the fresh air is one of the common causes. The indoor woman and the sedentary office worker are usually the ones who complain of this fatigue. Indoor, sedentary work prevents many tired people from enjoying the vigor and vitality that is the by-product of healthful outdoor recreation.

If the call to rest and healthful recreation is neglected, however, instead of smoke she will not stop them with force or strict measures, because they start them doing things behind her back that she would not wish them to do. I say that I will use strict measures and force so as to stamp out while young the craving for tobacco. Which of us is right? Answer:

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DOROTHY DIX



IT'S folly to suffer long from neuritis, neuralgia, or headaches when relief is swift and sure, thanks to Aspirin. For 28 years the medical profession has recommended it. It does not affect the heart. Take it for colds, rheumatism, sciatica, lumbago. Carry it for a sore throat or tonsillitis. Proven directions for its many uses, in every package. Every drug store today has genuine Aspirin which is readily identified by the name on the box and the Bayer cross on every tablet.



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stead of a few hours of play or a day or two of rest and relaxation, which would have sufficed at first, a complete rest cure lasting for many months may be necessary to repair the damage. At least two hours or more on the average should be spent in the fresh air and sunshine every day by the indoor woman or the sedentary worker and by those who desire abundant health.

The best remedy for overworking that tired feeling is made up fresh every day of the following ingredients: Eight hours of rest, including sleep, two hours of open air exercise, three plain nourishing meals with plenty of fresh green vegetables and raw fruits, one stimulating warm bath in the morning and one warm cleansing one at bedtime, useful work to do. Mix thoroughly with a bountiful supply of happy thoughts. Renew each day. If you insist on a tonic however, a good one is a glass of orange juice three times a day, or other fruit drinks.

Tomorrow — Beauty Questions Answered.

A Morning Smile

Little Johnny Jones had been naughty, so his mother advanced upon him with a switch, intending to chastise her son. He fled from her, and took refuge on the roof of the house behind a chimney where his mother could not follow.

When Johnny's father came home that evening Mrs. Jones sent him to capture the erring boy. Seeing his father struggling and clambering in an effort to climb on to the roof, Johnny called out cheerily from his hiding place. "Hello, dad, come on up; is she after you, too?"

"I believe it is more easy to suppose adversity than prosperity," observed old Petrarch in a passage I ran across the other day, "and that Fortune is more treacherous and dangerous when she caresses than when she denounces."

We fearlessly take up the challenge. We on the easy life! We on the comfortable existence of the wealthy! Are we cowards? No! Come on, Prosperity, and, staunch and true, we shall face you like a man.—Detroit News.

"Just think, an earthquake has destroyed the entire town of Piszizskyskisky in Poland."

Wife. "Was it spelled the same way before the earthquake."

French federal railways are to be equipped with automatic air brakes.

"Tell me what you eat . . . and I'll tell you what you are"

Jean Brillat-Savarin, a French soldier, statesman and traveller, "the historian of cookery," wrote these famous words more than one hundred years ago in a book on food and cookery which has since become a classic in every country throughout the world where cooking and eating are properly considered as fine arts.

"A man who is badly fed," he said, "cannot bear the fatigues of a prolonged labour for a long time; his body becomes covered with perspiration, his strength soon abandons him, and for his sleep is merely the utter impossibility of action."

"If his labours be mental, his ideas are crude and without precision. His reflection refuses to combine them, or his judgment to analyze them. The brain exhausts itself in such vain efforts, and the soldier falls asleep on the field of battle."

"Eat right," is Savarin's constant advice throughout this amazing book. "Tell me what a man eats and I'll tell you what he is," he says. Truly there is a very significant meaning for you in these words. Eat right to make yourself what you want to be!

health on a silver platter



THINK of one of the best-loved of all foods giving your body five elements of nutrition, fostering the growth of beautiful teeth and gums and aiding digestion! Grape-Nuts does this. Include it in your breakfast, and your children's, beginning tomorrow.

Buy Grape-Nuts in the wax-wrapped package at your grocer's. It is ready to eat—with milk or cream. A helping—four teaspoonfuls—costs less than one cent.

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