WOMEN'S REALM-:-SOCIAL and PERSONAL-:-FASHIONS-:-LITERATURE

Housewife The And Her Activities

I seldom notice book ends much;
Although, of course, Ive seen them;
They are like ears—what really counts
Is what one has between them.

You can make shrivelled lemons plump, juicy and fresh if you put them in cold water and bring to the boil. If they are very shrivelled boil for two or three minutes.

Common or garden earth is the best thing to remove the smell of fish or onions from knives and forks. Keep a pot of earth on the kitchen window-sil and dig them in for a short while. To take a fishy smell away from silver put a spoonful of mustard into the water in which you are washing it.

KEEP THE FLIES AWAY

Our enemy the fly must be kept away from the house, for as is generally known it is a prolific carrier of germs.

Uncovered food, meat, sweets and so on, attract flies, so all food must be covered and any left-overs which cannot be utilized quickly must be destroyed. If put in the garbage can wrap the m'n newspaper.

To discourage these dangerous pests from entering rooms, dip a sponge in boiling water, place it in a saucer, and pour on a half-teaspoon oil of lavender.

This gives off a very pleasant smell, which is, for some reason or other, most obnoxious to flies.

When cleaning window panes or mirrors during the summer months sprinkle vinegar on the wash leather used; this will deter flies from setting on the glass.

Tonto Natural Bridge is said to be the only bridge in the world upon which a farm is under cultivation. Lying between Pine and Payson, Ariz, corn vegetables and fruit are grown upon its five-acre top.

Cinder tea, made by dipping a redhot cinder in hot water, still is given children as a remedy for stomachache in some English villages.

First ice skates were made by tying the bones of animals to the bottoms of the feet.

To clear heavy chairs indoors cover with a damp sheet rung out in warm water. Cover the chair with it and beat with carpet-beater. All the dust will stick to the sheet and not fly around.

No single breed of poultry is best under all conditions, choice depending on quality of stock available, conditions, needs and personal preference. In any one class, such as utility poultry, the strain withm the breed makes more difference than the variety itself.

Hens are creatures of habit and resent any change of routine. They lay best when fed at the same time every day.

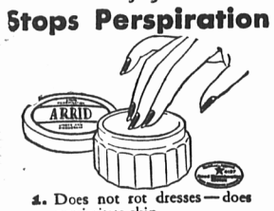
Fattening ducks do not need water to swim in. They fatten better when confined in a clean pen.

Ducks are easily picked if they are dipped feet first into scalding water.

Add scoops of orange ice or ice cream to frosty ginger ale in tall glasses. How the boys and girls love this on a hot afternoon.

Straws, toyos and shantungs are the most used materials for large hats, but Suzy contributes one with white starched pique brim and shallow heavy felt crown. Pique flowers are posed in front.

New *Under-arm* Cream Deodorant *safely* Stops Perspiration



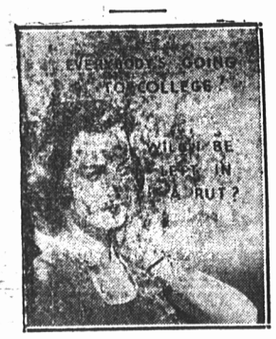
1. Does not rot dresses—does not irritate skin.
2. No waiting to dry. Can be used right after shaving.
3. Instantly stops perspiration for 1 to 3 days. Removes odor from perspiration.
4. A pure white, greaseless, stainless vanishing cream.
5. Arrid has been awarded the Approval Seal of the American Institute of Laundering, for being harmless to fabrics.

15 MILLION jars of Arrid have been sold. Try a jar today!

ARRID

39¢ a jar — At all stores selling toilet goods (also in 15c and 59c jars)

You Can Make Yourself the "College Type"



Acquire Culture at Home

Of course the future looks black to the girl who can't go to college. Her luckier friends are off in a flurry of bright hopes to find new interests, gain valuable background for jobs.

But there's nothing hopeless about her case. Many girls are finding today that a college education can be gained right at home with a fascinating study plan.

Think of the forums on current events, the discussions of science and music you can hear over the radio! Listen and you'll never have to ask "What's that?" when you hear people discuss the Nine Power Treaty, the new drug sulfanilamide, chamber music.

And always there are public libraries, cheap editions of fine books. Begin your reading with a subject you've always wanted to know more about—history, psychology.

Are you looking for a job? You'll get a college rating with an employer if you keep alert with your newspaper, trade journals, show you have a knowledge of the subjects college people study.

Follow the engrossing study plan in our 32-page booklet. Gives book lists for all the major college subjects, history, the sciences, the fine arts, literature, philosophy.

Send 20c in coins for your copy of Build Your Own College Background to The Guardian Home Service. Be sure to write plainly your Name, Address, and the Name of booklet.

Name

Street Address

How Can I ? ?

(By ANNE ASHLEY)

Q. How can I prolong the life of an old garden hose?

A. Very often a good coat of pliable roof paint will prolong the life of an old garden hose for another season.

Q. How can I remove ink stains from my desk?

A. Apply equal parts of vinegar and linseed oil to the spots.

Q. How can I make a quart of good mint ice cream?

A. A good recipe is as follows: One cup mint jelly, 2 egg whites, 1 cup whipping cream, pinch of salt. Put the cup of jelly into unbeaten egg whites and whip to a light meringue; fold in cream whipped to a light custard; pour into the refrigerator freezing tray and freeze.

Modern Etiquette

(By ROBERTA LEE)

Q. Is it still proper to use the doll's size butter plates?

A. No; these have been substituted by the bread and butter plates, which are about five and a half to six and a half inches in diameter, and are placed at the left side of each plate just above the forks.

Q. Should a man light a girl's cigarette before lighting his own?

A. Yes. He should hold the match for a few moments until the sulphur fumes are gone, then hold it for her.

Q. When a man is introducing himself, should he say "I am Mr Lee," or, "I am Mr. Robert Lee?"

A. Neither. He should say, "I am Robert Lee".

THE COOK'S CORNER

NUT AND CHERRY LOAF

2 cups sifted all-purpose flour or 2 1-2 cups sifted pastry flour
2 teaspoons baking powder
1-2 teaspoon salt
1-2 cup butter
1 cup sugar
2 eggs, unbeaten
1 cup finely chopped nuts
1-2 cup glazed cherries, cut
6 tablespoons milk
1 teaspoon vanilla

Sift and measure flour and sift again with the baking powder and salt. Cream butter thoroughly, add sugar gradually and cream together until light and fluffy. Add eggs, one at a time beating well after each addition. Add flour to the egg mixture alternately with the milk. When half the flour has been added start folding in the nuts and cherries with the remaining flour. Blend well. Add the vanilla. Turn into a well-greased loaf pan. Bake at 325-350F. for 1 hour and 15 minutes.

SPONGE POUND CAKE

1 cup butter
1 cup fine sugar
8 egg yolks, well beaten
1 cup milk
3 cups flour
2 teaspoons baking powder
1-2 teaspoon salt
1-2 teaspoon lemon extract

Cream butter and sugar until light and fluffy. Beat egg yolks until almost white and add to creamed mixture. Beat well (it can hardly be beaten too long at this stage). Then add milk and beat thoroughly. Sife dry ingredients and add to creamed mixture, beating briskly after each addition of flour. Add flavoring, blending well. Turn into well-greased loaf pan and sprinkle top with mixed glazed and chopped fruits. Bake at 350F for 30 minutes, reduce heat to 325F. and bake for 35 to 40 minutes longer. Remove from oven and allow to cool in the pan on a rack.

This cake is combined a little differently inasmuch as the liquid and dry ingredients are not added alternately.

Morning Smile

A LIVELY PLACE

"Is there any night life in your town?"

"Oh, yes. Every once in a while a member of our lodge dies and we sit up with the corpse!"

SHOES TO BOOT

An Aberdonian was getting married. "No doubt you will be giving us a send-off?" he said to the best man.

"Oh yes," was the reply. "Ribbons, rice, balloons, old boots, and shoes, I expect."

"Well, dinna forget I take nines and Maggie size three."

Household Scrapbook

(By ROBERTA LEE)

Matting and Window Shades

Matting, and also window shades can be painted to look like new. The secret of success in this work is to supply two or three very thin coats of paint, rather than a single heavy coat.

Skin Treatment

When red blotches appear on the face, a good treatment is to rinse the face for about three minutes at a time in cool water. Also take alternate hot and cold face baths at night.

Light Sponge Cakes

Sponge cakes are made light by the air that is beaten into the eggs used in making them. Beat whites and yolks separately and fold in the beaten whites.

YOUR INDIVIDUAL HOROSCOPE

By FRANCES DRAKE

Look in the section your birthday comes in, and find what your outlook is, according to the stars.
(Copyright, 1939, King Features Syndicate Inc.)

For Monday, July 31 1939

MARCH 21 to APRIL 20 (Aries) —Start early this week to plan your expenditures so that you will be able to keep sensibly within your budget and yet enjoy diversions and some sound investments for the future.

APRIL 21 to MAY 20 (Taurus) —You have a likely hazard in emotionalism this period. Guard speech lest you hurt unwittingly. Show only the serene, honest, calmly firm, peaceful side of you, Taurean!

MAY 21 to JUNE 21 (Gemini) —Generally favorable vibrations. Add your naturally bouyant, generous heart to the building of happiness today, and it'll be a "right smart" time you'll have. Polish your originality.

JUNE 22 to JULY 23 (Cancer) —An everyday day for the usual schedule in business, home affairs or your career. Put more pep back of your efforts, you can still be just as dignified. News of an interesting nature indicated.

JULY 24 to AUGUST 22 (Leo) —You've a rather nil day before you, if you don't inject some added initiative into it! Look for new angles, offer suggestions, if you have given them sufficient forethought. But avoid extravagant promises.

AUGUST 23 to SEPTEMBER 23 (Virgo) — A dandy day for preparation work, looking over correspondence, making important engagements and taking care of personal and charity obligations. Be business-like but don't be sombre .... a little fun freshens the mind.

SEPTEMBER 24 to OCTOBER 23 (Libra) — Be extra cautious not to become involved in others' affairs. Keep all dealings aboveboard and don't make promises you won't be able to keep. Be interested in your community's and country's problems for you can be of assistance.

OCTOBER 24 to NOVEMBER 22 (Scorpio) — Don't be too sure you are right, you may be overlooking the real requisites. Seek more and better knowledge. You born after Nov. 9: be especially tactful with the opposite sex.

NOVEMBER 23 to DECEMBER 22 (Saggitarius) — Use that will power of yours to make this a healthier day for you and yours. A great deal depends upon your attitude and intent. Be particular about honesty. Judge wisely.

DECEMBER 23 to JANUARY 21 (Capricorn) — No feeling sorry for self today! There is a world of suffering worse than ours, and there are a multitude of good deeds and thoughts that should occupy out time rather than self-pity. How about it, friend.

JANUARY 22 to FEBRUARY 20 (Aquarius) — Season this day with progressiveness of the type that helps bring about improvement, better conditions for all. Try something new if it looks worthy. Show that you have push.

FEBRUARY 21 to MARCH 20 (Pisces) — Your stars' vibrations are similar to those of your neighbors, Aquarians. It may mean exerting more than ordinary to get results but you'll be glad if you do. You can experience much happiness through children and old folks.

A CHILD BORN ON THIS DAY holds the key to a life of truly remarkable achievement if it is given half a chance in childhood. It can boast the qualities of courage, executive ability, unusual intuition, loyalty; should curb impulsiveness, avoid false ideals.

Don't "Hog-tie" Your Old Mother | **Dorothy Dix** | Give Her a Chance to Live Her Life

Many Old Mothers Would Much Prefer to Come and Go as They Like Instead of Being Bossed by Dutiful or Sacrificial Daughters

In one of our large cities some noble altruist, whose heart beats with sympathy for the oppressed and down-trodden has organized a Grandmothers' Night Out Club. Isn't that the grandest idea you ever heard of? And don't you hope the club will grow and spread until it puts the Rotarians and Kiwanis and the Elks and the Lions and all the remainder of 'em in the amateur class of joiners?

For if there is any class of people under the sun who need to be rescued from the depots who have their heels upon their necks and have a few of their lost liberties restored to them it is the grandmothers. Just what it will mean to them to have even one night out untrailed by their families, we can only imagine. Probably they will weep so many tears of joy that it will unfit them to appear in public, but, all the same, they will have gained approximately the liberty of a servant girl. Hoora! Hooray!

Of course, this cockeyed old world doesn't look on Grandma with a pitying eye, especially if she is surrounded by her olive branches. On the contrary, everybody tells her how lucky she is to have her children about her to take care of her and look after her. But nobody but Grandmother herself knows that there is no other human being who is so tyrannized over and so completely deprived of every vestige of liberty as an elderly woman with devoted daughters.

One of these, telling me of her troubles, says: "I am a woman of 70. Hale and hearty and in my right mind. There is no reason why I should not run my own house, manage my own affairs, go where I please and enjoy life in my own way, except that somehow my daughters have got me into bondage and I can't break my chains without hurting them so much that I haven't the courage to do it.

"Now I like to keep house. I love to cook. I enjoy everything about making a home. But it has been years since I have been free to even go in my own kitchen. My oldest daughter decided that it was too hard for 'Dear Mother' to have the burden of a big house on her shoulders, so she took over the job of running the place. Everybody says how sweet of her it was, and what a wonderful daughter she is, and how blessed I am that she never married and can stay and take care of me. Faugh! When I am just itching to get my hands again into a mixing bowl.

"And it has been years and years since I had a hat or a dress that I liked, because I have to wear what Susan and Jennie approve of, and their taste is not my taste. I want to look more like something out of Vogue than the picture of Whistler's Mother. But as long as my dear, dutiful daughters insist on doing my shopping for me you don't have to be told that my clothes are always somber and 'dignified.'

"I used to be a gourmet, but not now since my loving children have taken my health into their hands. They feed me on dietic messes, which would reconcile anybody to an early death. They see to it that I get the proper vitamins and the right number of calories. It is, 'Mother, you really must eat your spinach even if you do loathe it'; 'Mother, you mustn't drink two cups of coffee'; 'Mother, you must go to bed at 10 o'clock,' or 'Mother, it is time for your afternoon nap', until nothing but the grace of God keeps me from throwing things at them.

"And, worst of all, I am never allowed to go anywhere by myself. No matter how inconvenient it is to her, one of my devoted daughters sacrifices herself to trail me wherever I go. I can't go shopping alone. I can't go to a movie alone even in the daytime. And as for going off on a trip or to a resort hotel alone or with a companion of my own age, it simply can't be done. Yet how I would enjoy it.

"For no matter how much we love our children, we don't love being bossed by them. We don't like being treated by them as if we were imbecile dotards. They cramp our style, and sometimes it takes a good deal of doing to be thankful that you have loving children to take care of you."

Undoubtedly millions of other women whose children, with the best intentions in the world have enslaved them, feel as my corresponcent does that they would like to swap a good deal of filial devotion for a little personal liberty. And this is what makes the Grandmother Night Out Club meet a long-felt want.

Dear Dorothy Dix—I am 18 years old. Have been married a year and have an 8-month-old baby. When I married, I loved my husband very much and at first we were very happy, but now we do nothing but fight, fight, fight all the time. We have different religions and different ideas on every subject. We do not think alike about anything. My husband says mean things to me and I tell him when he does wrong and it makes him mad to be "picked" at, as he calls it. I have decided three times to go back home to Mother and Father, but they don't want me. Should I leave my husband and go home and go to work to support my son, or what shall I do? A BEWILDERED WIFE.

Answer:

You haven't been married two years yet. That is a mighty short trial to give marriage. So before you call it a failure and throw up your hands and quit, I urge you to hold on a little longer and use a little more patience and effort in trying to make a go of it.

The beginning of every new enterprise is full of discouragement and disappointments and hardships that make you want to give it up, but if you will just hang on you can fight your way to success. And that is just as true of marriage as it is of any business or career into which you could go. So before you break up your home and deprive your child of a father, make at least an honest effort to make your marriage a success. Certainly you made a great mistake in marrying too young. Maybe you should have been more careful in picking out a husband and got one of your own religion and who thought as you do. But that is all done now and the thing is to keep these blunders from ruining your whole life.

Quit thinking of marriage as a romantic episode and consider it from a business angle. Realize that it is a better paying job than any you could get in the business world with your lack of training. No employer would pay you enough to support you and the baby in the manner in which your husband does.

Face the fact that an employer is no easier to get along with than a husband, and that you would have to learn to control your temper and your tongue when you were criticized, and not to talk back to your boss.

Try those tactics on your husband. You know the things that irritate him. Don't do them. You know the subjects of discussion that always bring on a row. Step wide of them. It takes two to quarrel, and any wife can stop one at its very beginning if she wants to.

Your parents don't want you to come home with your child. Your husband wants to keep you and the baby. If you have a grain of common sense in your head, you must see on which side your bread is buttered.

DOROTHY DIX.

Soft Neckwear Adds Its Charm

Pique leads new neckwear and it is self trimmed, trimmed with repousse, with Point Venice, with embroidered georgette and embroidered with cotton or linen piping. Busters, vee necks, of course, with cuffs to match, in all fabrics are classics, but the fitted plastron beautifully cut to give a long line from neck to belt and a "pinched in waist" look, is new and comes in a great variety of treatments.

There are beautiful revers in starched or lacquered repousse. There are sweet little yokes, square and pointed, of Duchess lace, lots of real Alencon and some Princess and Duchess lace combined, real Valenciennes and Irish crochet edge many of the revers and collars. Cuffs are made to fit short or long sleeves.

Bengaline and faille are fall favourites for neckwear. There is a little satin and there are taffeta ruffled collars and full three-quarter Bishop sleeves with wrist frills that are to put on over a sleeve to give a new juvenile look to a plain dress.

There are deep cuffs with double rows of box plaited ruffling, deep Dutch collars with the same finish. Bibs are still shown and sweater collars are imperative both for the school girl and the older woman. This fashion gives a clean, fresh, laundered look to our woolly outer knits that make them seem feminine and less casual.

Buttons, tiny, diminutive, pearl buttons in very formal rows make an interesting neckwear detail.

Maderia embroidery in the bluish-grey cast which was launched in the spring has been made up in plastron effects, also in round or vee necked ruffled collars.

Net, plain, embroidered or with embroidered georgette strips, is used in a new type of plastron and in collars and cuffs.

Ribbons, new lames, stiff faille, moires, velvet trimmed laces, carry out the new feeling for stiff fabrics, while jersey, crepe, chiffon and soft draped look that is still fashion.

Sequins, in gay bright colors, as well as dull, continue. Iridescent beads, cut steel and bronze buttons decorate short faille jackets in the old fashioned "puce" colors and the burgundy ranges. Green and blue vie with brown and black in the fall dress colors, and copper rust is appearing in faille neckwears as an accent.

There will be orange reds to come and a bit of orange in many of the later shades which stem out of the Paris collections.

So ladies, look to your neckwear.

Our glamor girls and ladies know the value of a bit of fluff or tailored neck detail to give them feminine appeal.

YOUTHFUL BEAUTY FOR ALL OCCASIONS

Intriguing hair-dos that go so well with new "little girl" fashions. Each style individually fashioned to the contours of your face. And they're inexpensive too.

ENCHANTING BEAUTY IS ENHANCING BEAUTY

Your permanent can be strikingly "different" yet retain that individual touch that looks becoming ... and charming.

ENJOY THE COMFORT OF A PERMANENT THAT WITHSTANDS SUMMER ACTIVITIES

OUR SPECIAL RATES ON PERMANENTS CONTINUES ALL THIS WEEK!

PHONE FOR YOUR APPOINTMENT NOW

EMPRESS BEAUTY PARLOR

29 King Square — Phone 1604

The Riddle of the Riderless Horse

By JEAN & CYRIL CASALIS

After tea Malcolm, on the pretext of wanting to see the flooded river, walked up the kopje to take a final look at the route that he was to follow alone that night—a wise precaution, he realized, when he reached the summit; for there were two barbed-wire fences to negotiate and, moreover, he would not, as before, be able to walk under cover of the donga which was now a raging torrent.

"Bathing costume for you tonight," he told himself, as his eyes followed the course of the flooded spruit to its junction with the chocolate waters of the Campsie khotlo. And it was then that he received his third reminder that Left-Hand had not relaxed the watch over him.

On the edge of his vision something had just moved. He turned quickly round, and for a fraction of a second, above a boulder only fifty yards away on the top of the kopje, a head was silhouetted against the sky-line.

* * * * * *

The sun was setting stormily when he reached Bon Espoir. Corneille was back from the lands.

"We shan't be able to get into any land for a week," he announced; "these heavy rains always do more harm than good; the mealie lands are like quick-sand and the weeds will fairly get away."

Then he dealt his smashing blow. "By the way," he said, as if it were a trivial matter; "we're dining at Campsie to-night—playing bridge afterwards. I came back that way just now and Cynthia wants us to go."

Malcolm had stopped dead in his tracks.

"Dining at Campsie?" he repeated mechanically, staring blankly at Corneille, his mouth open, and the excuse he should have been making refusing to find utterance. With anything less important at stake, he would have been glib enough, no doubt; but here he was, condemned to an evening's entertainment which he knew, from previous experience, could never be over until past midnight, at the most critical moment of the whole campaign, when the actual signal for the attack depended on him. Maraka had gone. There was no chance of finding him.

The police had doubtless already made their plans. What was more, that night would give them their first and last opportunity. It was neck or nothing, and he was going to let everyone down. To make matters worse, if he feigned illness and stayed behind, he would certainly be watched, and probably waylaid on his way down to the river; the way he was being spied on showed that clearly.

At last he found speech. Corneille had been asking whether he was unwell.

"No, no, rather not," he said incoherently. "Quite all right; just thinking of something else. But if you don't mind, old lad, let's get away early tonight. Feeling rather fagged out."

Luck was with Left-Hand on this decisive night.

CHAPTER XXVIII

MALCOLM FORGETS HIS MANNERS

It was ten to twelve when they started the last game of the last rubber of bridge at Channing's to include Malcolm that evening, after which it was Malcolm's turn to sit out while Channing played.

The time for that night's work was getting perilously near, and when he was released from the game, he was going to walk out on the pretext of looking at the weather, and he would not return.

But as Corneille took his place at the table at quarter past twelve, one of Channing's boys appeared at the door and announced that one of his master's Basutoland oxen had jumped out of the kraal, and broken a leg.

"I'll have to go, Malcolm," said Channing. "Carry on for me: I won't be long."

"What about stopping?" asked Malcolm desperately. "It's past midnight."

"Now, now, Green," Loftus reproved him gently. "What about giving us the chance to get a little of our own back?"

There was nothing for it. A quarter of an hour or even twenty minutes would still not prevent him from keeping his tryst.

"For Pete's sake deal then, Corneille!" Malcolm broke out.

"Why, what's the hurry, Green?" said Loftus.

Cynthia was apparently the only one aware of Malcolm's distress.

"Do deal, Corneille," she said.

It was twenty-five minutes past twelve when Corneille at last began to deal, and Malcolm, in desperation, prayed for a quick game.

Corneille sorted his cards with great deliberation, studied them leisurely, and finally said, "No bid."

"Is that all you can say, you great owl?" said Malcolm with great restraint. "Lord, what a partner! If you are going to take up Bridge seriously, for the love of mike learn contract. It might teach you to bid."

Loftus looked up at him and smiled happily.

"Poor Corneille is having no luck to-night," he said. "And you know Green, contract isn't a game; it's a mathematical exercise. One No Trump."

Malcolm's thoughts were whirling. He left the bidding at that, and Loftus proceeded to play the hand. And what a hand it was! His usual brisk certainly seemed to have deserted him completely. His hesitation over his leads, his tentative fingering of his cards, was like that of any novice. He hovered between Dummy and his own hand, and finally dropped two tricks by getting the lead into the wrong hand. But he was his usual urbane self when the last trick was taken.

"Now that, Cynthia," he said, "I call the perfect exposition of how not to play a hand. I'm sorry, dear, but after our little conversation just now, I did want to show you how annoying it can be to play with careless players. It has cost us nothing, though; we score ten, and the score stands at twenty-four below in our favour."

That did it.

"And that's as far as it'll get!" exclaimed Malcolm, sending his chair clattering over as he sprang to his feet. "I'm off!"

(To be Continued)

Snappy Fashions For Home Use

Here is a home frock you can wear marketing or working in the garden as well as in th house. It is as smart as you please with its tie belt to hug your waist and short, cool sleeves. Only two pieces to cut out and stitch together ... such an easy dress to make that you will want to have several or hand to slip into either at home or working about the summer cottage. Print or plain cotton in lettuce crisp, cool colorings will keep you feeling well groomed all day long. This same dress in a different fabric without the collar and trimmed with a soft ruffle is equally smart and wearable.

Style No. 2601 is designed for sizes 14, 16, 18, and 20 years; 36, 38, 40, 42, 44, 46 and 48-inches bust. Size 36 requires 2 7-8 yards of 39-inch material with 3-8 yard of braid.

Send fifteen cents in stamps (15) or coin (coin preferred) wrap coin carefully, address to Charlottetown Guardian Pattern Service:

Style No. 2601 Size..... ... .

Name

Street Address

City Province

STOP TIRED, ACHING FEET

NU-FEET INSOLES medicated with alkaline, antiseptic salts, soothe tired, aching, burning feet, control perspiration and neutralize foot odors. Only 25¢ a pair, at druggists.

NU-FEET MEDICATED INSOLES