

That Body Of Yours

Continued from page 2

long periods, producing sustained or continuous opening up of the blood vessels, and permitting more blood to carry away wastes. The patient's feet, legs, and pelvis (lower abdomen) are well protected with sheets of cotton-wool wrapped about the limbs and body. The electric blanket is next wrapped about the lower half of the patient's body and kept in position with bandages. The blanket is left in position for several weeks and the patient is taken out of it only for toilet purposes. The temperature between the cotton-wool and the skin is taken every four hours and is kept at 110 to 115 F. This type of heat application produces widening of the blood vessels with pronounced sweating. Additional salt and fluids are given to make up for this loss of water and salt. Patients tolerate this treatment well. They perspire profusely. Temperature and pulse rate increase slightly. The patient's mind and blanket treatment comforting and are definite about loss of pain and improvement in stiffness and they have more movement in the joints. In a series of 14 patients given this electric blanket treatment, there was a striking improvement in every case. Many of us fail to remember that heat is life.

CHRONIC RHEUMATISM AND ARTHRITIS

Sufferers with chronic rheumatism and arthritis will find many helpful suggestions as to diet, heat, massage and other aids in Dr. Barton's booklet entitled "Chronic Rheumatism and Arthritis." To obtain it, send 10 cents and a 3-cent stamp, to cover cost of handling and mailing, to The Bell Syndicate, Inc., in care of this newspaper, P.O. Box 99, Station G, New York 19, N. Y., and ask for your copy.

THE STARS

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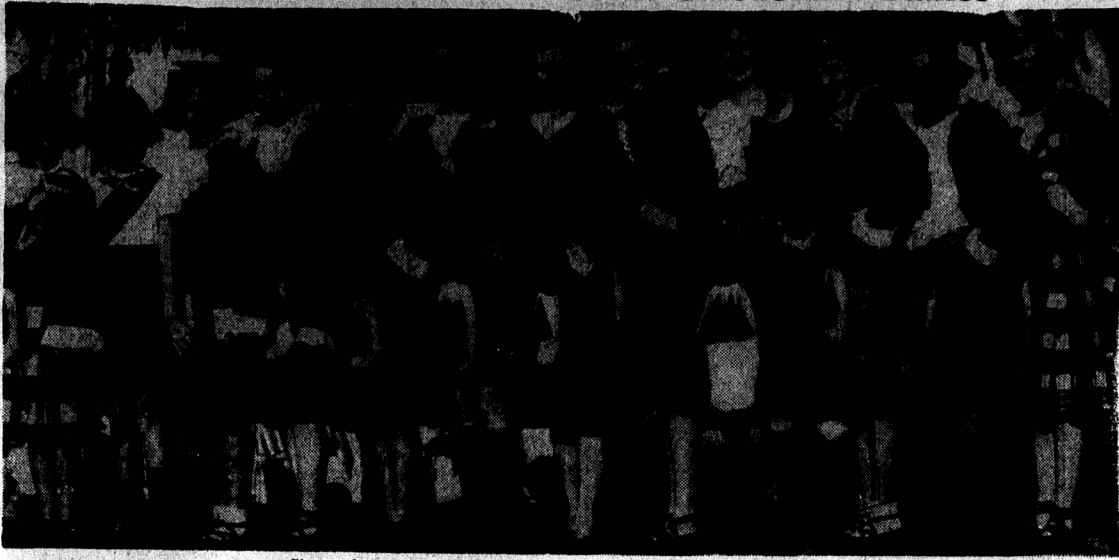
even thought the offer comes from interested or influential quarters.

For the Birthday

Those whose birthday it is, are advised that dependence on their own initiative, talents and potential genius, could thrive by silent secret activities or plans, as outside interference or gestures of co-operation could not be as productive as personal ingenuity, skill or experience. The way seems inviting for solo work of high potency and accomplishment. Astute action after profound study should win.

A child born on this day, while keen and versatile in mentality, sustained by sturdy power of insight and analysis, is likely to make its great success through its own unaided efforts.

Scottish Dancers at Recent Caledonian Games



ELLEN'S DIARY

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a bit fearful, clutching a protecting hand, in the strange surroundings. Their conversation would have it's lapses as they hurried along the intervening meadows and crawled between fence-wires until presently the roofs and chimneys and doors of home should appear and all would be well with the two.

And, as we bid farewell to this July's last week, which has been gracious to us and ours. James halloo to the dog, the sound somewhat disturbing in the tranquility of the hour, as he lets the cows from the stable to the night-pasture by pond-side. And now the evening spreads her incense, distilled in a choice mixture from the new-stored hay, the low growing white clover in the near meadow, and scent of linden and rose and lily and odd "night" plants in the border. We think now, if we were to close our eyes to our surroundings, by fragrance alone, we should still be able to recognize the season at hand. We listen in vain for the pend orchestra, the tuneful lays that for months have made our resting hours sweeter, but find a silence instead, broken only by the melody of the falling water through the gates on the dam. It is muted this evening reminding one of the far-away wash of waves on a shore.

A car moves outward along the hill and now with a crash which could be startling if it were not familiar to us, a truck lets fall its burden of logs in the quiet of the mill-yard. . . and moves off slowly

Show above are twelve of the Scotch lassies who danced in competitions at the annual Gathering of the Clans held on August 2nd at Strathgartney, P. E. I. From left to right they are: Barbara Kennedy, Winsloe; Margaret Hart, Victoria; Dawn Weeks, Winsloe; Norma MacLean, Winsloe; Beverley MacLean, Winsloe; Eleanor Hart, Victoria; Mrs. J. MacKinnon (Instructor) Winsloe; Beryl MacFarlane, Winsloe; Jessie MacGowan, Montague; Caryl Weeks, Winsloe; Barbara Stewart, Strathgartney; and Margaret Rodd, Winsloe.

along the old mill road, week's work at an end.

This has been a good week for the farm-folks at Alderley, one quite favorable to the haying. Excellent progress has been made at it, we recall, and if returns are not so abundant as we have sometimes had, they are nevertheless not at all scanty. Cows are filling and by way of added security for the stock, a first stack of the season stands up by a farm-lane. What delightful busy days the family has enjoyed with fine tangible and intangible gains for their labors this haying! With Jamie as a guest — and his brother part-time. And long, sunny hours . . . and quiet star-light . . . and the moon climbing above a fleecy cloud in the night-blue. But dusky the evening is now and James' steps are in the kitchen and he complains, "You'd think this place was deserted — not a woman about!" And now the lamp-light streams out through the open door, symbol for those of us abroad, of welcome, of security, of shelter and the attributes of home and peace. And thoughts going before us into our tomorrow, to contemplate "the ways Eternal," we might wonder:

"Dost Thou in Heaven call down to us— Down dim, eternal roads, and stand and wait To watch us coming up the tired way, Holding the gleaming rungs of Heaven's gate? I shall not mind what Life may do to me If evening brings a lighted door . . . and Thee."

Until Monday — — — Diary — Good-night. . . .

NEW DELHI, India, Aug. 4 — (AP) — Parliament approved today the policy of Prime Minister Jawaharlal Nehru supporting United Nations action in Korea.

CRAFT SUPPLIES

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Dorothy Dix Says

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happier than young ones. The first is, of course, that it eliminates many of the risks of marriage.

The boy and girl who get married, take a double chance on their marriages being successes. They not only do not know what the children they are marrying are going to turn into when they are grown up, but they have not the faintest idea of what they are going to be themselves.

The mature man and woman do not thus leave their fate on the knees of the gods when they marry. Their tastes and habits are formed. Their characters settled. And when they choose their mates, they are almost sure to pick out someone who has the qualities they desire, instead of trusting to luck that their husbands and wives will somehow, somehow, turn into what they want them to be.

Then, too, those who marry later in life are ready for marriage. They have had their playtime and they are fed up with running around trying to amuse themselves, and they are ready to settle down by their own firesides. They have had their fill of flirtations and light love. All they want is the enduring love of the one man or the one woman on whom they have set their hearts.

It is those who have married too young who regard marriage as a prison and long for freedom; who complain of domestic life being dull; who regard their children as brats and resent the time and labor they have to bestow upon them, and who wreck their homes by their philandering. They are still children and they still want to play about, and in their games they only too often pull their houses down upon their heads.

YOUNG LACK DISCIPLINE

Mature people also bring the discipline of life to marriage, and that is something the youngsters lack. They have learned self-control. They have learned how to play fair, how to give and take. They have learned tact in handling situations, how to give the soft answer that turns away wrath, and how to put things in a way that will rob them of their unpleasantness.

We talk about the adaptability of youth. There is no such thing. All boys and girls are intolerant. Determined to have their own way. Nothing but time and experience teaches us to walk around a stone wall instead of trying to butt it down with our heads. When you see a middle-aged couple who are always quarreling, it is the hangover from their early marriage when each was trying to make the other over according to his or her heart's desire, and when every word was the fighting word.

Those who have married late in life live in peace and harmony because they have learned how to adjust themselves to new people and new situations, and they know that their happiness depends upon their sidestepping each other's little peculiarities and handling each other with finesse.

The mature man and woman do not expect the impossible. They don't expect marriage to be an earthly paradise or for husbands and wives to be angels. Hence they are satisfied with a home that they have to build up with their labor, but that is a shelter where they are warm and safe and snug, and with husbands and wives who have a thousand faults, but who give them love and companionship and loyalty and fidelity. All of which boils down into saying that marriage is a game for adults. It is no sport for kiddies.

DOROTHY DIX cannot reply personally to readers, but will answer problems of general interest through her column.

AVONDALE W. I.

The regular July meeting of Avonlea W. I. met at the home of Mrs. R. G. Fleming. The meeting opened by singing Institute Ode and repeating the Creed in unison. Minutes of the last meeting were read and approved. Roll call was answered by sixteen members and several visitors were also present.

Cevandish sick committee was re-appointed; Rustico sick committee — Mrs. Leigh Warren and Mrs. Olaf Stevenson. Correspondence concerning the Blue Cross and a letter from the J. W. Windor Soc. Co. Ltd. were discussed. Delegates to the Annual Convention are Mrs. Wyand and Mrs. Roy Woolner. The Book Committee decided to have a meeting; it was

DAILY CROSSWORD

- ACROSS - 4. Opens (S. Pacific) 5. Close with greed 6. One who fails to win 7. Way 8. Crown of the head 9. Devoured 10. A number 11. Digging tool 12. Stolen 13. Wine receptacle 14. Became visible 15. Garden tool for making holes 16. Openings (anat.) 17. Apart 18. Native cavalryman (India) 19. Insane 20. Growing in pairs (Bot.) 21. Scooped 22. Send a head in greeting 23. Doctrine 24. Washed 25. Expectation 26. Covered with ivy 27. Bring down 28. Mal beverages 29. Sphere of action

- 22. Muse of lyric poetry 23. Ventured 25. Board of Ordnance (abbr.) 26. A faction 27. Ahead 28. Flex 29. Anesthetic 30. Bamboo-like grasses 31. God of thunder (Teut. Myth.) 32. Apron top 33. Hall! 40. Cravat 42. To be in debt 43. Enclosure 44. Epoch 45. Music note

Grid for the crossword puzzle with numbers 1-45 indicating starting points for words.

DOWN. 1. A mere task 2. Sayings 3. Cushion

DAILY CRYPTOQUOTE—Here's how to work it: A X Y D L B A A X R is LONG FELLOW

One letter simply stands for another. In this example A is used for the three L's, X for the two O's, etc. Single letters, apostrophes, the length and formation of the words are all hints. Each day the code letters are different.

A Cryptogram Quotation CLGCG MEL RERL EX CQR OPUM META FLEXJ MEL RERL EX CQR CQLXR—TZFRTT.

Yesterday's Cryptogram: LOOK, HOW THE WORLD'S POOR PEOPLE ARE AMAZED AT APPARITIONS—SHAKESPEARE!

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A. C. HOGAN, Owner and Manager.



suggested and moved that the books be bought according to the different grades' attendance. It was decided that Rustico section sponsor a play; the president was asked to phone the Stanley players. Collection amounted to \$270. A dainty lunch was served by the committee in charge and the meeting closed with the National Anthem. The August meeting will be held at the home of Mrs. Alfred Moore's on August 8th.

Maritimers For National H-Y Assembly

Hi-Y Clubs throughout the Maritimes will be represented at the National Hi-Y Assembly this summer. The Assembly will be held at the Y. M. C. A. Geneva Park on the shores of Lake Couchiching, Ontario. Assembly sessions will continue August 27 to September 1.

More than one hundred boys and several girls from Y. M. C. A. communities in every province will be present. The following eight boys and one girl will comprise the Maritime delegation: Saint John: Melville Deacon, Peter Daniels, Vernon Butt; Moncton: Malcolm Aikman, John Ward, Bill Jarvis; Charlottetown: David Scales, Phyllis Cutcliffe; Halifax: Martin Duckworth.

LONDON, Aug. 4 — (Reuters)—The annual August bank holiday exodus got under way today from English cities. Almost 1,000,000 people are expected to leave London by road and rail.

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