

WOMEN

Page 8 The Guardian, Tuesday, Aug. 30 1955

Survey of Fall Fashions Reveals Provinces Vary in Style Dictates

BY THE CANADIAN PRESS

Woe to the dumpy girl this autumn—fashion dictates one long clean slender sweep from neck to hem. But Canadian women, used to the vagaries of climate from Newfoundland to British Columbia, never take Paris as the final authority, a Canadian Press survey of fall fashions revealed.

Vancouver this year is one Canadian city making a real effort at "creative fashion." A display of western originals by hometown designers went on show at the Pacific National Exhibition there.

Highlight of this native design collection was the costume look of co-ordinated dresses, coats, separate jackets and blouses. Coats are often dyed to match, giving a "one-tone" appearance.

A touch of fur was prominent in this collection and like the rest of Canada, the little black dress gave place to brown. Straight tubular fitted tunics were popular, and many tartan and tweed mixes with suede accessories were shown.

PRACTICAL MODE
Newfoundland styles are practical ones. Damp weather and gusty winds keep styles away from the extreme, although modifications of top designs are always welcome. This year brown, black and navy are popular.

In Halifax, straight-line suits and skirts are all the thing this fall, with brown shades predominating. Tartans are especially popular in Nova Scotia.

At Quebec City, main fall attractions are tweedy coats and suits trimmed with persian lamb, mink and squirrel. Three-piece suits, with long fitted jackets, skirts and blouses, are popular. Dresses follow the A and H lines shown in Paris, and come in wool, velvet and novelty blend fabrics.

Fashion experts predict Montreal women will be wearing two silhouettes this year — the "lean look" and the A look meaning narrowed shoulders and widened skirts.

Coats and suits of "precious fibres" are making their debut—combinations of wool with soft wools to give a fragile, soft appearance. Colors are pale beige, copper, gold and dark brown.

For ensemble, long narrow handbags will be the thing and tiny perch hats conform to the lean look.

CASUAL ELEGANCE
Toronto is giving strong emphasis to "suburban clothes" styles using tweeds, jerseys and cashmere for suits and dresses. They are designed for the commuter who wants to be country casual and city elegant—all rolled into one.

Toronto is also featuring a new "intermission length" in evening wear. A little longer than the ballerina skirt, this length swishes gently about the ankle.

Hats are gay, breezy, small, hug the head and bejewelled. Newest thing is the "chignon hat," for the longer bun-back hairdo. It sits way back on the head with a cut-out portion for the chignon.

A top seller for fall coats will be the "clutch variety"—most coats are long and slender, many trimmed with fur. For accessories, balinese colors in jewelry are featured with stones of coral, green and turquoise.

NOVEL FABRICS
In Winnipeg novel fabrics—shot with gold and metallic thread—made furs, and the tunic, long torso dress are being given big play in store windows.

Top colors are brown, as in most other places, with fall tones of gold, copper and yellow. Bits of purple and red have also crept in. Pheasant quills are making their appearance as hat trim and little bow caps and berets are popular. As yet the A-line in dresses and suits has not made much impact on Winnipeg.

Edmonton merchants expect a clothes buying bonanza this year. They predict black, brown, and favored fall colors. The sheath line is still the style leader and warmth is the thing demanded of coats.

Chosen from 2,000



From a training class of 2,000 WAC's Sergeant Sally R. Osborne of Charlottetown has been chosen for an Officer's Training Course. Sgt. Osborne, who enlisted nearly a year ago, has been stationed at Fort McClellan, Alabama, U. S. A. Along with her two other WAC's were chosen for the course making a total of three out of 2,000, indicating the rapid advancement she has made. Sgt. Osborne is the daughter of Mr. and Mrs. Fred G. Osborne of Charlottetown. She attended Prince of Wales College and was a member of the basketball and hockey teams.

Lonely College Girl Needs Social Help

MARY HAWORTH'S MAIL

DEAR MARY HAWORTH: In the Spring of 1954, in my last term at college, I fell in love with and dated steadily a 30-year-old veteran who had come back to school for a degree in another field. I was accepted into his circle of friends, which gave me a very welcome (and unaccustomed) feeling of belonging.

While we were dating, Jim treated me as any legitimate, Jim friend would—staying well within the bounds of decency. Later, he apologized for having hurt me, but I don't think he really knows what he did. When he found that no amount of persuasion could induce me to date him again, he wanted us to be friends, invited me to his home, offered to introduce me to people, etc.—but I couldn't accept his help, and was ashamed to face his wife.

SHE'S LONELY, SERIOUS MIND
So, I was dateless and friendless during Commencement Week, with a lot of painful explanations to make—as in my foolish happiness I had written to my family of my romance, and they kept asking about Jim.

Since last Spring I've been dating again, and although I have a good time, I am always handicapped by my distrust of people and usually plunge into tearful gloom next day. My family (and I, for the matter) think I should have rallied by now. . . . But I believe I am suffering as much from general loneliness as from grief.

I have decided to enroll in graduate school next year, to be among people I can mix with, and to keep occupied. This leaves me with six months on my hands, which I would like to be full ones.

I am serious minded for my age, and don't fit in with the younger set generally, so YWCA activities and the like aren't for me—which I say without snobbery. I intend to join a political club that meets monthly, and expect to enjoy it and make friends there. I know there must be other activities in which I could participate without feeling out of place—but where, and what are they? Can you help?

TREAT THE ROOTS OF SELF-DISTRUST
DEAR P. N.: You were out to the heart by Jim's arrant hypocrisy and the indifferent cynicism of his friends—which seemed to imply that, from the angle, you didn't really rate first-class treatment in their circle. It was as if you were nobody in their scheme of things—an outsider of coarser grain or lesser origins. The fact is that you are more aristocratic in feeling than they—fine silk as compared to their asphalt texture.

Your long letter, here condensed a fragment, reflects fine character—frankness, optimism, gentleness, honesty and willingness to grapple with elusive problems and keep on trying to solve them. Your dawning awareness of an "overcoat" of general loneliness does credit to your intelligence.

It strikes me that you've been an exile from emotional security all your life. Somehow your parents failed you—i.e., failed to invest you with confident expectancy of being loved and accepted by worthwhile people. Your solitary routine in college was due to emotional malnutrition in childhood; and your cumulative problem of loneliness stems from the same adverse conditioning.

Involuntarily you shrink from appropriate constructive social contacts, because you assume unconsciously that you aren't "fitted" for admission to Grade-A close relationships. Thus, if you have time and money to spend on higher learning, my advice is to not

Stack Sandwiches Solve Sunday Supper Problems

By Ida Bailey Allen



Hearty sandwiches, filled with layers of cheese and meat, can be prepared in advance and stored in the freezer for week-end snacks.

"I have a friend who, in the past, always entertained lavishly on weekends," I told the Chef, "but now she cannot find any household helpers willing to work on Saturday or Sunday. Her problem is what foods to plan for Saturday dinner and Sunday supper guests—foods that can be easily and quickly prepared to serve the many who drop in unexpectedly."

"Does your friend have a good freezer, Madame?" he asked. "Then, I suggest preparing and freezing in advance plenty of substantial sandwiches. Add a tossed vegetable salad bowl for warm days or a substantial hot soup and sliced tomatoes and asparagus vinaigrette, if the day is chilly."

"For dessert, everyone will enjoy ice cream and cookies or cake from the freezer. And for a beverage, fruit juice, instant coffee or tea and milk."

"How about the men in the party, would they be satisfied?"
MEAT FITTING
"Oui, Madame, if substantial stack sandwiches are used. By that I mean sandwiches with plenty of meat filling. They should be double-thick. She could use any tasty meat spread; then reinforce it with a slice of meat or poultry, Swiss or Cheddar cheese or a thick layer of cottage or cream cheese. Or she could use two layers of contrasting meats, such as tongue and chicken."

TOMORROW'S DINNER
Gro., Fruit Sections
Roast Canadian Bacon
Mustard Sauce
Baked Sweet Potatoes
Frenched Green Beans
Stewed Peas
Ginger Snaps
Hot or Iced Coffee or Tea
Milk

Roast Canadian Bacon: Place a 2 lb. section Canadian bacon on a rack in a small roasting pan. Add 1 c. meat stock or water. Cover and bake 45 min. in a moderate oven, 350 degrees F.

The uncover: Dot the bacon with roasting until browned; baste twice. Then uncover. Dot the bacon with 1 tbs. whole cloves and continue to roast until browned, baste twice with the stock remaining in the pan mixed with 1 tbs. prepared mustard, 1/4 tbs. vinegar and 2 tbs. sugar.

TRICK OF THE CHEF
Strew snipped chives over cooked string beans for a tangy touch.

Pretty Table Settings You Can Make Yourself

At a party we attended recently, we were amazed to see that beautiful table settings and delightful decorations that can be created at a trifling cost. The props were just packs of satiny-finish paper napkins in pink, blue, white and yellow and made up into carnations, centerpiece dories and Oriental fans.

LADIES' TEA
The honored tradition of a ladies' tea provided the theme for one of the prettiest tables. It was done in shades of blue, with turquoise for the cloth, aqua for the iced tea pitchers and glasses and baskets painted peacock blue to hold the various goodies. Blue napkins were used to wrap tea sandwiches, were folded to form a pretty cake dolly and also used as serving napkins.

PINWHEEL DOLLY
The pinwheel dolly under the luscious cake intrigued us. Fold

chiaritically re-educated for human fellowship. On the heels of that deeply instructive experience, rewarding interests should unfold naturally. To go back to college in your present demoralized emotional state would end up a matter of going in circles, repeating mistakes. M.H.

Mary Haworth counsels through her column, not by mail or personal interview. Write her in care of The Charlottetown Guardian

MRS. GORDON MACMILLAN

A COUNTRY GARDEN

GRASS
Poppies are budding; daisies dip their faces; The gentle asteratum at my side Offers a pale cheek to the afternoon. Something has brought the swallows whence they hid; They tumble up and dizzy the warm day. Speeding against the calm or dropping straight: Dropping to cut and float Along the walk. A black hose runs, and ends in a tall aspry; Catbirds hop to the bath, and flirt and shine. I look but do not see these things: or care.

When a brown, erring rabbit bounces in. Fears the immaculate garden, and is gone. Further across the way there quietly feed. A few round sheep in the shade. And out of sight. Momentarily there is a pattering among branches. And ripened apples thud upon the ground.

I look and look, but do not see these things. My mind is lost in the river of bright green. That, smoothly out from between those highest elms. Issues under the sun. It does not pause. But dreaming spreads and flows. So I am taken Beyond all flutter of birds, all cry of flowers, All nibble and leap and fall, to lie on grass.

—Van Doren

At this season of the year we do not want to miss one lovely summer day so every moment is spent in the garden among the flowers and the green grass. The lawns have kept green all summer and even now the mowing must be done regularly or raking will be necessary to keep the long soft clippings gathered. This week the mowing was neglected and raking the grass clippings was done when time was very precious. If the lawns are brown and dry it does not matter how lovely the flowers, the garden will not be beautiful.

If the grass is soft and green and there are lovely shrubs or trees then you have a beautiful garden and home surroundings. John Burroughs the great naturalist wrote: "I have loved the feel of the grass under my feet, and the sound of running streams by my side. The hum of the wind in the tree tops has always been good music to me, and the face of the field has often comforted me more than the faces of men."

He who becomes impassioned of a flower, a blade of grass, a butterfly's wing, a nest, a shell, wraps his passion around a small thing that always contains a great truth.—Maeterlinck.

The garden visitors who come to this garden are the folk who love these things and we have such a pleasant time together. My friends have been like daily bread. Essential yet unmerited: As kind as sunshine after rain. And firelight on the window-pane. As kind as harbour lights at sea. Or some familiar melody: As good as salt my friends to me. So many good friends visit to

snappers to secure them. An elegant after-theater supper table drew lots of admiring glances, especially for the white and pink carnations placed at the base of each candle on the elaborate candelabra.

TO MAKE FLOWERS
To make the carnations, take one paper napkin, fold in sixteenths and cut each piece along the fold. Take 8 of these squares and staple them in the center. Fringe the stapled squares at opposite edges with scissors, then roll the squares with the cut edges exposed. Finally, tape the center, fold in half and tape the base to hold securely. Takes a bit of practice and patience, but it's soon possible to turn out a good looking product.

I trust in Nature for the stable laws Of beauty and utility. Spring shall plant and autumn garner to the end of time.

gether in the summertime all over this wonderful Island and a large number of them bring them to this garden. It keeps me on the jump to have it presentable. Today I have been cutting down some early phlox to leave room for the later varieties and the Michaelmas Daisies and Dahlias. A few Glads have been blooming in the perennial borders, and help out in color and freshness after four months of bloom. This business of continuous bloom after months of color is a worry to all gardeners. Annuals are now lovely and a few at the front of perennial borders growing strong and tall are a help. African Marigolds and tall Snapdragons with an edging of Alyssum will be good until frost.

It is necessary to keep trimming and cutting down the faded flowers so all borders are neat and now is the time to note the changes necessary for a better garden "next year". It is possible to move any plant that is through flowering to a better position and the abundant moisture brings them into growth very soon. All my improvements in the garden have been made in this way. Whenever I move a plant I bring good earth and humus to renew the soil. Just the other day a garden visitor told me that her soil was "running out" she thought and being a city dweller she was trying to make compost and having some difficulty. Country gardeners have all the good soil they need by gathering it up around the farm if they are lucky enough to live on one.

When trimming out old flower stems it is possible to gather fresh seeds for another garden year and certainly they grow very well if not true to name. As the garden year hurries on for this season it is difficult to leave, and tasks indoors must wait. . . .

"THE SUN TODAY"
Time enough on dull days To scour shelf and sill. Range the jams and jellies in rich gleaming row; But of August sunshine, Who can take her fill? I will seek the pasture lane Where the wild asters grow.

There's beauty in the swept house. The finely polished stair. But who can dream the beauty Of the light on stubbled hay— On distant line of forest. And a hill swept bare? Autumn rains come soon enough— I'll take the sun today. There are many indoor tasks waiting for the rainy days in this garden and many of them can be done in the longer evenings.

A lovely rainy day was spent last week at the Provincial Flower Show and among beautiful surroundings filled with fragrant flowers and music. Congratulations should go to all the officials and members who made this event possible. It is a difficult task to stage a flower show. There are many things to consider and plan for. The flowers were arranged in a pleasing manner and the hall was a lovely sight. New exhibitors were welcomed and were so happy in winning their first prizes. Some older exhibitors enjoyed the same experience and the exhibits were hard to beat. It was a delight to see the beautiful flowers that were carefully grown by folk who spend long hours in the garden sowing, planting and weeding. "The us of Gardens hath been the Inclination of Kings and the choice of Philosophers it hath been the common favorite of public and private men; a pleasure of the Greatest and the ease of the meanest; and indeed an employment and a possession, for which no man is too high or too low."

The reward for garden work is not to be measured in dollars and cents but in the satisfaction that comes from creative beauty and the sharing of it.

Browning wrote . . . I trust in Nature for the stable laws Of beauty and utility. Spring shall plant and autumn garner to the end of time.

I trust in God—the right shall be the right. And other than the wrong, while I trust in my own soul, that can perceive the outward and the inward. —Nature's good And God's.

Gardeners share this better of the poets and all year as they Continued On Page 9



Lines of Flattery

By ALICE ALDEN

This is the season that finds milliners in agreement on the "more hat" theme. It doesn't mean that hats are top heavy or large, just that the design is handled with emphasis on both line and fit. Robin does a very pleasing sailor of soft velours in a new accent sponsored by New York millinery designers and manufacturers. It is banded with twists of self felt and is trimmed with a jeweled wing in the same flattering coral-tinted lacquer hue that is as good as a cosmetic for bestowing soft beauty.

ELLEN'S DIARY

By An Island Farmer's Wife

"This is a good country, Ellen," a farmer, who came to the door this morning to ask the whereabouts of the men at the moment, offered in our chatting.

"Where other places, some not too far distant either, have had drought and wind and flood, we've had the best of summer-weather; good for the hay—some saved theirs without getting a drop of rain on it; fine too for the pastures and growing-crops, showers when we needed them. And no high winds yet to threaten things about. Now 'he smiled' if we just get a fine spell for the harvest—and I reckon we will. They haven't started the binder here yet?"

"They plan to shortly—perhaps by the last of the week," we replied. And then on another thought. "You didn't happen to notice any swallows around this morning, did you?" He looked in surprise.

"Well, now that you speak of it, I don't believe that I did. I wouldn't be surprised if they're gone. They don't make much fuss over it either. They're here today and gone tomorrow. . . . But look there in the orchard, Ellen," he chuckled. "They haven't left you yet. . . . Not saying how much longer they will stay."

"Heavy work!" we said. But our sympathy was lost on such words of repair. And August, long month as it is, days, nears the close of a reign which gave to Island homes a diversity of things: to some troubles and concerns, taxing spirit and strength; to others bereavement—loved ones taken to leave them forever lone. And some found in the August-month only happiness and joy, great expectations born, fond hopes furthered, dreams of years fructifying.

And "It's a strange world" we say. . . . But beautiful, this of ours, kept now in the peace of a quiet rural night.

Until tomorrow . . . Diary . . . Good-night. . . .

KEEP IN TRIM

Exercise For Weight Control

By Ida Jean Kain

Denouncing the so-called "experts" who claim that exercise is of no value as a reducing aid, Dr. Jean Mayer of the Harvard School of Public Health clears up some general misconceptions in an article entitled "Exercise Does Keep The Weight Down."

In a recent issue of "Atlantic Monthly," Dr. Mayer points out that we have been led astray in our thinking by assertions such as "A pound of fat can be worked off only by walking thirty-six hours or splitting wood for seven hours or playing volleyball for eleven hours." Any given performance need not be accomplished in a single unintermittent stretch. Our authority stresses that energy expenditure is the same whether the activity is performed in a day, a week or a month.

For example, splitting wood for half an hour every day represents the caloric equivalent of 26 pounds of body fat in a year! Of course, wood splitting may be a little out of your line. Well, any moderate exercise, even walking regularly, can fend off as much as ten pounds in a single year. All this puts an entirely different light on exercise.

Another misconception is that increased physical activity steps up the appetite so sharply that the

increased food intake exceeds the energy used up in exercise. What about this? Exercise brings a keen enjoyment of food, but as Dr. Mayer explains, the mechanism of regulation of food must function normally. There is a limit to the amount of food a person will want to consume at a sitting, and this will be well within the energy used up by the exercise. The point here is that appetite will be that we confuse off only by walking thirty-six hours or splitting wood for seven hours or playing volleyball for eleven hours.

How lack of exercise can affect the weight is demonstrated in a study of 200 overweight patients in whom the beginning of obesity could be traced directly to a sudden decrease in activity. Another example: Returning veterans have a not due exclusively to a return to home cooking and to a return to atmosphere—but a return to a very sedentary life as well, Dr. Mayer asserts.

It's following the line of least resistance to go along with the idea that exercise is not reducing. Figures prove we're jumped to the wrong conclusion. This re-evaluation by Dr. Mayer of exercise as an important means of weight control is a refreshing and healthy sign.

HOUSEHOLD HINT
A superficial burn in your carpet will clear up nicely if you clip the blackened ends of the wood tufts, then give the spot a soapless cleaner-and-water sponging.

Words Of The Wise

Culture is "to know the best that has been said and thought in the world."
—Matthew Arnold

ANNE ADAMS PATTERNS

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MORNING SMILE
Little Woman—"They have no ear, no television set, no piano. I can't imagine what they do have!"
Spouse—"A bank account, perhaps."

NO MORE HERE
WE USE GORAN



CHECKS BLOOD PRESSURE

There's more to the Navy than Navy are the women of its nursing forces in naval hospitals at Halifax, Victoria, and at Dartmouth Hospital at Halifax. (NATIONAL DEFENCE PHOTO)

COOK'S CORNER

APPLE CRISP
1 cup brown sugar
¼ cup flour
1-3 cup butter

Method—rub all together and sprinkle over apples which have been sliced into greased baking dish. Sprinkle a little cinnamon or nutmeg over apple before topping if desired.

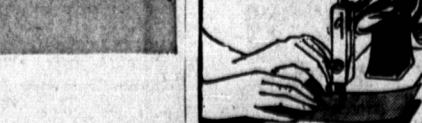
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Wife Preservers



A dull sewing-machine needle can be sharpened by using your own fingers.

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