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... OF ...

Interest to Women

DELIGHTS TO "RAINFALL" HER FAVORITE TOILETRIES

Cynthia Proctor Explains How to Hold a 'Beauty
Shop Shower' From the Sending of Invitations
to the Games to Be Played

(By Cynthia Proctor)

The bride-to-be has been "show-
ered" with all sorts of things—from
books to kitchen utensils, from hand-
kerchiefs and stockings to bathroom
fixtures, but have you ever thought
of a beauty shower? The girl who has
"everything" will certainly appreciate
such a "rainfall" of gifts as her fa-
vorite lipstick, a box of her favorite
face powder, toilet water or "ele-
gant" bath soap.

Invitations are sent on small corre-
spondence cards, and the guests are
asked to a "Beauty Shop Shower,"
admission being some article of
beauty care.

For the centerpiece, a large powder
box—made of a round hat box and
decorated with colored paper and
fluffy bits of powder puffs. And for
favors, tiny bottles of perfume, or be-
ribboned powder puffs. The powder-
box centerpiece solves the question
of what to do with the gifts, too.
Place them, such articles as sachets,
bath powder, bath salts, manicure
set, toilet soap, eau de cologne, per-
fume, facial tissues, lipstick, week-
end beauty kit, perhaps a small
make-up box, etc., in the "powder-
box" and after or during refreshments
ask the guest of honor to look inside.

Refreshments

That all-important part of the party
should be different, too. How about
creamed chipped beef and mush-
rooms, served on rounds of toast or
on toasted English muffins, with
fresh green peas, and crispy potato
chips? Or, you might choose a very
decorative molded loaf-sliced meats
and hard-cooked egg slices, peas, car-
rots and celery, molded in tomato as-
pic, arranged on a platter decorated
with watercress, radish roses, ripe

olives and capers. With this serve
creamed potato, or a luscious corn
pudding and tiny hot biscuits. For
a sweet, raspberry ice, cakes and
coffee. Or, another suggestion is a
plate of hors d'oeuvres, a ring mold
of veal salad on crisp lettuce, with
sliced tomatoes and cucumber as
garnish, hot biscuits, cream cheese,
bar-le-duc and coffee.

Bridge is in order at a party of
this sort—that's if there's time for
it after the girls have done all their
gossiping and exchanging over the
shower gifts.

Here's a game that will amuse
your guests before they settle down
to the serious business of bridge-
playing.

Lemon Relay

Four may take part at one time;
then the winners of each group of
four play to find the final winner.
Give each contestant a lemon and a
lead pencil. The object is to roll the
lemon, with the lead pencil, to the
end of the room and back.

Jumbled Sentences

This is an amusing game to fill in
a few spare moments before all the
guests have arrived or may be
played at the table between courses.
Give each person a paper and pen-
cil and tell each one to think of 7
sentences (perhaps something to do
with the event) and write it on the
paper with the words jumbled. The
punctuation must follow the original
words and the capital letters are to
be the same. The sentence must
have at least eight or 10 words. When
everyone's sentence is completed
each player trades with his neighbor.
The object is to rearrange the jumbled
sentence to obtain the correct or-
der of words.

POOR HAIR FROM LAZY BRUSH

(By Elsie Pierce)

Last may have been "best of all"
in childhood games. But in the mat-
ter of hair care the first is the most
essential step in keeping the hair
and keeping it in condition. That
first is the hair brush.

A few unfounded prejudices against
hair brushing exist. At the bottom
of the whole attitude, I suspect, is
laziness. But some women hesitate
to brush the hair because they feel
it will interfere with the wave or set-
ting. Others on seeing a few hairs
on the brush rush to the conclusion
that brushing pulls out or encourages
the hair to fall out.

Properly done, brushing will actu-
ally prolong the life of the wave.
And as for hair falling, any hairs
that come out are just as well out
because they are dead hairs ready
for the fall. Providing the hair fol-
licle is normal and healthy, there
should be a new baby hair at the
root.

We know of no harm that brushing
does. But what good! It cleanses the
hair of surface dust and grime, dis-

tributes the oil evenly along the hair
shaft, polishes the hair, increasing
the normal lustre of the coat. A sin-
gle brushing session will often soft-
en hair that has become quite dry
harsh and brittle.

If you aren't accustomed to brush-
ing the hair, do start at once to form
the habit. And don't be alarmed if
the scalp feels a bit hurt. It will tin-
gle. It should. That indicates that
the blood is rushing to the surface
that circulation is speeding up a bit.
Which is exactly what you want, be-
cause the health of the scalp and hair
depends on the nourishment from the
blood stream.

Up and Out

Let's take for granted that your
brush is a good one. It should be. It
is one of the wisest investments and
second only to the toothbrush in dire
necessity. Be sure the bristles are
fairly long, flexible, they should reach
through the hair and over the scalp,
if they merely ride over the hair they
don't do enough.

And do keep your brush clean.
Otherwise its value is lost.

RECIPES

Green Tomato Mincemeat

- 3 pints chopped apples.
- 3 pints chopped green tomatoes.
- 4 cups brown sugar.
- 1-2 cups vinegar.
- 3 cups raisins.
- 3 teaspoons cinnamon.
- 1 teaspoon cloves.
- 3-4 teaspoon allspice.
- 3-4 teaspoon mace.
- 3-4 teaspoon pepper.
- 2 teaspoons salt.
- 3-4 cup butter.

Mix apples with tomatoes and
drain. Add remaining ingredients
except butter, bring gradually to
boiling point, and simmer three
hours, then add butter. Turn into
glass jars as soon as made.

Green Tomato Mincemeat II

- 1 peck green tomatoes, chopped.
- 3 pounds apples, chopped.
- 2 pounds raisins.
- 1 cup suet.
- 2 tablespoons salt.
- 1-2 cup water.
- 2 tablespoons ground cinnamon.
- 1 teaspoon ground cloves.
- 2 teaspoons nutmeg.
- Grated rind of 1 orange.
- 3 lemons (pulp and juice only).

Chop or slice tomatoes, sprinkle
salt over them and allow to stand
for one hour. Drain and discard juice.

Cover with cold water. Place over
fire and boil for five minutes. Drain
off liquid, add suet and half cup of
water, return to fire and simmer 20
minutes. Stir in sugar and boil until
dissolved. Add other ingredients and
boil rapidly until thick (about 20
minutes.) Pack into clean, hot jars
and seal immediately.

GREETED ON BRIEF STOP AT BATHURST

BATHURST, Sept. 27—Hon. C. A.
Dunning, minister of finance, passed
through Bathurst last evening from
Charlottetown en route to Ottawa in
a private car attached to the Ocean
Limited. While the train stopped here
he left his car to chat with Senator
A. Turgeon, Dr. C. J. Veniot, M.P.
elect for Gloucester; Hon. C. T. Rich-
ard, provincial secretary-treasurer,
and H. C. Ramsey, who were at the
station to meet him. The minister
said he had a pleasant and enjoyable
but very busy visit to his constituency.

The soap-box orator was concluding
his address.
"The fierce light of public opinion,"
he cried, "shall daily dog their very
footsteps until they swallow the bit-
ter pill and drink its deadly drugs!"

HEALTH

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THE CANADIAN MEDICAL
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IN CANADA



ACCIDENTS, SAFETY FIRST

Our age is an age of accidents, but
other ages have not been clear of
them altogether. The cave man
fought wild beasts to feed on their
flesh and clothe himself with their
skins, and often came out second
best, with shattered limbs or body
clawed and mauled. A misstep be-
tween rock and rock in the chase
meant broken bones or bruised flesh.
Even the nomad had his wild horses
to break and his flocks to subdue and
handle. No sooner were houses built
than walls began to fall, and no soon-
er did the chariot come than wheels
began to crash. The Fates sent earth-
quakes and cyclones then as now,
and then as now, in the jungle age as
in the age of the League of Nations,
war meant inflicting intentionally the
most injuries and diseases possible on
enemies and putting up with injuries
and illnesses inflicted intentionally by
enemies.

Modern man has only changed the
types of accidents. He is not clawed
by a bear, charged by an elephant,
pounded by a lion's paw or torn by a
tiger, mangled by stampeding herds
or pierced by arrow or spear. But he
is hurled from aeroplanes, mangled in
the wheels of his own machinery,
mutilated in the wrecks of his new-
time chariots and blown beyond recog-
nition in modern warfare that out-
juggles the jungle. The dangers are
different, and the mutilations more
varied than at any previous age. This
is, and for many reasons, an age of
accidents.

Modern medical and surgical sci-
ence can patch up broken bodies bet-
ter than ever before, and almost re-
make mere mangled wreckage into a
man, but in both medicine and sur-
gery, both in the matter of disease and
of injuries, there has been a tremen-
dous shift in this past half-century
from cure to prevention. Prevention
is better than cure, also cheaper and
less painful and bothersome. Fixing
car brakes is a better job than fixing
human body breakages. Overhauling
metal machinery beforehand is a bet-
ter job than overhauling mangled hu-
man bodies after a machine has run
amok.

So the whole leadership of the na-
tion should turn to Prevention. Plans
laws, education, regulation, should all
turn toward "Safety first."

But what is much more important
than signs, laws, regulations, senten-
ces, is to get the psychology of "Safety
First" into us all. We are a nervous,
keyed-up, fast-living, hard-working,
hard-worrying people, living in a
climate that tends to high blood-pres-
sure. We stimulate ourselves to still
greater nervousness by excitements,
late hours, by rushing about, by coffee
drinking and other drinking. We wear
out our organisms before their time.
We cut every split second off our
journeys and often do nothing in par-
ticular that is worth while when we
arrive. If we only had a keener sense
of humour we would laugh at our-
selves for our much and frantic fuss-
ing about and the little importance or
joy of what we do after all. We should
get the habit of asking ourselves just
what we are rushing and fussing
about anyway. The real reasons ex-
tracted from a hundred arrested
speeding drivers would convulse the
court by their littleness.

As has been already hinted, even
climate may have something to do
with the pace we live at. A middle-
western Canadian after a few years
in China, it is said, has a lowered
blood pressure. And it is said that
Chinese people who spend a few
years in Canada have increases in
blood pressure. Something in the
climate, it is guessed, not unlikely the
frequency of sudden changes here in
temperature and atmospheric pres-
sures, electrical storms, cyclones and
all that sort of thing, with much more
level and hum-drum conditions in
China—and for that matter in our
own American South. We are not en-
dorsing all these theories absolutely
and have not worked out any plan for
people to travel Northwest to be
pepped up and Southeast on our own
continent, or to China, or to many
another region, to be quieted down.

At any rate if ever a people needed
some philosophy of quietness and
rest and calmness we North Ameri-
cans—westerners especially, are that
people. Every day we need to ask
ourselves many questions. What are
the things that are most worth while,
and what are not worth while at all?
What are the things that deplete life
and impoverish living? What is mere-
ly fuss and froth? What things can be
left out, whose loss would be gain,
leaving life not poorer but richer?

And in this matter of accidents we
have been discussing. Safety first
can be helped by laws and regula-
tions, by road signs and putting mor-
ons of the steering wheel into jail to
cool off. But the root of the matter

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

MUCH HAS BEEN ACCOMPLISHED SINCE GIVEN VOTE

TORONTO, Sept. 28—Women have
not accomplished much toward peace
and social reform since winning the
right to vote, but they have had the
vote only fifteen years. Men have
had the vote for, oh, so many more
years than women, and what have
they done?

Women Give Leadership

Such was the retort of Mrs. Mar-
garet MacKenzie, Toronto Board of
Education Trustee, when commenting
last night upon the complaint of Rev.
Dr. G. Stanley Russell that women
had achieved little since securing
equal suffrage.

"I used to feel that all we had
to do was to enfranchise women," Dr.
Russell said. "The first speech I ever
made was in favor of it. But they
haven't done much with their vote."

"Some women certainly are giving
leadership; there is Mrs. Adelaide
Plumptre, for instance," Mrs. Mac
Kenzie replied last night. "Dr. Rus-
sell should not be too impatient."

"I don't agree with him at all, be-
cause many good things have been
accomplished," Mrs. J. P. Hynes,
President of the Toronto Council of
Women from 1932 to 1935, declared.

Interested in Elections

"Women are interested especially
in civic elections," she said, "and af-
ter working hard to get the election
date changed, this year I'm sure the
women's vote will be noticeably lar-
ger. The former date, coming at the
holiday time, was inconvenient for
most housewives. Women are inter-
ested in matters concerning their
children's health, mothers' allowan-
ces, pensions, and so on."

"But I admit there is a great need
for further organized effort by wom-
en," Mrs. Hynes added.

"I'm inclined to agree with Dr. Rus-
sell," said Mrs. S. S. Newton Mag-
wood, President of the Women's
Council, this year. "We are not mak-
ing as much use of the vote as we
should."

DUMFRIES

The W. A. of the St. Clement's
Church met at the rectory on Wed-
nesday afternoon.

Byron Lawrence spent the week-
end in Fredericton.

Mrs. William Embleton who has
been on the sick list, is able to be
around again.

Mrs. Otto Rosborough of Prince
William was calling on Mrs. Allan
Ellegood on Sunday afternoon.

Miss Jean Todd who has charge
of the school here, spent the week-
end at her home in Fredericton.

Murray Bishop is spending a few
weeks with Chas. Fraser.

Jas. Watson, Sr., called on Bedford
Kelly on Sunday afternoon.

Mr. and Mrs. Jas. Burke and daugh-
ter Beverley spent Sunday afternoon
with relatives in Pokok Settlement.

Misses Vera G. Kelly and Evelyn P.
Burke had tea with Mrs. Eruele
Mabie and Mrs. Earle Carlin on Sun-
day last.

The bears have made frequent ap-
pearances in the open this season
and have destroyed many sheep in
this community.

Quite a few of the men of this
community are employed on the high-
way road at Prince William.

Miss Myrtle Carson who has charge
of "Bull's Creek" School spent the
week-end at her home here.

of safety first is the getting of some
bits of philosophy into our own hearts
and lives.

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day of perfect pleasure in ideal
surroundings.

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the winter.

SHE doesn't spend half the day running down to the basement
to fix the furnace.

HE has no half-frozen, shuddering look on his face when he
gets up at 7.00 on winter mornings.

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