

## CHILD TRAINING

(This article is another in a series on child training designed to offer guidance to parents. All publications are prepared by the Department of National Health and Welfare.)

### Baby Talk

PART II

"S" is often lipped. This happens when the tongue protrudes through the teeth or the tip of the tongue is pressed against the upper teeth so that the "s" is produced from the sides of the mouth.

To make a pure "s" a central column of air must be blown through the teeth with the tongue tip being just behind the front teeth. The easiest way to obtain a correct "s" is to place a drinking straw in the centre of the lower lip while the sounds sa, se, si, su and so are repeated. If the "s" is being made correctly, the sound will be magnified in the straw.

"Sh" is made somewhat like "s" except the lips are well rounded and the tongue tip slightly withdrawn from the front of the mouth. The drinking straw is of no use and a mirror is the best aid.

"Ch" is a combination of "t" and "sh" pronounced together. This explains why a young child will often call a chair a "fair" or a "shair". He is using only one part of the sound instead of the two. Have him say "t" and then "sh" and suddenly introduce "choo choo" and he usually gets the idea.

"K" or hard "c" and hard "g" (as in "cat" and "good") are made by the back of the tongue being raised to the roof of the mouth and released suddenly. If the child is substituting "t" for "k" and "d" for "g" in his speech, you can help him on the right track by holding the tip of his tongue down with a spoon handle. Then when he tries to say "t" it becomes "k" and when he tries to say "d" it becomes hard "g" because he has to raise the back of his tongue in place of the

## Says Canadian Cooking Ranks With European

MONTREAL, (CP)—Two of Montreal's top chefs arrived here Wednesday for the international culinary art exhibition at Berne, Switzerland, with 11 gold medals and the belief that Canadians eat as well as anybody.

Pierre Demers, chef at the Montreal Ritz-Carlton Hotel, said Canadian cooking now ranks with the best that Europe's great masters can provide.

"We're nothing more to learn from them about cooking and preparing dishes," he said in an interview.

Mr. Demers was accompanied by Hector Lahaie, second member of the team which took second place in regional competitions at the exhibition. Max Rupp, founder of the Quebec Chefs and Pastry-makers Association and third member of the kitchen team, is due in Canada later this week.

### Moose Won The Day

Lahaie put the team's success down to one item.

"Our moose really carried the day for us," he said.

The team served up 150 pounds of the meat to some of the 1,000,000 gourmets who tasted the exhibition delicacies.

"Everybody wanted to taste it and within a few hours there wasn't a steak left," he said.

### Morning Smile

A fat lady stepped on the scales, not knowing they were out of order. The indicator stopped at 75 pounds.

"Holy smoke!" exclaimed a drunk who watched her. "She's hollow!"

### Modern Etiquette

By Roberta Lee

Q. If a man is taking post-graduate work for the purpose of adding several college degrees, would it be proper for him to mail announcements to his friends after each degree received?

A. He could hardly in good taste mail out a series of such announcements. It would be much better for him to send out one card at the end, announcing his completed work.

Q. Is it the duty of the bride-elect to buy the dresses and accessories for her bridesmaids?

A. No, it is her duty to select the designs and material, but the bridesmaids must pay for their own outfits.

Q. Is it all right to eat an open-face sandwich with the fingers?

A. When a sandwich is served in "open-face" style, it should be eaten with the knife and fork.

### Contract Bridge

By Josephine Cuberton

#### A BAD PERFORMANCE ALL AROUND

South's rash bid in the following hand was certainly made no better by his play of the contract.

Rubber bridge.  
East dealer.  
Both sides vulnerable.

♠ 5	♠ KQ43
♠ A964	♠ K
♠ K862	♠ A9J
♠ 1062	♠ 73
♠ 10753	♠ QJ5
♠ K84	♠ A
♠ A73	♠ J82
♠ A987	♠ 1062
♠ 4	♠ 4

The bidding:  
East South West North  
1♣ Pass 1NT Pass  
2♦ 2♣ Pass Pass

East might have doubled the remarkable two-spade bid except for his feeling that the opponents would be able to get into a better contract. As it happened, he was correct in this thought—a three-heart contract by North would have fared much better.

West opened the diamond king and on sight of dummy, shifted to a low club. South should have put up dummy's king, but (like so many players who mishandle this particular situation) he played low, and East's jack won. A low spade was now returned and declarer, forced to guess, put in a low card, hoping to drive out the king or queen. Actually, this lost to the ten, and West returned a diamond. East collected the ace and queen and led a third round. Declarer ruffed low and led the club nine. West, a player with plenty of nerve, again ducked, and the nine was allowed to ride. South hoping to drive out the ace. East, however, won with the queen and continued diamonds, declarer again ruffing. Now the heart finesse was tried. East won with the blank king and, realizing that he had forced declarer sufficiently with diamonds, returned the spade king. Declarer won, but that was his last trick. On another heart lead, East ruffed, picked up declarer's lone spade jack, and led a club to West's ace.

By giving South all possible opportunities to go astray—opportunities which he graciously accepted—the defenders collected no fewer than 10 tricks, for a 500-point penalty.

## New Fall Suit in Wool Boucle



This is the new "corsetted" look in a fitted suit of wool boucle for fall wear. The soft curve of the open neck collar is tabbed on either side for further interest. Seven fabric buttons on the jacket are continued on the slim skirt to give further emphasis to the slender silhouette.—(CP Photo).

## That Body of Yours

By James W. Earlon, M.D.

### GROUP PSYCHOTHERAPY

I have spoken several times about the group method of treating mental and emotional disorders. Although the group method is a comparatively recent development, as compared with the individual method which entails private consultations between patient and psychiatrist, it has made great strides forward. A survey has now been made of 500 papers written on the subject and makes it possible to summarize some of the main ideas of this method.

First, it is being used for all purposes, from the management of physical disease to the improvement of family relations. It is being used everywhere—in mental hospitals, prisons, out-patient clinics, child guidance, military retaining, in general hospitals and in private practice.

One of the most important requirements for any group method to succeed is that it must be democratic. The size of the group may vary from one psychiatrist to from 5 to 15 patients but the preferred ratio is one worker to 8 patients.

How does the group method seem to work?

1. There is a strong helpful effect from public "confession" or disclosure. There seems to be a healing effect in stating forbidden thoughts and guilty actions. This same effect is obtained in private treatment but is heightened when performed among a group, perhaps for the following reason.
2. Very often the remarks of one member will strike a sympathetic cord in other members of the group who may have the same forbidden thoughts and actions but felt they

## Household Scrapbook

By Roberta Lee

### A Dry Mop

To make a dry mop take an old broom handle and the pieces of cloth firmly onto one end. Silt the pieces of cloth into inch wide strips, dip in kerosene and let it drip for several hours, or over night, before using.

Mending  
It is quite often that a rent or tear in a garment can be mended much better on the sewing machine than by hand, and the result will be a much neater repair.

Apple Pies  
When baking open-top apple pies, invert another pie pan over the pie and the steam will cook them thoroughly.

DEAR MISS DIX: The girl to whom I am now engaged, and whom I have known for a year, tells me she went with every Tom, Dick and Harry that came along, before she met me. Twice she has broken off, but made the necessary overtures to reconciliation. She has been very inconsiderate on many occasions, but I have always overlooked it. Do you think she can ever be true and settle down to making a happy home for one individual?

ANSWER: No one can predict the sort of wife any girl would make. Sometimes the most promising prospects turn out to be duds and quite often a young lady, with no apparent qualifications for domestic bliss surprises everyone pleasantly by becoming a most cooperative wife and a first-class housekeeper. It would be best for you to discuss the matter with a third person of some experience who knows you both. Your pastor, an older friend of both families or a teacher who has known both of you could fill this role.



## BANANA CAKE

- 1 cup white sugar
  - 2 eggs
  - 1/2 cup butter
  - 1/2 lb of sour milk
  - 2 bananas (mashed)
  - 1 tsp. soda in 1/4 cup of hot water
  - 2 cups flour
  - 2 tps. baking powder
  - 1/2 tsp. salt
  - vanilla.
- Bake in layer pans.

—Mrs. Newton Smith  
New Perth W. I.

## DOROTHY DIX

### Regrets He's Not Married

DEAR MISS DIX: The problem that besets me is—myself! At the age of 36 I am a man moderately endowed with good health, education, fairly good mind, at least average looks and a pleasant disposition. I realize that by now I should be married and settled in my own home, but I have never had the easy manner and assurance with the opposite sex necessary to developing social contacts.

When I do meet a single girl of the appropriate age, she either has made up her mind never to marry, or there's some element in her personality that is detrimental to marriage. Also I feel I don't have much to offer since my job is a mediocre one and my salary small. The situation has preyed on my mind to the point where I've lost whatever little religious faith I possessed. I have many interests which should facilitate my contacts with other people—such as music, art and science—but I just don't know how to use them. Can you help me?

ANSWER: Apparently, you spend a good deal of time in self-analysis, coming up with negative answers. Your approach to a young lady is (1) a brief but thorough survey in which you manage to find any flaw the poor girl possesses, then, (2) a "How do you do?" with the mental reservation, "I know you couldn't possibly like me, so why should I try liking you?"

### SEEK PROFESSIONAL ADVICE

Since you have tried, and failed, to overcome your social handicap alone, why not seek professional help? The mental health clinic attached to one of the large hospitals in your city will be able to give an objective analysis, and consequent help. You have a strong defeatist attitude to overcome, a problem that is by no means insoluble. Follow the advice of your counselor, and I know you will see definite results.

I might suggest that it seems rather odd for a college man of 36 to be stuck in a mediocre, low-paying job. You have intelligence and talents, besides your physical endowments of good health and looks. There's no reason why you should be satisfied in a run-of-the-mill position. The employment market for young men is very good and I do urge you to get out of your present economic rut. That alone will give you confidence, to say nothing of the possibility of the increased social contacts that often go with a new job.

Stop regarding yourself as a hopeless misfit. You have very good potentialities and there are hundreds of girls who'd recognize them.

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## ELLEN'S DIARY

by an Island Farmer's Wife

In the interest of widening the road, an endeavour now almost completed, we have been obliged to sacrifice some of the Alders which root in abundance at Alderlea along the millpond and stream. So that rather bare now the roadway runs by lane's end, though to the far side backed a bit, the woodlands of a neighboring farm still lend a green enhancement to the spot.

There we shall come, as we often did with Jamie when a wee lad, or granddaughters when not the young miss of now, in search of woods' treasures, or sometimes to sit on a mossy log awaiting the sound of the approaching hoofs of the mailman's horse on the Public Bridge close by. There to their delight we talked with little woods' folks, with shy feathered creatures and the chipmunks and squirrels.

Jamie, is almost as tall as we were, would smile now at such conversation, but granddaughters' eyes would show part credence, part doubt... It is nice to believe—to find entertainment in the trees and brooks and winds; to catch fleeting glimpses too of the fairy folk—the goblins and elves, the gnomes and the pixies of meadow-places and grove, even the pesky gremlins that by spells, though we may say only briefly, come to haunt and upset the pleasant round of our day; to have us less cut out important ingredient in our baking—the salt maybe, or the baking powder and laugh over our inadvertent happenings. And when smyles fade and a tear maybe is in the making says: "Hah, I pretty near cotched you that time, Ellen!"

You the optimistic one, now with every defense down. Where now is your laugh?

But Mother Nature will see to it that Alders will spring up again if only to provide new generations of farm-lads with the best of fishing poles and intriguing "gads" for their takings of trout.

"There doesn't seem to be much luck about this morning," a native son returned after a lengthy absence to fish old haunts commented on a summer day of the past. Decked out in attractive garb, equipped with expensive rod and reel, we found him angling at the "gang-way" bridge.

"I've tried below the dam—there were always trout there—but I never got a bite. Offered them my best flies too but... no use! Guess," he smiled, "I'll have to throw away this rod and cut myself an Alder pole! I never had poor luck with one of them. Yes, and you can bring me down a piece of string and a pin. I'll dig some angle-worms... and I'll be all set then for the big ones!"

"Won't you have to take off those waders?" we laughed.

"Yes," he chuckled wistfully, we thought, "I'd need to go barefoot again."

So Alders there must be along Island millponds and streams to supply pot' little fish' needs and to bring back nice memories to men who return on holiday, to revisit and relive in the flesh remembered scenes of the past.

—Diary  
— Good-night —

## The Stars Say

By Estrellita

Rash actions could create obstacles that could be difficult to overcome this day so take extra precautions which you are not entirely familiar. In most matters plan to "go it alone" since you will not be able to count too heavily on the co-operation of others.

During the evening hours do not become involved in the emotional problem of another and, unless you feel that the cause is extremely worthwhile, do not allow yourself to be inveigled into lending money. Even though this course may seem selfish to you, try to realize that concentration on your own needs is imperative now.

## Better English

By D. C. Williams

1. What is wrong with this sentence? "After his visitors arrived, they entered into the house."
  2. What is the correct pronunciation of "variegated"?
  3. Which one of these words is misspelled? Ultimatum, indecorum, verbatim, momentum.
  4. What does the word "irrefutable" mean?
  5. What is a word beginning with ob that means "unyielding; hardhearted"?
- ANSWERS  
1. Omit "into". 2. Pronounce var-i-e-gat-ed. 3. Verbatim, and not var-i-gat-ed. 4. Incapable of being disproved; indisputable. (Accent follows the f). "These figures are irrefutable." 5. Obdurate.

## Alice Brooks Designs

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## HELPFUL COMPANION

BERLIN (Reuters)—An East German convict and the guard who smuggled him out of jail in a sack have escaped to West Berlin, refugee officials said. West Berlin, Alfred Lauterbach, a painter, who served five years of a 25-year sentence, was freed by guard Hans Bock, who was under notice for being too lenient with prisoners. Bock, in charge of a garbage truck, put Lauterbach in a waste paper sack and drove him out of Brandenburg Prison.

## Peanut Butter Pinwheel Loaf

Mix and sift into a bowl, 3 c. once-sifted pastry flour (or 2 1/2 c. once-sifted all-purpose flour), 5 1/2 tps. Magic Baking Powder, 3/4 tsp. salt. Cut in finely 7 tbs. chilled shortening. Combine 1/2 c. milk and 1/2 tsp. vanilla. Make a well in dry ingredients and add liquids; mix lightly with a fork. Knead for 10 seconds on lightly-floured board and roll out to 1/4" thick rectangle, 8 1/2" along one side. Cream together 1 tbs. butter or margarine, 1/4 c. peanut butter and 1/2 c. lightly-packed brown sugar; sprinkle on rolled-out dough. Beginning at an 8 1/2" edge, roll dough up like a jelly roll and place in a greased loaf pan (4 1/2" x 8 1/2") and bake in a hot oven, 400°, about 45 minutes. Serve hot, cut in thick slices, or cold, cut in thin slices, lightly spread with butter or margarine.

## Unexaggerated Shoulder Line and "Romantique" Neckline by Dior

By DOROTHY ROE

NEW YORK, (AP)—The dropped-shoulder silhouette and the "romantique" neckline form highlights of Christian Dior's New York collection for fall, previewed today for the benefit of 160 visiting fashion editors representing newspapers throughout the United States and abroad.

Departing from his former custom of building the shape into the garment with stiffened interlinings, Dior depends principally on drap and cut for his new silhouette, which is soft, feminine, slim and unexaggerated.

A climax is found in collars and necklines, which are almost always dramatic. Collars are big and bold, either buttoned flat to the yoke or standing up and out. The "modesty" neckline is featured, surprisingly, on afternoon and evening gowns, the latter often with covered shoulders and backs.

### MANY-SHADED SATINS

Satin is newly important for afternoon and evening, and is used in a series of brilliant shades, favorites of which are bayleaf green and bulberry. Dior also likes red in every tone, from delicate pink to deep wine, which he feels is a color vital to the "romantique" look.

Cape collars and sailor collars in every imaginable version are almost a signature of this collection, and fabrics are handsomer than ever, running the gamut from shaggy tweeds to sleek satins, often in combination. Satin accents and blouses are shown with daytime suits, and there are "glace" woollens for daytime wear.

Competing in interest at today's line-up of openings was the collection of Hattie Carnegie, noted for sophisticated fashions beloved by

### YORK ALPHA W. I.

The monthly meeting of the York Alpha Women's Institute met at the home of Mrs. Louis Vessey on July 6. Meeting opened with O Canada followed by Creed in unison. Roll call was answered by 15 minutes with my first date. Three visitors were present.

Collection in the district for the Salvation Army amounted to \$39.25. The balance of \$8.15, owed to Mrs. Johnson for music, was paid by Institute.

It decided that the bill of \$610 for children's treat at school closing be paid. It was decided to have a picnic on the evening of August 3 at Stanhope picnic grounds, each member to take lunch.

Sick committee for the next month: South, Miss Frances Vessey and Mrs. Reuben Watts; North, Mrs. Claude Lewis and Mrs. Harold Watts. Lunch committee for next meeting is Mrs. Louis Vessey and Mrs. Dolph Murray. Collection amounted to \$115.

Miss Frances Vessey gave readings from an Old Charlestown and the first settlers of Little York. Contests were conducted by Mrs. Lloyd Vessey and Mrs. Lewis Vessey. Lunch was served by the hostess assisted by Mrs. Peter Proud.

## Anne Adams Patterns



QUICK! SEW TWO!  
Less than a day of sewing to whip up 2 smart halters that top all your short skirts, slacks! For flattery, take them on your vacation—for coolness, wear them round the house. You'll love both styles in this value-wise pattern!

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## HOLMAN STORE NEWS

— G. H. M. —

IT'S "Tourist Time" on good old P. E. I. There are many visitors here for the very first time—there are others who have returned for a repeat of a happy holiday—then there are native Islanders who live in other parts of the world and they are back to pay a visit to their homeland... Each and every one wants to take away with them a SOUVENIR or Keepsake to give to a friend or to keep as a reminder of a grand vacation. The 5 and 10 Department of Holman's in Summerside has a marvelous collection of just the very things each Tourist will want... Here in the one Department can be found unusual and useful articles as well as smart little trinkets. Such Souvenirs as novelty china, tooled leather, hand lettered tree cuts and jewelry; uniquely marked for "The Island"... You will have no trouble at all finding just what you want in the way of interesting articles. Make a very special point of visiting the 5 and 10 Department in Holman's Summerside Store for the Souvenirs you'll want to take with you when you leave us until another "Tourist Time"!

