

Paris Fashion Designers Turn Practical

(By Nadene Walker)
PARIS, Nov. 8—(AP)—At last Paris designers seem to be worrying about wearability. Judged by the just-finished mid-season collections, they can no longer be accused of going to foolish extremes. In fact, compared with the ordinary season's new fashions are just plain tame. Fashion writers looking for sensational new trends got very little to go on. There were no really shocking novelties to report.

In general, the mid-season clothes carry on the trends of the autumn, perhaps best personified by Dior's simple, wearable dresses. His moderately flared skirts have gained influence, though some designers still prefer voluminous ones. The high, prim and proper neckline has not been held.

The mid-season designs have let necklines dip deeply enough to please lovers of generous décolletage. Black remains the no. 1 color choice.

In a nutshell, here is what the different houses showed: Lanvin—Full skirts; huge bows for trimming, some half-looped in a "riding crop" effect; jeweled corsets for evening; "skylight" triangles cut out below the normal neckline; nearly everything in black.

Fath—Evening sheaths nearly as tight as mummy wrappings; prime jackets over saucy strapless tops; hip drapery; over-all simplicity and far fewer details and trimmings than usual with Fath.

Schiaparelli—Simple day dresses, scarcely trimmed at all; low rounded cocktail necklines; lots of black satin; brilliant accompanying hues; concertina hats and big droopy velvet berets.

Maggy Rouff—Gold brocade formal fabrics, and glittering jeweled hats and trimmings; many strapless and ankle-length dancing dresses; drapery gathered to the back; more and more ample skirts; corset belts.

Welfare Council Gives Expert Aid To Young Mothers

TORONTO, Nov. 8—(CP)—For hundreds of expectant mothers Toronto's pre-natal classes have become almost as important as knitting baby sweaters and hemming diapers.

Sponsored by the Toronto Welfare Council, the courses were first started in 1944. They grew out of a feeling among public health nurses that there was a need for more pre-natal education among young women; that in addition to teaching new mothers how to care for their baby they also should be taught something about their own diets.

While pre-natal instruction is given new mothers in other cities, the Toronto course is believed the only one in which both nutritionists and public health nurses do the teaching. The importance of proper diet before and after birth is one of the main things emphasized in the lectures.

To date 5,000 women at one time or another have attended the Toronto courses. So far this year 900 have registered.

Held in churches, hospitals—wherever space is available—the lectures are given in 10-week courses with approximately 25 women to a class.

How the baby grows, hygiene of pregnancy, foods for mother and baby, are among topics discussed. How to bathe and dress the baby also is demonstrated and equipment for the baby displayed.

"One value of the course is that it gives the new mother actual information about what's going to happen to her," said Constance Gray, nursing consultant for the maternal and child hygiene division of the Toronto Health Department.

Another value is that the new mother isn't as timid about asking for information when she finds herself in a class with 25 others facing the same problems as she is herself.

Finally, it's not just young expectant mothers who attend these classes. Grandmothers come to learn new methods of infant care. Foster mothers attend to learn the technique of handling their new charges.

It into a garment?
A. Dissolve one pint of salt into four gallons of water, and soak the material for at least an hour.

Q. How can I cause nails to stay more firmly in plaster walls?
A. After driving the nails into the plaster walls, pull them out, wrap them with a little steel wool, and then drive them in again.

Q. How can I set the color and shrink new goods before making

ELLEN'S DIARY

By an Island Farmer's Wife

"And she once was a little girl like me!" granddaughter said softly, turning away a moment from the radio then bringing us an account of the Princess' arrival in a western Canadian city, the sound of the excitement and exhilaration of the occasion filling the old kitchen... Loaves were shaping then, creamy, lively lumps of dough upon which, when baked, folks would dine; the workers at evening hungry from their stint at the field-work, revelling in the food and warmth and brightness of the supper hour. Or in the twilight of morning with a new day, like some strange road holding out lovely scenes to us in its unfolding, stretched bewitchingly before. As always we tucked in a wish for "Happy risings!" beside each folded mound as we panned it and then set all to a spell of waiting on the heights of the warming-oven. "I suppose" granddaughter continued "she played with dolls, and cats and dogs, like other little girls!"

"And rode a pony at her home in the country and enjoyed walks there — to church and about, with her parents and the Princess Margaret Rose" we offered. "And to school, I guess?" the youngest commented, doubtless with visions of the trail, which for her will wind along the dam and past the mill-door and up and over a hilltop, on a year to come.

"But not too school" we reminded her "her school-room was at home in the Palace." And now a band commenced to play the National Anthem, the strains as always, sweet and touching. And it came to mind that of all who had in mind or vocally fitted words to the tune, none would better realize the depth and feeling of the prayer contained therein than the Princess who had known intimately the dreariness of those days of waiting, during her father's, the King's, recent illness. A vigil shared it is true by those waiting at the gates of the Palace and beyond to the very ends of the Commonwealth.

At the first tidings of reassurance, we recall that the dark cloud which had been hovering above it lifted and all was well with his people again. "She looks very lovely today... this girl — for she is only a girl!" a commentator spoke out of the acclaim. "She is a small lady... with blue eyes and hair the color of chestnuts... and she is wearing green velvet..."

Granddaughter leaned her chin on her hand at the radio-table missing not a word. "Does every Princess have blue eyes and brown hair?" she whispered.

Then she was off into the land of make-believe. "Did Prince Philip have to break through a hedge of Hawthorn to find her? And were there pigeons asleep on the roof-tops? And was there a pretty soon a great wedding? There was a great wedding, dear —"

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Island's Gift To The Princess



The beautiful fox cape shown above is to be presented to Princess Elizabeth today by Premier J. Walter Jones. It is made of skins which came from extra light, pearl platinum Prince Edward Island foxes and is a gift to the Princesses from the Island Government. There are only seven of these sapphire fox pelts in existence and four have been used to make this garment, described by its creators as a four tier cape, which has been named a Royal Sapphire Fox Cape in honour of the Princess. The cape was designed by the famous New York designer, Rifter, on request from Henry Morgan Co.

—Photo by Max Sauer.

Anne Adams Patterns

ALL-YEAR HAPPINESS
A Christmas gift your little girl will enjoy all year! Her beloved dolly will look just like new in these teeny-weeny togs. Smart, new fashion — and they're easy sewing. A few gay scraps will make the whole outfit — hat, jumper, jacket, blouse, coat, robe, pajamas, lingerie. Pattern 4631 is for dolls 12, 14, 16, 18, 20, 22 inches. Yardage in pattern.

This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions. Send Thirty-five Cents (35c) in coins (stamps cannot be accepted) for this pattern. Print plainly Name, Address, Style Number.

Send order to ANNE ADAMS care of The Guardian, 60 Front St. West, Toronto, Ontario.



Modern Etiquette

By Roberta Lee

Q. Is it proper for a business man to rise when a woman visits him in his office?

A. Yes. He should stand up to receive her, offer her a chair, and not sit down until after she is seated. When she rises to go, he must get up instantly and stand for as long as she stands, and then go with her as far as the door, which he holds open for her.

Q. When attending a dinner dance, what should a person do with his napkin when leaving the table to dance?

A. Leave the napkin unfolded by the side of the plate.

Q. Where should the maid-of-honor and the bridesmaids assemble before the wedding?

A. They should be at the home of the bride at least an hour before the ceremony is to take place.

The Stars Say

By Genevieve Kemble

For Tomorrow

THE augury is for a strange, perplexing and confused state of affairs. It is probable that intimate private matters involving the emotions and inner urges could best peculiar or perplexing situations. Perhaps the "love life" is involved, spurring to inexplicable sensations, stimuli, and erratic impulses, giving rise to harsh words, cruel suspicions, heartaches, regrets. Even business matters may suffer weird crises or problems.

For the Birthday

Those whose birthday it is urged to take themselves in hand, objectively and profoundly, since quixotic or even sinister compulsions may dominate all activities, plans and contacts. Most unhappy, deplorable and regrettable crises occur because of unaccountable mental and emotional "flights of fancy." Keep sane under stress and tension, or unaccountable emotions.

A child born on this day, prone to erratic and peculiar impulses and emotions, should receive early, sympathetic and intelligent guidance.

Household Scrapbook

By Roberta Lee

Celery Tops
One use for selected celery tops is to spread them on a baking sheet and dry in a warm oven with the door open; then rub to a powder and store in a glass jar for use in seasoning soups and gravies.

Woolen Blankets
After washing the woolen blankets, hang them up without wringing. They may take a little longer to dry, but will keep their shape much better. When the top has dried reverse the blanket.

Plush and Mohair
A good duster for plush and mohair is a chamomile wrung out of cold water.

evergreens grow in the northern counties." 2. Pronounce the a as in at, i as in milt. 3. Almighty. 4. A change of novelty, especially in customs, manners, or rites. "They were opposed to innovation." 5. Solemnly.

Alice Brooks Designs

THRIFTY! USE SCRAPS!

So much gay color! So little work and fabric! All you need is a few remnants for these aprons and matching potholders. Sewing, embroidery, applique — all easy. Gay aprons for the Fair! Pattern 7320; cutting charts; transfer for pockets and potholders.

Send Twenty-five cents in coins for this pattern (stamps cannot be accepted) to ALICE BROOKS Designs c/o The Guardian, 60 Front Street West, Toronto, Ontario. Please print plainly Name, Address, Pattern Number.

FIRST AID FOR BABY'S FIRST SNIFGLE

A step in time often saves nine. So be wise, and take this simple precaution as baby's first sneeze or snuffle. Give Baby's Own Tablets to clear little bowels of irritating waste materials that make baby fretful, feverish and discourage the rest so needed to keep up strength. Babies are easily for baby's delicate system. Baby's Own Tablets have a laxative action that soothes, yet gently and the relief they bring goes a long way toward giving baby comfort while nature works to cure the sweetest-little baby! Baby's Own Tablets have been used by mothers for over 50 years. Get a package today. Only 75c at drugstores.

4531 SIZES 12-22"

by Anne Adams

Cook's Corner

STEAMED FISH SOUFFLE

1 cup hot water, 1 slice onion, 1 sprig parsley, 1/2 teaspoon salt, 1 lb white-meated fish (in one piece), 1 1/2 cups scalded milk, 1 tablespoon butter or margarine, 1 1/2 teaspoons lemon juice, 2 eggs separated, 1 teaspoon salt, 1/4 cups new bread crumbs, fine; 1/4 teaspoon paprika; 1-16 teaspoon pepper.

Place water, onion, parsley and salt in covered saucepan and simmer 5 minutes; add fish and simmer until tender. Remove fish to cool. Combine crumbs, hot milk and butter in bowl; beat smooth. Flake fish with fork and add to milk mixture, add lemon juice, beaten egg yolks and seasoning. Fold in beaten egg whites. Place in greased mold (9 inches) and cover lightly with waxed paper. Steam until firm. Serve with parsley Hollandaise, or caper sauce. Serves 4.

Morning Smile

Subacute Applicant

He was undersized, meek, diffident, subdued, and he had applied for a job as night-watchman.

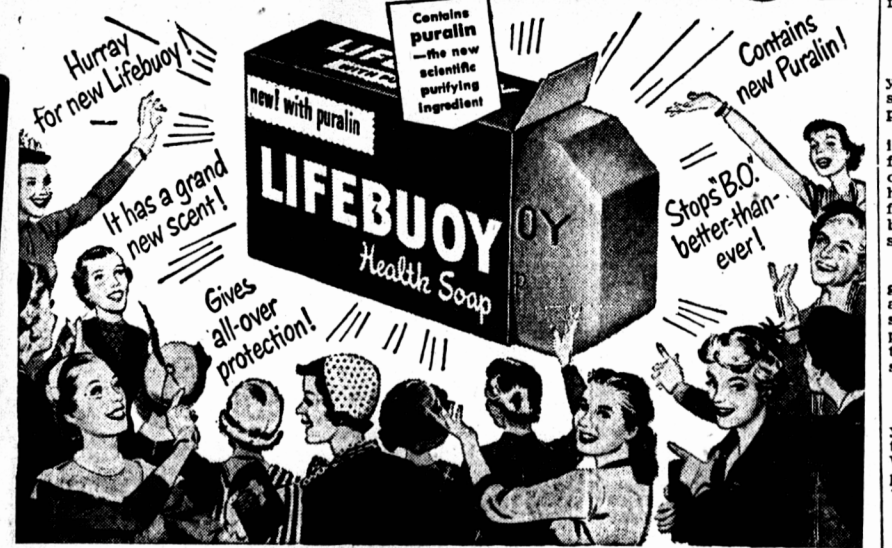
"Yes," said the works manager dubiously, "but the fact is we want someone who is restless and uneasy, especially at night. Someone who sleeps with one eye open. Someone with remarkable hearing who is always listening, thinking there are bad characters around. We want a large, aggressive, intrepid, and dangerous person. In short, the kind of person who, when roused, is a fiend."

"All right," said the little man as he walked away, "I'll send the wife."

NOW—She Laughs at age

Springtime in her heart again! New-found gaiety, penny energy. A new, alive woman—sparkling eyes, better color, fresh, calm youthfulness — has replaced the worn, tired look. No wonder life has taken on new interest. Now, thousands of women weary from blood-iron poverty, have bloomed anew with the help of Dr. Williams' Pink Pills. Try Dr. Williams' Pink Pills yourself for 30 days! Enjoy new health, pep and energy. Start today! Get back the pink with DR. WILLIAMS' PINK PILLS

All Canada cheers NEW LIFEBOUOY



puralin gives Lifebuoy pleasing new scent... longer-lasting, all over protection!

puralin; new scientific ingredient purifies the pores... keeps you safer, longer!
EVERYBODY is raving about Lifebuoy's delightful new scent... cheering its wonderful new PURALIN protection! Only Lifebuoy contains PURALIN, the new scientific ingredient that makes your favorite bath soap different... better. PURALIN in Lifebuoy lather actually purifies the pores... stops "B.O."... protects you all over, longer. Ask for mild, gentle Lifebuoy today. IT'S THE MODERN WAY TO STAY FRESH ALL DAY.

FROM HEAD TO TOE... NEW LIFEBOUOY STOPS "B.O."

DOROTHY DIX SAYS—

Spoiled Girl

Self-Centered Young Lady Is Bad Matrimonial Risk

DEAR MISS DIX: My fiancée, to whom I have recently become engaged, is almost everything a man could wish for, but she is an only child and is naturally very spoiled. She wants her own way in everything. She doesn't try to meet me halfway. I'm only interested in our future happiness, but with her attitude things are becoming quite difficult. I'm getting discouraged in my efforts to make her act differently. Do you think I should switch my affection and time to a lady who will appreciate my good intentions?
JERRY G.

ANSWER: First of all, young man, don't assume that all "only children" are spoiled. This is a commonplace, but fallacious, assumption. Some of the loveliest girls I've ever known have been "only children." Intelligent parents brought them up without undue pampering, and they've become the finest wives and mothers you could find.

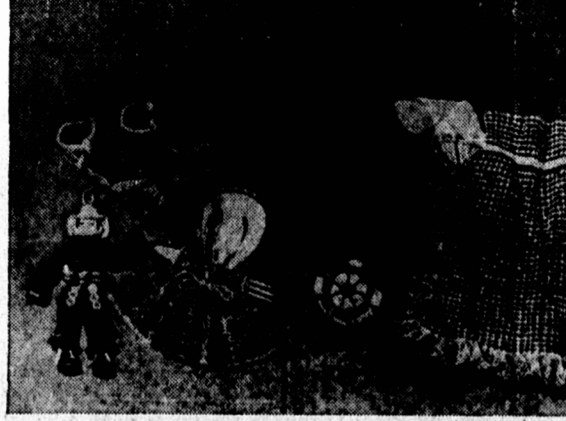
YOU MUST DECIDE

Just how spoiled your young lady has become is a matter only you can decide. If she is selfish and self-centered, demanding constant attention from those around her, unwilling to give in on any point, trivial or otherwise, she is a bad matrimonial risk. Very often a pampered girl changes completely with the responsibilities of wife and mother. You must study the character of your fiancée very carefully and see if she gives any indication of future change. It's hard to judge sometimes. How does she behave with her family? And with yours? If she can be considerate and thoughtful with others, she probably will change. If, however, her life is built entirely around the almighty "I," you had better think about switching.

DEAR MISS DIX: We have a problem! Every night we three girls roam the streets in search of men. We are smart, nice-looking, and feel we should be able to attract the attention of the opposite sex. What is wrong with us? We have had no luck so far and people in our town are beginning to say nasty things about us. Do you think we should sit at home and wait for the telephone to ring or should we continue as we are, unmindful of local gossip?
THE ROVER GIRLS

ANSWER: It is certainly a credit to the men of your city that you have so far failed in these nocturnal strolls. I hope they continue to stay as far away from you as possible. You say you're smart girls? Well, I have seldom heard from anyone more stupid! Where are your parents, and what are they thinking of to permit your indiscriminate

Crochet Gift Items



Many a last-minute gift problem can be solved by crocheting. There are so many useful and attractive little items from which to choose that give pleasure to the donor and long-lasting happiness to the receiver. A direction leaflet containing instructions for making the Checkerboard Apron, Sewing Susem, Kitchen Judy, Johnny-on-the-Spot and Slippers can be obtained by sending a stamped, self-addressed envelope to the Needlework Department of this paper and requesting CROCHET GIFT ITEMS, Leaflet No. 8-139.

That Body Of Yours

By James W. Barton, M.D.

THERE WILL ALWAYS BE A PLACE IN MEDICINE FOR THE FAMILY PHYSICIAN

A recent article in one of our medical journals pointed out the great help the laboratory, the X-ray and other special departments of our hospitals give to the practicing physician, making known to him in a matter of minutes, or hours, at most, whether or not his diagnosis of a case is correct. These aids also usually give the correct or nearly correct diagnosis. It is certainly true that the lab is very valuable to patient and physician; besides making more sure of the diagnosis, it saves a lot of valuable time for them both. However, patients and physicians are rapidly becoming more aware of what is called psychosomatic (mind and body) medicine and the great influence the physician or surgeon's manner and confidence have in the patient's physical and mental outlook on his present illness. One of the failures of some social systems of medicine is that the patient may have to visit a strange doctor, one whom he does not know, and whose abilities he is not aware of. If social medicine is to be of real help, the patient should be able to choose his own or his family doctor, in the first instance, anyway. After the first visit or two, if the patient needs treatment outside the knowledge or equipment of his own physician, his own physician should then be able to refer him to this new source of help.

As stated before, the very appearance of the known and loved physician in the sickroom gives the patient a mental and physical lift that nothing else or nobody else can give. This may be the difference between prolonged illness or worse and rapid recovery. There will always be a place in the medical profession for the family doctor. I believe this idea of the proper handling of a patient is well put in the words of Lord Alfred Johnson in Review of Gastroenterology (stomach and intestines): "What I want to make clear is that to handle the disease or to handle the patient on the physical plane alone is to deal only with the half. The cure of the sick sometimes depends on kindness more than efficiency. The patient is sick — he wants his symptoms relieved. He wants comfort. He hopes for cure. He may think you have given him cure but at least you have given him something of yourself, if you are a good doctor."

Better English

By G. C. Williams

1. What is wrong with this sentence? "Several species of evergreens occur in the northern counties."
2. What is the correct pronunciation of "jasmine"?
3. Which one of these words is misspelled? Allusive, allegiance, almighty, allegorical.
4. What does the word "innovation" mean?
5. What is a word beginning with so that means "seriousness"?

ANSWERS
1. Say, "Several species of