

How Color Can Make House Look Cooler

DURING these torrid days, it takes ingenuity to keep cool and comfortable indoors. For example it's a commonly known fact that light surfaces appear to be cooler—and appearances are important in beating the heat. So begin, then, by brightening your house of dark surfaces wherever you can.

Cover upholstered pieces with cool, colorful summer slip covers. Take down heavy draperies and use light, filmy curtains at the windows. Use light colored window shades and keep them drawn during the day when the sun is intensely hot.

WORTH THE COST
The cost for these changes is very small and really pays off. If walls and woodwork are dark, they will seem to retain heat and make you feel that a room is even warmer than it really is. Keep this in mind when selecting paints for your new color schemes.

The coolest colors are those that decorators refer to as "receding colors." These are the blues, greens and grays in the lighter shades, especially. These hues also help to create an illusion of space which is, in itself, cooling. They seem to push the walls away instead of bringing them closer, as the darker shades and warmer colors do.



THE BEAUTIFUL BERET

Just when isn't a beautiful beret in demand? Just never, that's a fresh fall beret of black matte jersey. A wide band of brown grosgrain ribbon smoothly follows the head-hugging line of the Here is one of her new offerings.

ELLEN'S DIARY

The Por-r-ridge Pot, Ellen, Where Is It?

A pair of lads now edge close to the borderland of sleep in a bed in the tiny-windowed room known in the family as "the dark room" of the house. The window revealing more of heaven than earth in its outlook, shows traceries of the high branches of maple and birch against the dim of tonight's sky.

The melody of the falling water from the dam is coming in a soothing lullaby there. And "would you believe it?" one said, a pair or so of pond-pipers are trying faithfully to recapture that nostalgic island aria of Spring.

There then we have left the two — Gage and (cousin) Mack moments ago. Sleep like the playful pup-dog was already sneaking up on eyes heavy-lidded, on brown bodies wearied by their engrossing pastimes of the day.

"What cereal for breakfast?" we asked in parting.

"I think I'd like oatmeal," Gage murmured drowsily.

"And... I think" Mack offered looking back from the very entrance of that far away land "I'd prefer... cream... of wheat."

A breath of air pleasantly warm stirred the curtains there. It was fresh and clean from the rain of day which had fallen in answer to the farm-folks recent longings.

In a gentle and heavier fall of it, it came, a bit strange to see of late in its continuing showers. And putting aside all thoughts of the haying, "This is good!" we said.

"Aye" James agreed watching it veil in a silver fall the space between us and the spruces by the milldam. "And come in the very nick of time too!" he nodded. "What a power of good it will do! The land has been begging for it. Now" he smiled "the grain will grow and the potatoes and roots!"

The lawn-flowers lifted faces — the dahlias and lilacs and cornflowers reached up to it as did the roses on the trellis; we fancied so grateful to feel again the velvet of refreshing rain on warm cheeks.

"The horses and cattle-too are being washed" one of the farmers said, "the first good bath in a long time." With the return of sunshine how bright and clean and lovely the countryside will be.

"Sometimes" a young matron from a far State who retains kindly memories of girlhood holidays spent with kin on the Island, writes "I get plain homesick for the Island... I can feel that road of yours under my bare feet!... One of these summers, if Providence is willing, my husband and I hope to get to the Island for a good visit to let these children see a real paradise!"

A wraith of night-fog follows the millstream now — there where the pair of frog-kind try faithfully to recapture "dat ol' chanson" of spring.

Until tomorrow — Diary
—Goodnight —

NEW LONDON W.M.S.

The monthly meeting of New London United Church W.M.S. was held at the home of Mrs. James M. Campbell on Thursday evening, July 4th.

Meeting opened with the Worship service led by Mrs. Marshall Constable. The theme of worship was "He Shepherd Me." Opening hymn was No. 281 followed by the reading of Psalm 23 in unison. A meditation was read by Mrs. James Cole. The worship period was brought to a close by the singing of hymn No. 681 followed by prayer.

The business period followed. Minutes were read and approved. Roll call was answered with a verse containing the word "Shepherd". The secretary reported 11 home calls made, and 14 treats and 27 cards sent during the month. Also 6 books were read. It was decided to invite Rev. Mr. MacLean of Charlotte to speak at the fall Thanksgiving service. The program consisted of a portion of the Study book presented by Mrs. Morton Adams, assisted by Mrs.

Louis MacLeod

The next meeting will be held at the home of Mrs. Morton Adams, when the leader will be Mrs. Frank Brown. The study book will be in charge of Mrs. Harold Mayhew. Textword will be "Mercy." Dedication prayer will be offered by Mrs. Sterling MacKay.

Offering amounted to \$11.54. Penny-a-Week was \$1.20. Meeting closed by repeating the Lord's Prayer in unison.

SLAYS CASHIER

LAGRANGE, Ind. (AP) — A laborer who says he is an inventor shot and killed a bank cashier at nearby Wolcottville Monday after the banker refused to cash a cheque for him. Police said Richard Klink, 47, shot Maurice Kent, 43, three times with a rifle after Kent refused to cash a cheque for \$500 made out by Klink for himself, signed by himself and endorsed by himself. Klink, who had no account in the bank, said he wanted money for his inventions.

KEEP IN TRIM

Children Are More Apt To Be Successful Dieters

Younger children are more apt to be successful in reducing attempts than adolescents, and adults who have been overweight since childhood have the hardest time of all in shedding excess pounds, according to Miss Ethel Maslansky, roving nutritionist with New York City's Department of Nutrition. The most important time for controlling weight—and the most effective—is during the early years, she stressed.

Why is it easier for children to reduce weight, not only must the extra pounds be lost, but eating habits must be changed. Apparently fattening eating habits are not as deeply ingrained in children as in adults. At any rate, it appears that habits change more easily when we are young," Miss Maslansky explained.

The right attitude at the start of the diet is all important this authority pointed out. On his initial visit to the New York Clinic for overweight children, the youngster is told: "You do not have to diet, but if you want to lose weight, we'll be glad to help you."

What happens next depends entirely on the child's reaction. If the child is anxious to go ahead, there is no problem. If he is hesitant, the suggestion is made that he try it for a week before definitely making up his mind. However, if the child is completely rebellious on the diet score, the policy of the clinic is that it is more advisable to part friends and hope he will come around later than to risk almost certain failure.

"It is perfectly natural for the overweight child to show a little negativism at the start, and it is well that he expresses such feelings so he can get them out of his system," Miss Maslansky commented.

The child works with the nutritionist in planning low calorie menus based on the protective foods. The next step is for the family to cooperate and make this the basis for family eating. In many cases overweight parents have lost excess pounds as their overweight children reduced—in fact, in some instances the parents reduced even when the children failed to lose!

"Most important of all," this nutritionist emphasized, "the child must take as much responsibility as he can for his diet. Nagging only serves to exhaust the mother. The child must understand why reducing is desirable and want it for his own sake. If the child can't do it on his own, it just can't be done."

Miss Maslansky summed it up this way: "Children have a remarkable capacity for doing what they really want to do. Once we get the overweight child to want to reduce, the job is half done!"

Find Tie In Between Acne And Emotional Tension

By MARY BURKE
Canadian Press Staff Writer
TORONTO (CP)—More than 70 per cent of Canada's teen-agers are plagued by acne, a skin disease that ranges from a few blackheads to cases where the victim may have facial scars.

Acne sometimes continues into adulthood, said Dr. William Garbe, a Toronto dermatologist who advises parents to seek a specialist's advice for effective treatment.

"It is an individual problem and not one that can be treated by mass prescription," said Dr. Garbe.

VARIED TREATMENT
Acne is found on the face, shoulders, lower back and chest. It is associated with excessive oiliness of the skin, said Dr. Garbe. During adolescence oil gland activity is increased. When hormones are not in balance at this period, acne occurs.

There are varied treatments for mild acne, said Dr. Garbe. One, the "peeling" treatment has been found to be effective. The skin is dried to a flaky point with medication and special soap. Peeling from the sun is also helpful, Dr. Garbe said.

In more severe cases, acne sufferers can be given X-ray treatment which reduces oiliness and acne.

Basically a glandular problem, Dr. Garbe said dermatologists have found gland therapy treatment the least successful. Gland extracts are extremely potent, he said, and side reactions occur which are often more troublesome than the acne itself.

HARDEST CASES
Severe cases due to a greater plugging of the pores and oiliness are often accompanied by infection. For this condition, Dr. Garbe said the X-ray and peeling treatment reduces the overactivity of the glands. Antibiotics are used to treat the infected areas.

However, some young people are left with pitted scars, said Dr. Garbe. The scars may be few or many, shallow or deep, depending on how much infection there has been.

Dr. Garbe recommends a "dermal-abrasion" operation, also known as "plastic" planing.

A local anaesthetic is used. The skin is frozen and anesthetized with a refrigerant spray and each scarred area is ground smooth with a rotating wire brush. It takes two weeks for the scars to fall off, said Dr. Garbe.

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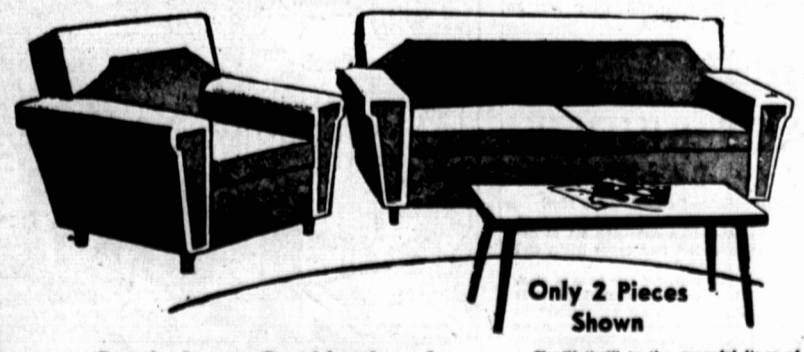
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