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... OF ...

Interest to Women**DUAL ROLE WRAPS ON HOT EVENINGS**

One Is Converted From Train to Cape—Diaphanous Fabrics Used in Sports Silhouette

"Jekyll and Hyde" evening wraps are the latest chapter added to the book of summer fashions.

Some serve both as a cape and train in the same evening, others walk out as sports togs by day and evening wraps to top casual dance frocks by night. But all are convertible to more uses than one and are designed as boons to the week-end guest who dislikes to carry much luggage.

One American designer has launched a glamorous gown of sapphire chiffon whose long apron train which ties about the waist and sweeps out in the back. When its wearer wishes it may be untied, retied about the neck and used as a diaphanous wrap for warm summer evenings.

Swagger coats of black velvet with unpressed pleats breaking into soft fullness below a round yoke are ready to top cocktail frocks of sheer black chiffon or silk mousseline on cool afternoons and step out the same evening to dance on a star-lit roof. One of the smartest two-way wraps is designed for debutantes—a short swaggering coat of white sharkskin which can be worn with day sports clothes and informal pique evening gowns.

Besides the convertible models, there are hundreds of new evening wraps which are frankly "glorified." Crisp silk organza swagger coats striped with velvet bars, velvet swagger coats, some plain, some pleated in sunburst effect and taffeta coats based on flared tunic lines with elbow-length puffed sleeves are among the favorites.

One of the most glamorous is a short full coat of chiffon, whose big bishop sleeves are marked by bands of several contrasting colors stitched with silver threads. Short puffed sleeved jackets of pebbled satin, whose color matches that of the gown are often shown with filmy mousseline frocks.

Veiling makes one of the airiest, coolest wraps shown this season. It is a hip-length cape of black net covered with three tiered flounces of black veiling splashed with big colored chenille dots.

White is a color often seen in the season's new evening wraps, since it can be worn with many frocks. Vivid cherry red and pastel shades are other favorites.

Fruit Juices As a Beauty Drink

Nothing is quite so refreshing and so thirst-quenching on a hot summer day as a fruit juice drink. And many a hostess is gaining popularity by serving them instead of the more potent alcoholic beverages. The fruit juice drinks are preferable from a health and beauty standpoint. And those on a reducing diet do not have to worry about the calories mounting. Alcohol drinks, however, have a very high caloric value.

We all know the value of citrus fruits and how they help digestion. Authorities stress the importance of oranges and lemons in the diet, because through their alkaline reaction they help to prevent and correct acidosis, stimulate the appetite, aid digestion; they build body resistance, stimulate growth in children, and pleasant means of increasing and

maintaining bodily health. And all this means greater beauty, clearer skin (if the entire system is cleared of waste) clearer eye, a more youthful spirit.

Simple Recipes

Here are some simple recipes, to try. They take but a minute, and are a welcome change and more healthful.

1. A good start any day and any time of the year—a glass of orange juice to which the juice of half a lemon has been added. Or a half-and-half mixture.

2. Or, the juice of one lemon to a glass of water. Sweeten if desired, but try to drink it without sugar if you can. Drink it on rising in the morning and you'll feel tiptop.

3. A good "pick-up" cocktail: One egg yolk, the juice of two oranges, one teaspoon of honey or sugar to taste and a pinch of salt. Beat together. Bottoms up!

4. One-quarter cup orange juice, two tablespoons lemon juice, 1½ to two tablespoons sugar, cracked ice to chill and water to fill glass. Drink hearty!

5. Tomato juice with a bit of lemon juice.

Middle Age Brings Obesity Troubles

At middle-age women find it necessary to adjust themselves to both mental and physical changes in their body, but none is more difficult to accept than the so-called "bay window" that afflicts both men and women.

Numerous factors combine to make the "bay window" possible, and with just a little expenditure of forethought and effort this disfigurement can be avoided. Decreased desire and opportunity for exercise, overeating and the natural tendency for tissues to relax with age combine to destroy the middle-aged woman's figure.

The remedies for these causes are obvious. At middle age you should reduce the amount of food ingested. Curiously enough the average person finds the time and opportunity for over-eating at just this period of life. With too much food, the desire for exercise is curtailed. With the decreased exercise, comes a relaxing of the muscles of the entire body, especially of the abdomen.

The following simple exercise will strengthen the abdominal muscles and assist in preventing the unsightly distension even though you persist in eating too much. Of course, controlling the appetite will prove a great help. The exercise is done by standing erect in front of a mirror so you may see the play of muscles. Draw the abdomen in, making it as thin as possible, by contracting the muscles. Breathing should play no part in the exercise. Contract the muscles slowly 25 times night and morning. It takes but a few seconds and may require months to accomplish the desired results. Be faithful and you will be well repaid.

This exercise not only keeps the abdomen in beautiful form, but will aid digestion and otherwise improve general health.

Dr. DeVan's Pills

A reliable feminine hygiene regulator, on sale in Canada for over thirty years. Price five dollars. For sale at

Ross Drug Stores

RECIPES

(Mock Mince Pie

This amount will fill three pies and can be used all the year. It is delicious and well worth trying.

Place in a saucepan:
1 cup brown sugar
1 cup molasses
½ cup vinegar
7 tablespoons butter
1 teaspoon cinnamon
½ teaspoon allspice
½ teaspoon cloves
½ teaspoon nutmeg
1 teaspoon ginger.
Bring to a boil and cook for ten minutes. Now add:
1 package of seedless raisins
Eight apples, chopped fine
1 cup finely chopped nuts
1½ cups coarse breadcrumbs.
Stir to blend and cool and use for pie fillings. If not used, will keep in cool place one week.

Fluffy Lemon Cream Pie

Line a pie plate with pastry rolled thin; now grate the rind of one-half lemon and ream out the juice. Strain juice; now cream 1¼ cups powdered sugar, 4 tablespoons butter and yolks of three eggs. Add the juice of the lemon and the grated lemon rind, then cut and fold in the stiffly beaten whites of the three eggs; turn in the prepared pie plate and dust with powdered sugar. Bake in a slow oven for twenty minutes. Garnish with whipped cream when cold.

Chocolate Nut Caramels

½ cup powdered cocoa
¾ cup evaporated milk
1 cup molasses
1 cup sugar
¼ cup butter.
Beat slowly and stir to dissolve,

HEALTH

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SUNBURN

We laugh at aborigines who think that because a teaspoonful of medicine helps them, the whole bottle taken at once should be proportionately more helpful. But can we afford to laugh?

Everybody now realizes that sunshine is healthy; it kills germs and has something to do with vitamins, whatever they are. Therefore let us start, not with a teaspoonful dose, but with the whole bottle.

Sunshine is healthy. We need lots of it and this generation is going to be healthier because of our appreciation of it. Particularly do we need to avail ourselves of the health-giving properties of sunshine in view of our long winter and the consequent need for heavy clothing in this country.

But sunshine gets into our system through the skin and the sun's rays are liable to do considerable damage to the untanned skin cells. That is what we call "sunburn" and it may vary from a passing redness to a severe burn with big blisters and blebs, ulceration and fever, and may leave enduring scars. The burn may be similar to that of a forgotten mustard poultice.

Sunburn may be best avoided by gradually increasing the time of the exposure. What counts is not the area exposed, but the time any one nor-

then cook to 260 degrees F. on a candy thermometer or until the mixture will form a hard ball when tried in cold water; pour in a well greased pan that has plenty of nuts spread over the bottom and when cool and beginning to become firm cut with a sharp knife into squares.

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DURING BABY'S TEETHING TIME

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and perhaps save the baby's life. On the market for 88 years. Price, 50c. a bottle at all druggists or dealers.

mally covered area is exposed.

Start gradually. Five minutes exposure at noon is an ample start for most people—often too much for very fair people. Except in the case of blondes and other sensitive people, who must proceed cautiously, the time of exposure may be increased to ten minutes on the second day, 20 minutes on the third day and then an additional ten or twenty minutes daily until thoroughly resistant. Early morning and late afternoon sunshine is not so likely to burn.

Many people think that because it is hazy or there are light clouds, that there is no danger of sunburn. This is not true. Skyshine has about fifty percent of the power of sunshine.

Remember also that water reflects the sun's rays and the danger of sunburn is proportionately greater on the water.

Some ointments protect slightly from sunburn because of a mechanical interference with the sun's rays. This lessens the beneficial effect of the sunshine, so it is better to play safe and shorten the exposure. Ointment applied later may lessen the burning sensation, but it cannot lessen the degree of sunburn.

Axiom: Don't spoil a fortnight's vacation by a first day indiscretion.

MASONRY POTENT FORCE FOR PEACE

TORONTO, July 17—The 4,000,000 or more English-speaking Masons could direct an influence for the promotion of peace and brotherhood in international affairs that is beyond visualization. Right Worshipful Brother H. J. Alexander declared yesterday before the annual communication of the Grand Lodge of Canada in Ontario.

Visits between urban and country lodges were commended by the speaker in the report on general progress. Masonic education continued to advance satisfactorily. In the general account receipts for the year were shown to have been \$149,230 and disbursements \$138,211.

Total expenditure for benevolent purposes was announced as \$243,282. Rev. W. C. White, Master of University Lodge, welcomed more than 2,500 Masons. A civic welcome was tendered by Controller W. J. Wadsworth.

COMMENTS ON KING EDWARD'S ATTACK

Vatican Comment

VATICAN CITY, July 17—The Papal newspaper Osservatore Romano said the Vatican joins "the exultation of the British people" over King Edward's escape from attack.

From Mussolini

LONDON, July 17—The Italian embassy disclosed Premier Mussolini telephoned in person to his charge d'affaires here, instructing him to call at Buckingham Palace immediately and convey il Duce's "heartfelt felicitations on the escape of His Majesty the King from danger."

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MOONLIGHT INN

DUMFRIES, R. R. 2

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