

Beauty and You

by PATRICIA LINDSAY



Older Women Should Not Wear Hair Hanging Long—Such Styles Add Years to Appearance.

The girl or woman past thirty who tries to look like Veronica Lake, is making herself look ridiculous. Any woman past thirty, and most girls past twenty-five, are a great deal more attractive if they wear their hair either in a short bob or done high and sleeky.

Even Veronica, if you want my opinion, would be prettier if she adopted a new coiffure. The chances are a movie press agent urged her to cover one eye to get publicity.

Now, there is something in starting a fad which is flattering to many women and one which gets pleasing publicity for its originator, but when a fad is ridiculous and a lot of senseless women adopt it the originator is only criticized, not glamorized. Men, parents, educators, physicians, beauty editors all criticize the silly fad of going about with long stringy hair and blind in one eye! And when a woman who is mature, adopts such a coiffure, she is regarded as being not quite smart!

Dignity Is Beauty

This tirade is sincere for nothing riles me so much as seeing a mature woman ape a teen-age child. And I regret to report there are quite a number of these women about today.

A woman should learn upon maturity, that dignity is beauty. A dignified appearance, a dignified poise, dignified thinking and dignified manners. Not stuffy, mind you, but dignified.

A woman who has the charm of dignity, actually charms, and one guesses at her age. Most guess she is younger than she is! She has learned the art of being truly lovely and living up to that loveliness.

She knows that as birthdays pass face muscles change, tiny experience lines appear, pigment of skin changes, eyes grow wiser and less startling. So she experiments with coiffures and cosmetics. She discovers that hair worn high keeps the face looking younger; earrings, a foundation lotion and well-chosen make-up, cleverly applied, hold the illusion of youth; eyes rested and touched up can charm; exercise limbs and keeps body graceful; studied mannerisms or copied mannerisms appear false; and that age has much in its favor! She meets her years with poise. She is greatly admired and never ridiculed.

(Released by The Bell Syndicate, Inc.)



That Body of Yours

By James W. Barton, M.D.

Daily Rests for Those of Middle and Old Age
For many years one of the standard

jokes about business executives was to have the inquiry office tell a caller that the executive was "in conference." When the joke was illustrated it showed the busy executive swinging a golf club in his private office, sitting reading with his feet on his desk, or perhaps playing a game of solitaire. Thus to be "in conference" meant that the executive was not busy but wanted to be considered so as it impressed all visitors. Of course, the truth of the matter was that the executive was really busy but the visitors business did not seem important enough to his secretary to have him disturbed by the visitor.

However, the day is not far distant when a visitor will be frankly told that the executive is "resting" and cannot be disturbed for at least a half hour to an hour. And in turn the visitor will recognize the need of the executive for his daily rest or rests and will readily wait or depart.

Why will this daily rest or rests be taken for granted? Heart disease now leads the list of causes of death in those of middle age or older. Men and women in the prime of life, useful to business and the community, are carried off by heart disease or apoplexy.

While the commonest cause of heart disease is weakness of the bloodvessels due to infections and sometimes to careless health habits, nevertheless once the condition is known and medication at treatment prescribed if needed, the most important part of preserving these useful lives, for possibly years, is rest, absolute mental and physical rest.

Whenever possible after an attack of heart stroke and brain stroke there should be weeks of bed rest, followed by rest about the home for some weeks, and then whenever possible, when the patient returns to his work in office or factory, there should be a half hour of rest in the morning and an hour in the afternoon.

The day is not far distant, however, when physicians, after making a physical examination, will, from their findings, not wait for an attack of heart stroke or brain stroke to occur before advising rest but will do so when the heart or bloodvessels point to mental and physical strain. This means that many middle aged or elderly men and women will avoid these diseases and have more years of usefulness on earth.

Why Worry About Your Heart?
Send today for Dr. Barton's helpful booklet on heart conditions entitled "Why Worry About Your Heart?", No. 102. Just send Ten Cents and a three cent stamp, to cover cost of handling and mailing, to The Bell Library, in care of this newspaper, Post Office Box 75, Station O, New York, N.Y.
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Lachute Watchman:—Interest was occasioned by a rare scene in the skies Tuesday (July 6) afternoon, when the sun, a new moon and a bright star were visible in full daylight—all within sweep of the eye.

Dr. Gill of Virginia, New President of Lions International

Annual Convention of Lions International Held Last Week.

Cleveland, Ohio, July 28 — Dr. E. G. Gill, of Roanoke, Virginia, was elected President of the International Association of Lions Clubs last week, at the closing session of the three-day streamlined Lions International annual meeting.

Secretary-General Melvin Jones, founder of Lions International, in making his report stated that 66,507 activities have been carried on by Lions Clubs in the 1942-43 fiscal year which closed June 30. Of these activities 21,759 were war activities — direct contributions to the United Nations war effort. The net increase in the membership of Lions International was 2,713, and 250 new clubs were added to the Association, making a total of 4,326 in fourteen countries Canada, China, Colombia, Costa Rica, Cuba, El Salvador, Guatemala, Honduras, British Honduras, Nicaragua, Venezuela, Mexico, Panama and the United States (including Hawaii, Puerto Rico, Virgin Islands and Alaska).

Dr. Gill is a physician and director of the Gill Memorial Eye, Ear and Throat Hospital at Roanoke. This

hospital was erected by him in 1926 and each year graduate courses for specialists are conducted, attended by physicians from all over the United States and Canada. For seven years, Dr. Gill has been a member of the Board of the Virginia School for the Deaf and Blind. He is Past President of the Virginia Society for Eye, Ear and Throat Specialists, and of the South West Virginia Medical Society, and is a member of the local, state and national medical societies. Dr. Gill was educated at Vanderbilt University, the University of Pennsylvania, and has studied extensively in universities abroad.

The new president has been very active in Lions' work. He was elected 2nd Vice-President of Lions International at the convention held in New Orleans in 1941, and served as Third Vice-President and two terms as a member of the International Board of Directors, and in his district has been Deputy District Governor and District Governor.

He is interested in outdoor life, fishing hunting and color photography. He is a Mason and a teacher in the Baptist Young Men's Bible Class. He is married and has three children.

Enjoyable Afternoon Spent by Women of Home League

The Home League held its weekly meeting on Thursday in the Salvation Army Hall and the members all spent a very enjoyable afternoon. The meeting was opened by Mrs. Paterson with

everyone partaking in the opening hymn and prayer.

The two quilts that the League has been working on are very near completion and are both intricate pieces of work. Many knitters were also present and their work is donated to the efforts of the Red Shield. A discussion

took place concerning present need for tolerance and the attitude of Dr. Shields regarding this.

A lunch and tea were served by Mrs. Berrigan and Mrs. Keats, and then Mrs. Paterson brought the meeting to a close, leading the final hymn and prayer.

Smiles:—"Come, come, Joan, surely you know if the world is round or square? . . . Mary, tell her!" "It's crooked, teacher," said Mary, darkly.

Toronto Telegram:—People still respect the law of gravity. You see the politicians had nothing to do with passing it.

Hear GEORGE McCULLAGH

President and Publisher, Toronto Globe and Mail

Thursday, July 29—10.30 p.m.

Friday, July 30—10.30 p.m.

CFRB and Network

His Subject:

"This Election Decides Canada's Future"



VOTE WEDNESDAY, AUGUST 4 FOR LOWER TAXES - BETTER INCOMES A SECURE FUTURE

The people of Ontario have much to gain from the Progressive Conservative programme, outlined by the Leader, George Drew, on July 8th after months of consultation with farmers, merchants, drovers and all classes of citizens all over the Province.

The Progressive Conservative Government will:

- 1 Establish county committees of leading farmers to plan production and distribution of farm products to meet domestic and foreign demands on a profitable basis—to assure for the farmers a fairer share of the national income.
- 2 Eliminate speculation in livestock by converting stock yards into a province-wide publicly owned service.
- 3 Relieve farmers and all home owners of one-half the school taxes.
- 4 Revise the whole provincial tax system to stimulate home improvements and house building.
- 5 To provide for every child all the education that can be usefully absorbed.
- 6 Introduce such vocational training in schools as will imbue farmers' children with pride in and love for agriculture as a basic and honourable calling; and fit them to make it in their own life time a more gainful occupation than it has been in the past.
- 7 Educate the rising generation to earn their own living and make their own way.
- 8 Improve the health of children by furnishing them with adequate medical and dental care.
- 9 Increase mothers' allowances and old age pensions.
- 10 Reduce the cost of electric power to farms and homes.

The rural population, which in more senses than one have their feet on the ground, will approve the note of authority and confidence which animates the Progressive Conservative platform. The farmers will welcome the advent of a strong aggressive administration to Queen's Park—an administration which will employ the most advanced economic and scientific methods to develop and utilize the agricultural, mining, forest, and other natural resources of the Province, to build up a strong provincial economy, furnish steady employment to men and women and establish social security for all classes.

The Progressive Conservative Programme affirms that the moral, spiritual and material welfare of Ontario will be best assured under British democratic institutions and within the British Commonwealth of Nations and Empire.

THE ISSUE IS NOW IN YOUR HANDS . . . VOTE FOR

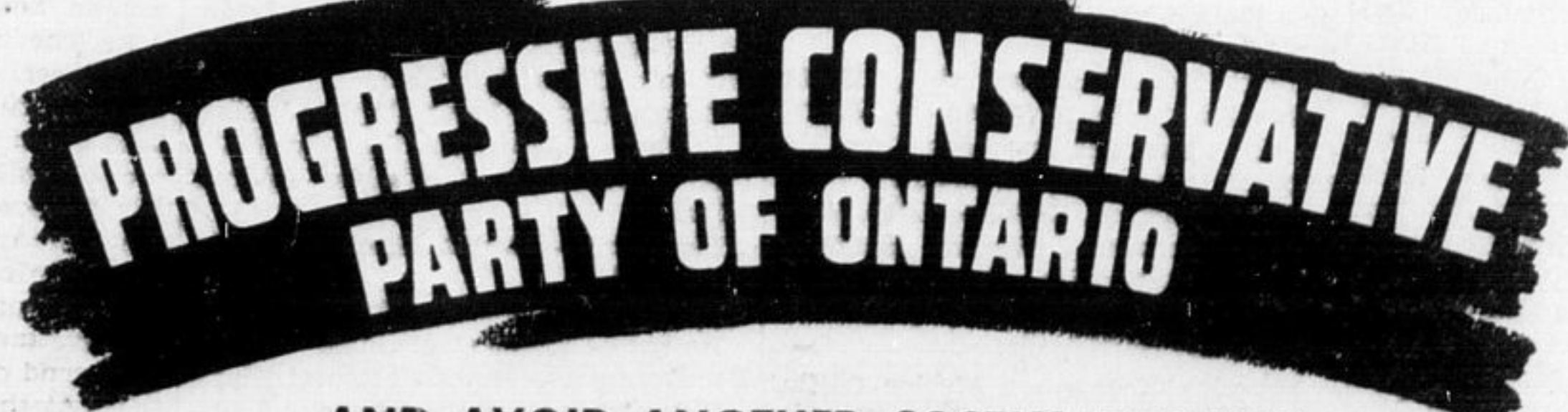
(1) The Progressive Conservative Candidate—(No Party in the history of this Province ever attracted a more representative group of candidates). The Party is pledged to carry out every commitment given in the Drew 22-Point Programme. Drew has faith in Ontario, faith in its people, faith in the future. Only Drew can win.

(2) We want and need a change—vote for a change—but weigh the facts. Don't vote for a party whose aims you have never studied or who would destroy individual property rights and everything else you hold dear. Drew's programme is clear and sound. Don't cast a vote that will set Ontario back 100 years. Vote to assure George Drew a strong working majority in the Legislature.

Take the necessary time off on Wednesday, 4th of August, and mark your ballot for the Progressive Conservative Candidate.

MAKE ONTARIO STRONG

VOTE FOR



AND AVOID ANOTHER COSTLY ELECTION

Published by Progressive Conservative Party of Ontario

MARK YOUR BALLOT

NEELANDS

X

YOUR BREAD IS EASY TO TAKE!

WITH ROYAL YEAST IT'S EASY TO MAKE

ROYAL YEAST CAKES

Only 2¢ a day ensures against baking failures!

WRAPPED AIRTIGHT FOR DEPENDABLE STRENGTH

MAKES PERFECT BREAD