

Ten Commandments For The Well Dressed Woman

NEW YORK (AP) — Women everywhere make mistakes in dress, says Jacques Fath, Parisian designer. Interviewed in the midst of his collection of resort and spring fashions, which will be unveiled to American buyers next week, Fath considered the universal tragedy of bad judgment and sighed: "It's international. Women all over the world choose badly when they are exposed to too many garments at one time."

He paused to adjust the drape of a filmy organza dance dress worn by a weary model, issued a few staccato orders to the harried workroom manager, looked out the small window at the canyons of New York's Seventh avenue and continued:

"The biggest mistake made by all women everywhere is to think they can look elegant by sewing sequins all over everything they sew them on their sweaters, on hats, on gloves. They even paste them on their eyelids.

"If you merely want glitter, why not wear a lighted electric bulb in each ear, under gentle persuasion issued 10 commandments for being well dressed in any language:

1. Keep it simple. Simplicity is the one fundamental rule for good taste.
2. Give proper care to the hair-do. It need not be the latest fad, but it must be suitable to the individual, well-groomed, shining, cared-for and neat.
3. Wear the simplest possible shoes—plain pumps in well-polished calf or kid or well-brushed suede. No sequins, please. No open toes or open heels. No ankle straps.
4. Don't load yourself with accessories. A scarf, a brooch, a

necklace, a fob watch, chandelier earrings and a corsage are too much. Learn to eliminate unnecessary decoration.

5. Don't overdress. It's far better to be underdressed for any occasion than to be overdressed.
6. Save your glamor clothes for after-five. You needn't carry the simplicity theme to the point of wearing an old sweater and tweed skirt for cocktails. Learn the art of timing.
7. Keep your hat smart, but simple. It should not draw attention from your face, your hairdo and your gown. Only the simplest costume can take an extreme hat.
8. For ordinary evening wear, short dresses are most becoming and practical—except formal dinners and dance.
9. Gloves should be plain, immaculate and expensive.
10. Jewelry also should be simple—unless you happen to own a peck of real diamonds. Then the sky's the limit. But if your resources are limited, choose one piece of real jewelry rather than several pounds of rhinestones. The only jewels that can be worn in quantity and in good taste are pearls.

That Body Of Yours

By James W. Barton, M.D.

SLEEPLESSNESS (insomnia) always causes the individual to worry so that many physicians believe that the worry about not being able to sleep is much to blame for any tiredness or fatigue from which the patient suffers.

When insomnia persists for any length of time and worry is not believed to be the cause of the sleeplessness, then some other cause must be sought. This search may require much thought and study on the part of the physician because he must ask many questions and give the patient a thorough physical examination.

In Medical Clinics of North America, Dr. H. H. Hyland, Toronto, Canada, states that in psychogenic (caused by the emotions) treatment the most important differentiation is between anxiety states in which the insomnia is a minor complaint and true depression in which depressive feelings occur during the patient's early waking hours, may be unbearable.

"In treatment of the neurotic in whom depression is not prominent, psychotherapy (analyzing and treating the emotions) is of prime importance. This does not mean simply reassurance and encouragement, although these are necessary. Only improved insight is of lasting value. Patients with insomnia due to true depression are unlikely to improve with psychotherapy alone. If the depression is severe and, particularly if there is a suicidal risk, they are best treated in the hospital. Usually electric shock treatment brings about rapid improvement."

Dr. Hyland suggests that where insomnia is not usually severe, it is best to withhold hypnotics at bedtime, first trying the effects of a mild sedative (quieting drug) at intervals during the day. Sodium amytal, 65 mg. three times a day and at bedtime, combined with treatment of any emotional disturbance, however slight, is often effective in promoting sleep at night because it lessens tension. In mild insomnia, chloral hydrate, with or without bromides, may be helpful. If these mild measures are not effective, or patient gets no sleep whatever and becomes depressed and melancholy or greatly confused, Dr. Hyland recommends paraldehyde for effectiveness and safety.

A slow-acting drug, sodium barbital, which does not depress the patient too much is also recommended, the patient awaking refreshed. Fortunately, these drugs must be prescribed by a physician so that they are safe to use in correct dosage.

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Bridal Party At Orwell



Pictured above are the principals of the Green-Martin wedding which took place September 2 in St. Andrews United Church, Orwell. From left to right are Mr. Lloyd Martin, usher; Mr. Robert Green, groomsmen; Mr. and Mrs. Erroll Green (nee Donna Martin); Miss Velda Green, bridesmaid; Mrs. Clifford Lea and Mrs. Everett MacDougall, matrons of honour; Mr. Alton Green, usher. Front, standing, are the flower girls, (left) Janet Green and (right) Dorothy Lea. The couple are residing in Kingston, P. E. I.

ELLEN'S DIARY

By An Island Farmer's Wife

Once more, moving into peaceful scenes of the present, with gentle reminder of dark days that were, returns our Day of Remembrance.

"What does it mean?" our little lad asked.

"It's the Anniversary of a Day long ago when a war came to an end," his Grandfather explained. "On it, more especially now we honor the memory of our war-dead . . . not only those who lost their lives in that war, but in later wars as well."

"And why were there wars?" "So that a little fellow like you might grow up in a free country," we offered. "So that farmers can plow the fields they wish and grow the crops they fancy—and their women sing as they go about their work."

"Oh," he nodded, "I see! In some countries they can't do that, can they?"

"No—in some countries folks are always afraid. Would you like to live in a land like that?" He shook his head. "But wasn't it too bad," he sighed, "that some of the soldiers never came home!"

But Home they come today—back over leagues of space to the hearts of kin and friends . . . those Service lads who went a—warring. As though the parting were only yesterday, near and clear shall be heard again remembered words, boyish laughs; once more shall be seen familiar forms of those who no matter the elapsing years, "Grow not old."

"The memory of these—the legion of the valiant dead we now salute! They gave their all for Freedom's cause. God rest them well!"

"Soldier, What Did You See?" by Don Blanding.

"What did you see, Soldier? What did you see at war?" I saw such glory and horror as I've never seen before. I saw men's hearts burned naked in red crucibles of pain. I saw such godlike courage as I'll never see again.

What did you hear, Soldier? What did you hear at war?" I heard the prayers on lips of men who had never prayed before. I heard men tell their very souls, confessing each dark stain. I heard men speak the sacred things they will not speak again.

What did you eat, Soldier? What did you eat at war?" I ate the sour bread of fear, the acrid salt of gore. My lips were burned with wine of hate, the scalding drink of Cain. My tongue has known a bitter taste, I would not taste again.

What did you think, Soldier? What did you think at war?" I thought, how strange we have not learned from wars that raged before. Except new ways of killing, new multiples of pain. Is all the blood that men have shed but blood shed all in vain?

What did you learn, Soldier? What did you learn at war?" I learned that we must learn sometime what was not learned before. That victories won on battlefields are victories won in vain. Unless in peace we kill the germs that breed new wars again.

What did you pray, Soldier? What did you pray at war?" I prayed that we might do the things we have not done before. That we might mobilize for peace . . . not mobilize in vain. Let Christ and man be forced to climb stark Calvary again. Until tomorrow . . . Diary . . . Good-night . . .

Good food is necessary for the growth and health of children. The establishment of good habits in childhood usually means the continuation of good food habits in later years.



SOUR CREAM PIE

Filling:  
1 cup chopped raisins  
2 beaten eggs  
1 cup sour cream  
1 cup sugar  
1 teaspoon vanilla  
¼ teaspoon salt.

Crust:  
2 cups flour  
½ teaspoon baking powder  
1 cup shortening  
1 teaspoon salt  
Cold water to mix.  
Put filling in uncooked pie shell. Bake in moderate oven.

—Mrs. Ernest Myers, St. Lawrence W. I.

ENERGY

The human body uses energy to keep warm, to enable the heart to beat, to do work and engage in exercise. The energy is obtained from carbohydrates (starch and sugar), from fats, and from proteins. Since these three kinds of substances form the bulk of the food supply, the total amount of food is a rough measure of our energy supply. We need enough food to meet our energy requirements. Too little food causes underweight; too much food produces undesirable overweight.

How Can I . . .

By Anne Ashley

Q. How can I loosen the dirt in any white articles, such as curtains, blankets, spreads, and such, which are soiled very badly?  
A. Soak over night in cold water, to which a handful of borax has been added. This loosens the dirt so that it will wash out readily the next day, and a beautiful color is imparted to the material.

Q. How can I make good use of leftover cooked ham?  
A. Combine it, finely chopped, with cooked macaroni and medium white sauce; top this with grated cheese. Brown in the oven, and serve with hot biscuits and a mixed green salad with French dressing.

Q. How can I wrap an attractive gift package, if, at the last minute, I find I have no ribbon to use for tying?  
A. Use a piece of colored yarn. It will prove very attractive, especially if two colors of yarn are used.

WHAT ABOUT DIFFERENT PREPARATIONS?

The regulations under the Food and Drugs Act require that the strength of a vitamin D preparation be stated on the label. In case of capsules or tablets, the label will state the number of International Units per capsule or tablet. In the case of liquid preparations the number of International Units per gram (unit of weight) is stated in the label. One teaspoonful of oil weighs 3½ grams. If a particular preparation has 300 Units per gram, one teaspoonful will supply 70 Units (more than is needed generally in a daily dose). For any preparation the size of dose will depend on the strength of the preparation and this must be ascertained from the label. It is important that this be done because too large a dose is wasteful and a dose which is very excessive may be harmful.

Household ScrapBook

By Roberta Lee

Whooping Cough

A home remedy that is usually effective for whooping cough is to take one ounce of sweet oil, one ounce oil of cloves, and one-half ounce oil of amber. Mix well and rub across the base of the brain and the loins, as called for by severe coughing.

Milk Glasses

Do not place the glasses that have contained milk into hot water until they have first been rinsed in cold water. The heat will dry the milk into the glass and give it a cloudy appearance.

Vegetables

The lid can be prevented from bouncing when boiling starchy vegetables by putting a teaspoonful of butter in the water.

Morning Smile

"Elmer, tomorrow's our 25th wedding anniversary. Don't you think you better go out and kill a chicken?" asked the farmer's wife. "Why kill a chicken for what happened 25 years ago?"

Better English

By D. O. Williams

1. What is wrong with this sentence? "He generally passes by here every day, and we see him every so often."
2. What is the correct pronunciation of "tune"?
3. Which one of these words is misspelled? Sumac, sumazir, sulphurize, sumptuous.
4. What does the word "automaton" mean?
5. What is a word beginning with bil that means "expressed in two languages"?

ANSWERS

1. Say, "He usually passes (omit by) here every day, and we see him quite often (or, now and then)."
2. Pronounce the u as in unit, not too.
3. Summarize.
4. Anything viewed as capable of spontaneous movement or action. (Accent second syllable). "The man's movements were like those of an automaton."
5. Bilingual.

Modern Etiquette

By Roberta Lee

Q. If a man, invited to a dinner, is unavoidably detained and arrives after the other guests are at the table, what should he do?  
A. As soon as he has disposed

DOROTHY DIX'S COLUMN

Irritating Interference

In-Laws Object To Young Wife Caring For Her Ailing Parents

DEAR MISS DIX: My father recently retired because of ill health, and my mother is ill, too. They have a small income and have gotten along very well in their own place, but now I feel they are in no condition to be alone. We have room for them at our house, my husband is perfectly willing to take them and my children are thrilled over the prospect of having beloved grandparents here. The trouble, however, comes from my husband's people, and I feel their interference in a matter that scarcely concerns them is unwarranted.

NO COMMENT NEEDED

ANSWER: The opinion of your in-laws certainly should have no bearing whatsoever on your decision. The problem concerns you, your husband and your parents; no outsiders should venture more than a passing comment. The matter boils down to a simple case of petty jealousy. An added aggravation is present if your husband's brothers and sisters fail to show their parents the devotion that you give yours. It would be a pity, indeed, if your mother and father were deprived of needed care for such superficial reasons.

DEAR MISS DIX: I'm a high-school freshman. My English teacher and I don't get along and, although I've been to the office to see if I could have my class changed, nothing can be done. Even though I work harder than the other students, she gives me lower marks.

ANSWER: It rarely is accorded every student to like all of his teachers; usually there's one instructor, if not more, who just doesn't click. Generally it's because the pupil doesn't care too much for the subject taught by that particular teacher. If you continue to do your work well, show attention and interest in class and, above all, don't go to the office with complaints, the mutual difficulties should be settled.

of his wraps, he should go directly to his hostess, greet her, and offer sincere apologies.

Q. When a young man wishes to ask a girl for a date, is it all right to lead up to it by asking, "What are you doing Saturday evening?"

A. No; this is a very crude approach. Tell her you would like to take her to dinner or to a show Saturday evening.

Q. When a bride is extremely busy, isn't it all right if she waits for two or three weeks to acknowledge her gifts?

A. Never under any circumstances. Each gift should be acknowledged promptly, the same day received if possible.



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Bringing Up Baby



Hints Collected by Mrs. Ben Jordan (Mother of 5)

Baby able to sit up and take notice? Starting to creep . . . trying to stand? If so, here are a couple of golden "growing up" rules to follow:

1. Let baby amuse himself more. When he's in his play pen, go to him only when he needs a change or cries legitimately.
2. Schedule certain periods of the day when he can join the family circle. Let him know he can definitely share in group activity.

Accepted with pleasure. There will be mighty few rejections on baby's part when you serve Gerber's Strained Fruits. Smiles just naturally come to the surface at the first spoonful.

Because Gerber's Strained Fruits have such tempting true colors, such true-fruit flavors. Alone or as a topping for baby's cereal they'll hit the spot for many a tot. Your choice of 8 varieties.

Just desserts. For you and dad: Gerber's Fruits make a swell sauce for ice cream. (If you're watching your waistline, that means far less calories than fudge sauce.)

"Good Neighbor" Policy. If you have a friend or neighbor with young children why not arrange to be sitters for each other? You'll increase your free time (for free) and also increase your knowledge of child care by minding tots other than your own.

New Babies usually have Vitamin C added as soon as they're happily established on milk or formula. Important facts to remember about Gerber's new strained Orange Juice: it has a guaranteed Vitamin C value . . . is easily digested . . . is extra-finely strained for bottle-feeding. Important to baby — Gerber's Orange Juice has a natural fresh-fruit flavor.



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