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...OF...

Interest to Women**IT'S INCORRECT TO KISS YOUR WIFE**

At Least At the 5:15 — Emily Post Calls Chaperons 'Varnished' — Firm On Bundles

A lady never kisses her husband when he jumps off the 5:15. No lady should ever sign a letter "respectfully." A bride should never, never smoke a cigarette while she is wearing her veil. And a gentleman never carries a bundle. Dear me, no.

So says (go ahead, guess) Emily Post, America's most disobeyed arbiter of etiquette. Her newest revision of the Blue Book of Social Usage is out today, published by Funk & Wagnalls. The Woman's Page could not wait to see if it still must have a chaperon when it entertains the Antique Page after 5 o'clock. It's all right. Chaperons have vanished. In the last edition they were only vanishing, which has had the Woman's Page pretty tied up for several years now. But with the chaperon completely vanished, things ought to ease up a bit.

Time Marches On

With apparent ease Mrs. Post changed the title of the chapter "The Vanishing Chaperon and Other New Conventions" to "The Vanished Chaperon and Other Lost Conventions." A girl is her own best chaperon, Mrs. Post says, and "training is taking the place of protection." Also she has cut out the passage in her last edition stating that an engaged couple must "of course take a chaperon if they motor to roadhouses for meals." Now she thinks it's all right for them to eat together, just as long as they don't take any overnight trips. But Mrs. Post still thinks the best answer to the question, "May a young woman go alone to a man's apartment?" is "No."

But though Mrs. Post banished the chaperon with a syllable, she hasn't quite been able to give up Mrs. Grundy, who has even enlarged her activities a bit in this edition. Whereas she used to be content with spying on "Sally Hiborn," now she is pestering the life out of the efficient young secretary who has to take trips with her employer. One can only hope that by the next edition Mrs. Grundy will have met with some fatal accident.

As To Smokers

Mrs. Post grapples valiantly with the modern world. For one thing she thinks non-smokers might just as well give up, and learn to enjoy others' smoke. But she does draw the line at smoking in church.

She's a bit cagey about women smoking on the street. Once she says, "Good taste forbids smoking by a woman on a city street." And in another passage she says that as for a young woman smoking while "walking on the street in a city, the answer is (as yet) definitely No."

Fifty-Fifty

She thinks that a girl can pay for her entertainment once in a while, if she does it without appearing to run after her man. "She may buy tickets, but not often, for an entertainment and telephone him: 'I have two tickets for the game (or the theatre), would you like to go with me?' The idea is that a girl shouldn't run after a man, but she can pursue him with a catlike stalk.

Whereas she used to say an engagement "couldn't exist" if father didn't approve, Mrs. Post now says, "If her father refuses, the young woman is faced with breaking the engagement or else marrying in opposition to her parents." But she is adamant on the necessity of the young man asking for the father's consent. It is the "first duty of the accepted suitor."

Gentlemen and Bundles

"Bundles," writes Mrs. Post, "do not suggest a lady in the first place, and as for gentlemen and bundles—they don't go together at all. Very neat packages that could never without injury to their pride be designated as 'bundles' are different. Such, for instance, might be a square smoothly wrapped box of candy, or books or a box of flowers of almost any size. Also, a gentleman might very well stagger under golf bags and suitcases—but carry a 'bundle'?" Not twice.

"And yet, many an unthinking young woman has asked an admirer to carry something suggestive of a pillow, done up in crinkled paper and odd lengths of joined string. Then she wonders afterward in unenlightened surprise why John or Mr. Nubear or Mr. Clubwin Doe, who is one of the smartest men in town, never comes to see her any more."

If Mrs. Post had been reading the Woman Who Sees she might have found the solution, which, as you may recall, is to let the gentleman put the bundles in the golf bag.

Pronunciation

Mrs. Post's passages on pronunciation are among her choicest. "It is fashionable," she says, "to copy London and say: Figger, cahfee, shedule, squer-il, la-boretatory, secretree and

lahng, for figure, coffee, schedule, squirrel, laboratory, secretary and long. But those who adopt these pronunciations should remember to adapt the rest of their speech to match. Otherwise the imported words will suggest velvet patches on native overalls."

There are, however, a few velvet patches to which she seems partial, and these, she insists, should be nice and velvety. They are the French words in common usage here. Amateur, for example, is not pronounced amachure. Say quickly I am at her house, and you can't help pronouncing amateur perfectly," she explains. And the 'underwaist worn by women is not a brazeer but a brassiere. Brass like in metal, and -fers like the slang 'yeah' for yes."

She takes up letter writing too. And one of her precepts is 'never, so long as you live, write a letter to a man—no matter who he is—that you would be ashamed to see in a newspaper above your signature.'

She adds that if you are engaged it's all right to write love letters, but she can't seem to forget the stranger in the woodpile. "Don't write baby-talk," she admonishes, "and other silliness that would make you feel idiotic if the letter were to fall into strange hands."

Hospitality

Mrs. Post's week ends are as fascinating as any of the entertainments she takes you to in the course of the book. In Newport, she says, even the most fashionable hostesses are really pretty rude. They pay no attention to their guests at all. When a guest arrives they say, "Oh, how do, Freddie (or Constance). They've put you in the Chinese room, I think. Ring for tea when you want it. Struthers telephoned he'd be over around 5. Mrs. Topicity asked you to dinner—hope that was all right. If not, you'll have to telephone and get out of it yourself. I want you to dinner tomorrow night and for lunch on Sunday. So sorry to leave you, but I'm late for bridge now. Good-by." And that's all. A Newport hostess at her best. But apparently Mrs. Post doesn't think much of it.

BREAKNECK PACE HARD ON LOOKS

It's Sheer Folly to Drive Oneself to Verge of a Breakdown

(By Antoinette)

We were reading some paralyzing figures recently on the number of women who annually land in sanatoriums with nervous breakdowns. Why should there be so much of this sort of thing today when any average woman has within her reach means of avoiding the terrific nerve strain?

Curiously, too, it isn't the woman with heavy domestic duties to perform who looms largest in the records. It isn't the woman who works hard as something she likes to do. It is the type of woman invariably with a good deal of time on her hands for thinking of herself, also the woman who goes at a breakneck speed from morning until night.

Maybe she is pursuing pleasure. Or maybe she thinks she is pursuing work but is doing it with so little system, so little energy reserve that she finds herself done up in knots at the end of the day.

When one finds that she is of the nerve wrecking class, why can't she slow down? Why can't she try to slow down before some doctor pronounces a sanatorium verdict? We are not talking from the health angle, understand, important as it is. It is from the beauty point of view we argue. Nothing wrecks one's looks and charm as do uncontrolled nerves.

The most important thing to do when the nerves are becoming ragged is to organize one's daily affairs so that trivial details will be ruled out. It's amazing what a lot of these

trivialities can be wiped right out with said organization. You waste a lot of energy in just talking.

Save that energy. When you begin to get tired or jittery cease that activity, and set about going limp as a rag doll. Limp arms, legs, the whole body. Relax the eyes. Let the lids drop. Don't work too hard to get the mind limp. The totally relaxed body will do it for you. You'll save an enormous amount of energy if you can acquire the trick of relaxing from head to foot for just a couple of minutes every two hours.

CHURCH SERVICES**Wilmot United Church**

Rev. Dr. J. W. Bartlett, officiated at services at 11 a.m. and 7 p.m. In the morning, Dr. Bartlett spoke on "What Everybody Wants." In the evening he used as his theme "A Sport Without a Smile." The sermon was of especial interest to those attending fairs and exhibitions. Dr. Bartlett dealt with the evils of gambling, the prevalence of vice at such times, and the temptations which gambling caused. No Sunday school classes were held, a united Sunday school service being broadcast by the Ministerial Association at 2.30 yesterday afternoon.

Gibson Memorial Church

Rev. W. A. Burge conducted services in Gibson Memorial Church at 11 a.m. and 7 p.m., and at Nashwaakiss at 3 p.m. yesterday. In the morning he used as his theme "A Man with one Groove," and in the evening service "Social Reconstruction."

Brunswick Street Baptist Church

Services were conducted in Brunswick Street Baptist Church yesterday at 11 a.m. and 7 p.m. Rev. Gerald W. Guion conducted both services. At the morning worship, Rev. Mr. Guion gave the second in a series of sermons entitled "Bridging the Gap," last evening's sub-head being "First Steps." In the evening he spoke on the "Religious Crisis."

St. Andrew's Presbyterian Church

"The Ideal Church," of "What the Church Ought to be" was the title of the sermon delivered at the morning service by Rev. Geo. E. Ross, D.D. yesterday. At 7 p.m. he spoke on "The Great Challenge."

Christchurch Cathedral

16th Sunday after Trinity. The Archdeacon preached at the morning at 11 a.m. and 7 p.m., and Sunday service while the Dean officiated at School was broadcast at 2.30 p.m.

ALL READY FOR
THE CURRENT CROP

Wonderful Plum Jelly Can Be Made Now.

(By Katherine Baker)

Do you remember the fable of the ant and the grasshopper? The grasshopper took the laziest way through summer, tasting and enjoying to the full each garden fruit as it ripened—but the little ant put some away for the days when fresh fruits would be gone. Winter came and the grasshopper went hungry, but the wise little ant reaped her reward as she gazed with pride at her plentiful stores. The moral of that little tale is so obvious that it needs no elaboration and a word to the wives is sufficient. A little extra work and foresight now will repay you well later on.

Luckily all fruits don't ripen at the same time—which makes it possible for the housewife to do up a batch at a time quickly and easily as the different fruits come on the market. Each month has its own particular harvest and right now plums are at their ripest and best.

Making jams and jellies is a tradition with most housewives but with the new modern short-boil methods of making them it becomes an adventure too. There is a glorious thrill and satisfaction in having a cupboard filled with a rainbow of jellies and jams. Bottled fruit pectin is the secret of the short-boil method and the secret of perfect jams and jellies.

Ripe Plum Jelly4 cups (2 lbs.) juice
7½ cups (¾ lbs.) sugar
½ bottle fruit pectin.

To prepare juice, crush thoroughly about 4 pounds fully ripe fruit. Do not peel or pit. Add 1 cup of water, bringing to a boil, cover and simmer 10 minutes. Place fruit in jelly cloth or bag and squeeze out juice. (The best plum jelly is made from sour clingstone plums. However, if sweet plums are used, substitute ½ cup of lemon juice for ½ cup of plum juice to give jelly the desired tartness). Measure sugar and juice into large saucepan and mix. Bring to a boil over hottest fire and at once add fruit pectin, stirring constantly. Then bring to a full rolling boil and boil hard ½ minute. Remove from fire, skim, pour quickly. Paraffin hot jelly at once. Makes about 11 eight-ounce glasses.

the evening worship. Services were conducted at 8 a.m., 11 a.m. and 7 p.m.

George Street Baptist Church

Rev. John Linton conducted the services at George Street Baptist Church yesterday. Services were held at 11 a.m. and 7 p.m., and Sunday School was broadcast at 2.30 p.m.

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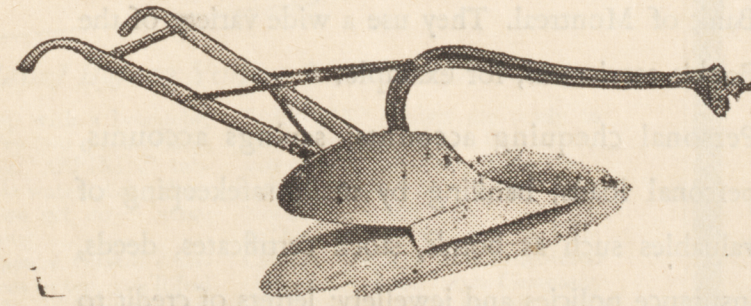
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Full information on the Home Improvement Plan and what it covers may be obtained from your local committee, your Provincial Chairman, your bank or the National Employment Commission, Ottawa.

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