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

Living & Leisure
THE WOMAN'S REALM

FASHION IN RHYME

By Elisa Mattley

Double-breasted,
Doubly smart,
Does its part
To make your summer
Cool and gay:
Does it with
A knowing way.

HOBBLE SKIRTS ON WAY BACK

NEW YORK —(AP) — You might as well face it the hobble skirt will be back on the scene this fall.

Advance previews of fall fashions show that the much-beleaguered "new look" has undergone a drastic change. Instead of full, flowing skirts and padded hiplines, designers are going for the straight, tight skirt, slightly longer than spring styles, and split to the knee.

FURNITURE TURNS TO VICTORIAN ERA

NEW YORK — A return to the romantic furnishings of the Victorian era is seen in some of the new showings at the American Furniture Mart. Velvet-covered sofas, love seats, and chairs, in gray, red, light blue or green, have rich mahogany frames decorated with handcarved roses.

The "gentleman's" chair has comfortable arms. Those on the "lady's" chair are cut down as they originally were — to accommodate hoop skirts. Chair backs are biscuit tufted.

These are faithful reproductions of Godey's Lady Book days. There are marble top tables to match.

EXERCISE FEET GAIN COMFORT

Take advantage of the "barefoot season" to give the muscles of your feet a fling at freedom.

While lolling on the beach, kick off your shoes, and get in as much barefooted walking as you can. Even if shoes are nothing more than leather soles with ribbon lacings, remove these encumbrances as often as possible.

Spread your toes when you walk. When you sit, try spreading toes like you spread the panels of a folding fan. It takes practice and patience to learn to flare your toes, but the reward for your effort will be a stronger metatarsal arch.

Exercise the long arch of feet, the so-called "suspension bridge" of your body. A good exercise for strengthening this bridge is taken sitting erectly with your back braced against a rock, stone wall or tree trunk. In that position, stretch legs out in front of you and dig heels deep into sand or grass. Now, force your toes to move first toward and then away from your ankles.

FINE SPRAY PRODS LAZY CIRCULATION

The woman who makes full use of the shower bath's high-pressure spray utilizes one of her most available aids for stimulating the circulation. Such aids are apt to be needed as prods, the older we grow.

Besides a needling spray, you can add to your list of circulation-rousers a shower-bath mitt. Strapped over the hand, a soap-impregnated mitt of coarse terry cloth creates friction when it is zipped over the skin. If used briskly enough, a coarse mitt is also effective as an aid for sloughing off dry-skin scales, particularly from elbows and feet.

Putting energy into toweling your skin dry after your shower is another circulation-rouser. The coarser the towel, the better it is for this purpose. To get the liveliest action, hold your towel taut a each end, and pull it back and forth across your body with brisk movements of hands.

SELFISH GIRL LOSES FRIENDS

Every once in a while a young girl shows by her behaviour that she is completely self-centered.

Whether she knows it or not, she is put down as selfish by her gang, which is a personality stigma. If a selfish girl is extremely pretty, or talented, or well-to-do, her selfishness may be tolerated by her pals. But the chances are, unless she rids herself of this trait, that she will never win any real friends.

The time for a girl to curb any tendency toward selfishness is when she is young. Here are some typical traits which should be scotched. One is a lack of thoughtfulness of people. Another is an unwillingness to make generous overtures to others. A refusal to go out of one's way to help people, of course, is another glaring indication of selfishness.

Even if unselfish behaviour must be worked at the effort should be made. What is certain to happen even if the effort is forced, is that the emotional satisfaction which comes from being generous to other people will be so rewarding that soon unselfish impulses are apt to replace the usual self-centred reactions.

DIETARY DENTIFRICE

Topping off a meal with a raw fruit is recommended by dental authorities for leaving teeth clean. There is strong evidence, they say, that tooth decay is most common among heavy consumers of refined sugar products, such as candies, jams, jellies, cake, etc. and sweet soft drinks. The dental experts suggest the "protective" foods—meat, eggs, etc., for healthy teeth.

That Body Of Yours

By James W. Barton, M. D.

MORE ABOUT ELECTRIC SHOCK TREATMENT OF MENTAL CASES

Just a few years ago it was estimated that within 50 years, at the present rate of increase in the number of patients in mental institutions, one-half of the population of the world would be looking after the other half. This was before the days of the shock treatment for mental cases. First came the insulin shock for treatment, then metrazol, and finally the electric shock treatment.

Until recently, electric shock treatment was given in mental institutions. Some months ago I mentioned the fact that Dr. E. F. Kerman reported the results obtained by 242 patients treated in his office by electric shock. Of this number, the electric shock treatment was of benefit to 191 and of no benefit to 51. More than 50 per cent of the patients(or 127, recovered.

In "Medical Clinics of North America," Dr. Louis Linn, Mount Sinai Hospital, New York City, gives the history of several cases treated in his office by electric shock in which brilliant results have been obtained. He states that the shock treatment has revolutioned the treatment of mental patients. The "hopeless" feeling of former years has changed to enthusiasm on the part of physicians, nurses, and aides (formerly called guards), as they see so many new and old cases able to return to their homes and occupations.

I have spoken before of how office treatment removes the stigma so long attached to mental ailments. Dr. Linn states that keeping a patient out of mental institutions accomplishes several things. He is kept at home amid familiar surroundings where he can be nursed by loved ones; he may be able to keep in touch with his school or with his regular work during the weeks necessary for the electric shock treatment. Two treatments a week are given until improvement is noted and then one treatment a week is all that is needed.

With thousands in hospitals now being cured by this new method, the picture has indeed greatly changed for mental patients.

NEUROSIS

Neurosis—believing you have a physical ailment when none exists — is becoming increasingly common. Send today for Dr. Barton's informative booklet on this subject entitled "Neurosis." To obtain it, just send 10 cents and a 3-cent stamp, to cover cost of handling and mailing to The Bell Syndicate, in care of this newspaper, Post Office Box 99, Station G, New York 19, N. Y., and ask for your copy.

Juliana Coronated

(NEA-Radio-Telephoto)

Queen Juliana takes the oath of enthronement at coronation ceremonies in Amsterdam's New Church as Prince Bernhard stands at her side. Juliana succeeded to the Netherlands throne when her mother, Queen Wilhelmina, abdicated because of ill health.

DOROTHY DIX SAYS—

Widows Delemma

Poor But Ambitious Fiance Wants Share In Business But Rejects Her Children

DEAR DOROTHY DIX: I am a widow of 42, with a good, established business which brings me in a fine income. A poor but ambitious man wishes to marry me, and if I took him into my business we would be able to get along nicely. But he does not like my children and does not get along with them, and if I married him I probably would have to send them away to school.

Please advise me as to what I should do.

WORRIED

ANSWER: I would advise you strongly against making this marriage, because it surely would bring great unhappiness to all concerned. Almost surely it would end in divorce and the alienation of your children from you, and the general smashup of the home that you have built up with so much hard work and care. For if you put an unwanted father over your children they would rebel and fight him to a finish. He would be cruel in trying to assert his authority over them, and your heart would be torn in twain between the children you love and the husband you love.

The mean stepmother is very common, but we hear very little of mean stepfathers, yet they exist even more numerously than mean stepmothers. We take it for granted that a man who marries a widow

(Continued on Page 3)

Ellen's Diary

By an Inland Farmer's Wife

Last loads of hay were tucked away this September day in a barn at the other farm, in an operation which left grand-daughter in my care this sunny afternoon, and took Jeanie thither with her knitting. She must go to drive the horse in the lift a work which considering the distance the loads had to be drawn —from this farm —afforded her leisurely betweentimes for another interest. There was, by way of a good example, so tradition has it, a minister's wife in the olden days, a kindly industrious woman, who knit endless stitches in the buggy while she waited for her husband to make his pastoral calls. Inclined to be indolent, I should not have been content to knit there, at least not while billowing summer clouds were afloat on the blue. With folded hands, I should be building castles on them, or perhaps instead would be admiring a butterfly on wing, or birds dipping and soaring, or again so much taken up with the beauty of vale and hill, of woodland and meadow, the piece neglected would fall from my hands. But all such is only vain imagining. For I know well that if I had been privileged to accompany James on a like mission, it is more than likely that he would have seen to it that I too would have gone indoors to visit, and seated by a convenient window would be left to keep an eye to the mare, thoughts kept down to the mundane task of seeing that she was not growing tiresome from her enforced waiting. For Jamies' steeds would be impatient, there would be no doubt of that!

• • •

So this lovely afternoon, when the sun shone mellowly on the gold of the harvest fields on Pat's hillside, and the light breeze kept the leaves on the poplar by the gate dancing a gay measure at Alderlea, at the other farm Jeanie knit between-times taking "care of the minutes" in order that "the hours will take care of themselves." "Well, we finished it at last!" James said returning from the last of the haying, rather proud, I believe, of the plenty which this year fills our mows and added stacks to our wealth of ordinary years. I fancy there will come a year when Jamie and the Gage-fellow will perhaps marvel over the yield from one or another of their meadows, and James overhearing them will say with the licence of the ageing "Clover! why lads, let me tell you, you never saw clover, unless you can remember back to the year '48. Why, that year we were all of a month at the haying. We filled the barns, and how many stacks did we have, Ellen? (And I shall not need to reply, for James will know!) Good sized ones at that —and the clover! Why, the clover grew in a good crop on the roadside in places that year!"

• • •

Nine ducklings floated winsomely on the pond near the "gang-way" bridge this morning dark ones mirrored prettily on the surface there. "And no mother-duck?" Jamie asked when he came this evening to spend the night. "No mother-duck, at all," I replied. And "no mother-duck at all!" grand-daughter echoed solemnly. Today, she too had enjoyed a spell at the field work —at the fencing with our farmers in a near meadow, intended presently for pasture for the milkin' heifers. Her outing came about when watching the men load sharpened stakes and rolls of new wire to a farm-cart James overheard her say: "Perhaps so —baby can go too. Yes" beaming up at him rather wistfully "perhaps so?" At mid-morning he brought her home, as through the years he has been obliged to fetch others become weary with the long hours there —young favorite nieces, even Ellen, namesake of mine, now in a college year. Hand in hand they came this morning, her sun-bonnet fallen back from her fair unruly curls, bare feet peeping from the red overalls, the pup playing along, often returning to interrupt their progress with his laughable antics. She is asleep now in her cot in the house across the lane, where tonight no light glows. Jeanie is away to "Young Peoples" and our younger farmer is about the last of the choring by lantern-light. James chatting with Jamie, both in the old armchair, speaks of it now. "Perhaps grand-daughter is uncovered Ellen" he says "and it's a bit chilly now don't you think — getting rather like the Fall?"

Until tomorrow — Diary—Goodnight.

GOOD BREAD

"Over 73 Energy-Units (calories) in every ounce."

A lot of good food for the money.

"Always Good"

Eastern Bakeries

BUTTER-NUT BREAD

Modern Etiquette

By Roberta Lee

Q. If a girl is asked to be a bridesmaid, but feels that she cannot afford the suitable outfit for the wedding, what should she do?

A. The only thing she can do is to decline as graciously as possible.

Q. Would it be all right for one to clear the dinner table by taking two or three dishes at a time?

A. Yes, if the hostess is serving without a maid.

Q. What should one say when he is being introduced to someone whom he has met previously?

A. "I think I met Mr. Blank some time ago."

Better English

D. C. Williams

1. What is wrong with this sentence? "As I take it, he is to be nominated for treasurer."
2. What is the correct pronunciation of "viscount"?
3. Which one of these words is misspelled? Advantagously, advisability, adulteration.
4. What does the word "vacillating" mean?
5. What is a word beginning with exp that means "having no disguised meaning?"

ANSWERS

1. Say. "As I understand, he is to be nominated for treasurer." 2. Pronounce vi-kount, i as in ice, accent first syllable. 3. Advantageously 4. Wavering. "The decisive man will accomplish much and the vacillating man, little." 5. Explicit.

How Can I !!!

By Anne Ashley

Q. How can I keep a house plant fresh, when absent from home for a few days?

A. Soak a large sponge with water and place it on the dirt in the pot. The moisture will be absorbed and the plant will keep in good condition.

Q. How can I hasten the roasting of meat?

A. By searing it under the broiler while waiting for the oven to get hot. By the time the meat is browned, the oven will be hot enough.

Q. How much space should be allowed from plate to plate when setting the table for dinner guests?

A. At least twenty inches.

Household Scrapbook

By Roberta Lee

When Painting

It's difficult to avoid getting paint on door hinges and knobs while painting. Prepare for this by first coating these parts with petroleum jelly.. Then when the door is finished, a cloth will readily remove these paint spots from the hinges and knob.

Jelly Making

As soon as the jelly is ready to pour, place all the glasses in a shallow pan of hot water, having the water about two inches deep and the glasses will not crack.

Pressing

Remove all stains from a garment before pressing. Do not forget that a too-hot iron will fade colors.

Morning Smile

THE PURIFIER

"My friend," said a solemn man "have you ever done aught to make the community in which you live the better for your living in it?"

"I have done much," replied the other humbly, "to purify the homes of my fellow-beings."

"Ah!" continued the solemn man, with a pleased look, "you distribute tracts?"

"No, I clean carpets."

Feeling Low?

▶ Then try Wincarnis, a Medicated Tonic. Wincarnis is just what you may need when you feel low, run down.

Wincarnis helps strengthen the nervous system and invigorate body tissues and organs. Wincarnis acts quickly—soon after you start taking it you should notice a difference in health and spirits. So, if you're feeling low, try Wincarnis, let it help you feel healthier.

Buy a bottle of Wincarnis, a Medicated Tonic today —it's free from harmful drugs.

AT ALL DRUG COUNTERS

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I'M ASHAMED to say it... but they were whispering about me

1 HOW EMBARRASSING! "I was busy at the office when I saw Tom and Bob looking at me in a kind of funny way. Then I heard Bob whisper, 'Too bad she has "B.O."' There was no doubt about it. They meant me. For a moment, I was too horrified to move. Then I rushed out of the room."

2 "I SOBBED out the story to Mary. She said 'B.O.' could happen to anybody and suggested I try Lifebuoy."

3 "I GOT SOME Lifebuoy. It's so gentle on my skin. I love its rich, creamy lather that protects me from 'B.O.'"

4 "PRETTY SOON nice things began to happen like dates and parties. It surely pays to be Lifebuoy-dainty."

Its fresh, clean scent is your guarantee of protection

The clean scent of Lifebuoy's thick, rich lather is your guarantee of protection. In a few seconds, the Lifebuoy scent has disappeared and so has every trace of "B.O." (body odor). Lifebuoy is the only soap specially made to stop "B.O."!

And, tests prove you can build up protection against "B.O." by bathing with Lifebuoy every day. Try it for just seven days. Your skin feels so clean, fresh, and gently caressed. And you're completely free of "B.O." worries.

A LEVER PRODUCT

USE IT DAILY

FROM HEAD TO TOE . . . LIFEBUOY STOPS "B.O."

The Stars Say—

By Genevieve Kemble

For Saturday, September 11

WHILE there is definite promise of a most strenuous and hectic day, with much endeavor to put over major plans or objectives, yet a badly confused slant, a bewildered mind and a runaway tongue or temper, may combine to bring down a crash of drastic, devastating and revolutionary climax.

For the Birthday

Those whose birthday it is may find themselves in a year of sudden and drastic crashes, with plans and projects of major importance, "coming a cropper," and with devastating and disastrous denouement. Largely, this may be attributable to an uncertain, beclouded and chaotic state of mind, quite unable to cope with matters of large scope and ambition. Subdue an innate tendency to act under highly stimulated and turbulent emotions.

A child born on this day may need early training and discipline, on its energetic, erratic drives.

Cook's Corner

GRAPE SALAD DRESSING

(For citrus-peach salad)

Serve this dressing on a salad of citrus fruits and ripe peaches. The rich flavor of the grape juice, with its spiking of lemon, would be quite perfect in that combination.

1 egg separated
4 tablespoons granulated sugar
1 tablespoon flour
Few grains salt
2 tablespoons lemon juice
½ cup grape juice

Beat the egg-yolk slightly; stir in two tablespoons of the sugar, the flour and salt; mix in the lemon juice.

Measure grape juice into upper pan of double boiler and heat just to boiling point. Gradually stir into egg-yolk mixture. Cook over boiling water, stirring constantly until smoothly thickened — about two minutes; remove from heat immediately. Cool to lukewarm.

Beat the egg-white until stiff, but not dry, and gradually beat in the remaining two tablespoons sugar, beating after each addition until meringue will stand in peaks.

Add meringue to lukewarm mixture and fold in lightly, but thoroughly. Chill before serving.

Thousands have been overjoyed at the results a little pepping up with Dr. Williams Pink Pills accomplish. Contains general tonics often needed by men and women who feel old and whose bodies are lacking in certain essentials vital to energy and vigor. Start on your way to feeling peppier and livelier with Dr. Williams Pink Pills this very day. At your druggist.

Needlecraft
FOR THE HOME

FULL SKIRTED PRINCESSE

A princesse dress that goes quite formal in shantung, crepe or linen-like weaves; yet in cotton print it's simple enough for a home frock. Pretty scallops are easy to finish with stitched-on facings.

No. 2801 is cut in sizes 12, 14, 16, 18, 20, 36, 38, 40, 42, 44 and 46. Size 18 requires 4⅞ yards 35-inch fabric.

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

Address Pattern Department, The Charlotetown Guardian,
Pattern No. 2801

Name

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BLACKHEADS

Get two ounces of peroxine powder from your druggist. Sprinkle on a hot, wet cloth and apply to the face gently. Every blackhead will be dissolved. The one safe, sure and simple way to remove blackheads.