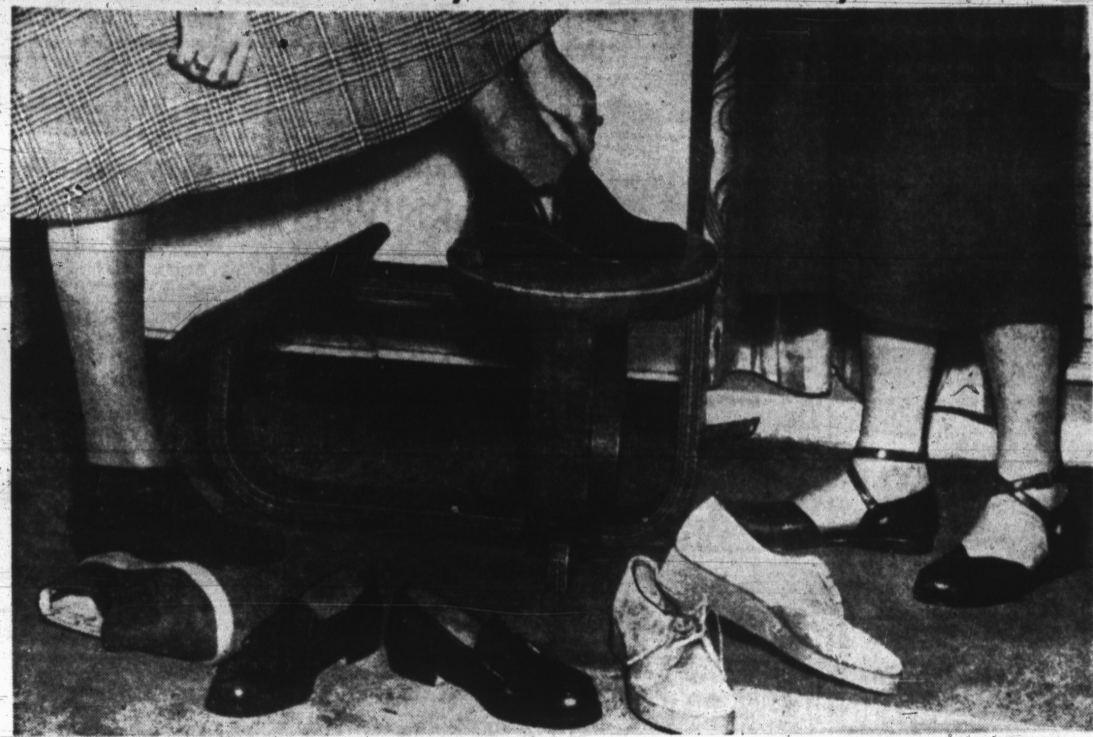


Casual Shoes Borrow Style Tricks From Dressy Footwear



By LOUISE FLETCHER, Times Woman's Editor

CASUAL SHOES, the footwear in which the younger set spends its daytime hours, are borrowing many of the style tricks seen in more dressy footwear. Penaljo's crepe-soled red leather oxfords (half a pair is visible at lower left) have the season's asymmetrical line in side-front lacing. The crepe sole is a wedge type providing a bit more heel height. These are \$9.95.

The high-rising boot-like look, another new note in shoe styles, appears in the wedge-heeled brown suede (worn by the model at left). The boot's calf "collar" dips at one side—the asymmetrical look again—and is fastened with narrow strap and buckle. The wedge in

this case rises to medium-heel height. These are \$16.95.

Even the classic moccasin has a new note in buckles which anchor the broad instep strap. These (center) are a Spalding and are \$7.95.

Camel's hair color, leading shade in fall sportswear, makes the Ruffglove oxford (second from right) by Joyce. Called the "Alert" model, this one has a wedge crepe sole tinted to match the upper. It's \$9.95.

Sandler of Boston makes the "Sissy Moc" (right) which adds criss-cross ankle straps to a V-throated, hand-sewn, moccasin-toed style. An open shank and tiny wedge heel enhance the "little girl" look of the shoes. They're \$8.95. All five styles are at Block's.

The Doctor Says—Diseases Affect Nails

Inflammation, Splitting Are Common Signs
By EDWIN P. JORDAN, M.D.

THERE ARE many diseases which affect the toenails or the fingernails or both. Some conditions which attack the skin primarily, such as psoriasis and ringworm, also often involve the nails.

There are several disorders which cause the nails to become loose, ridged, dull in color, or deformed which do not seem to be related either to the diseases of the skin or to any other general condition of the body.

One such disease comes from inflammation around the base of the nail. In this condition the soft tissue near the nail root becomes enlarged and sensitive. This is a form of inflammation in the sensitive tissues which is commonly called whitlow.

IT OFTEN causes the nails to become ridged and sometimes to separate completely and fall off. In the severest cases, the nail may have to be removed before the infection can be cleared up. Sometimes the nails tend to split for no apparent reason. Ringworm can affect the nails and may be difficult to cure. Psoriasis is another skin disease which may affect the nails and cause them to become pitted and deformed. White points, spots, streaks, or bands can appear in the nails.

The nails of either hands or feet can become thickened.

Teen Problems—Tips on How to Acquire Poise

By JEAN

EVERYBODY wants to have poise and self-confidence. And poise is the by-product of knowing exactly what to do and say. That's one of the solid rules of etiquette. If you know the ropes, you'll feel at ease. And you'll have a better time. Furthermore, you won't resort to gauche or vulgar or anti-social behavior to cover your embarrassment.

In conversation, knowing what to say is equally important. Oh, there's no pat answer to the question: "What shall I talk about?" But there are certain conversational props to lean on.

IF YOU'RE having a party, make a mental list of your guests' interests and attitudes. (Big-time hostesses actually keep written records on file!)

Then when Joan arrives, you may say, "How's the job coming?" Or, "I hear your mother is better. I'm so glad." Or, "Congrats and all that! I'm thrilled!" And for the benefit of others, you may broadcast—"Joan won the Junior Tennis Championship. Did you know?"

Even when you're not a hostess, provide yourself with conversational openers. Keep your mind alert to other people's interests. Hoard a stock of appropriate remarks. And bring them out at the psychological moment.



DR. ANSWERS—
Question: How can I find out whether there is a branch of the Society for Crippled Children in my city?
Answer: If it is not listed in the telephone book, you can write to the National Society for Crippled Children and Adults, 111 S. LaSalle St., Chicago 3, Ill.

Question: Is there any way to prevent beauty marks from appearing on the body? Is there any cure for these?
Answer: I am somewhat uncertain as to what it meant by "beauty marks." There are probably several kinds of skin blemishes to which this name is applied. Without knowing the nature of the skin blemish, it is impossible to discuss treatment.

Slim Styles Set for Fall

Get Relaxed Figure in Shape
WITH SLIM styles decreed for fall, there's no time to waste in getting a relaxed figure back into shape. Midriff, hips, stomach and thighs, particularly of a mature figure, usually respond to an ungrudging summer by getting out of line.

Breathing exercises will strengthen a lax diaphragm. Breathe in deeply, and without expelling air—breathe in again, and again. Hold this "packed" breath for a few minutes before breathing out to relax. Go easy at first.

Hip exercise should also be taken gradually. To begin: Lie flat on your back, arms overhead. Throw right leg over left and roll hip almost to the point of rolling over—but fall back. Reverse leg position. Keep all weight and roll concentrated on the hips.

There's an easy exercise for strengthening stomach muscles which may be done almost anywhere—while walking, working, sitting in a movie: Squeeze in stomach bulge, count a slow 10 and relax. Repeat. If you can make this habit-forming, a new little line will be your reward.

The thighs respond to this exercise: Sit down on floor, knees bent. Now bring one knee down after the other with a resounding smack. Start slowly and smack down faster and faster.

Eat Well for Less—Use Julep In Desserts

Timely Tips Given On New Recipe
By GAYNOR MADDOX

LIKE THE wonderful flavor of blackberries? Well, here's a dessert featuring that flavor. It uses blackberry julep, a new product that can be used either as a beverage or a cooking ingredient.

Plentiful for September are in black type.

BLACKBERRY JULEP CHIFFON PIE
One envelope unflavored gelatin, one-fourth cup cold water, three eggs, separated; one-half cup sugar, one tablespoon lemon juice, one-half teaspoon salt; one cup blackberry julep, one baked pie shell (9-inch).

Combine slightly beaten egg yolks, one-fourth cup sugar and lemon juice and salt in top of double boiler. Cook over hot water, stirring constantly, until mixture covers spoon. Add softened gelatin to hot mixture, stir until dissolved; add blackberry julep.

Cool until strupy; fold in stiffly beaten egg whites to which remaining one-fourth cup sugar has been added. Fill baked pie shell with mixture. Chill. Just before serving, top pie with whipped cream.

SUNDAY'S MENU—

BREAKFAST: Fruit cup (apples, pears, grapes), link sausage, toasted cheese bread, butter or fortified margarine, grape jelly, coffee, milk.

DINNER: Fricassee of chicken, steamed rice, green beans with almond butter, baked onions, hot rolls, butter or fortified margarine, raw carrot sticks, celery, blackberry julep chiffon pie, coffee, milk.

SUPPER: Chicken and tomato soup, cold cuts (sliced ham, sliced chicken) with sliced tomatoes and cucumbers, cheese, creamed potatoes, relish, baking powder biscuits, butter or fortified margarine, applesauce, tea, milk.

Dishing The Dirt

By MARGUERITE SMITH

Q—Could you please tell me if this purple flowering plant that is used in borders comes up every year or not? I don't know the name but the leaf looks like a mint leaf. It has a very small flower. It bushes and is close to the ground. Mrs. Gerald Niehaus, 1574 Whalen St.

A—This sounds like dwarf ageratum. The variety that grows bushily close to the ground is an annual. It must be started from seed or, to be sure of uniformly sized plants, from slips each spring. Another taller growing ageratum with the same kind of fuzzy lavender flowers is a perennial. It not only lives over year after year but grows thriftily in almost any soil or location.

Send questions on gardening to Mrs. Smith, The Indianapolis Times, Indianapolis 9.

Sorority to Meet

Mrs. Hazel Barnard, 1613 College Ave., will be hostess to the members of the Alpha Chapter, Kappa Beta Chi Sorority, at 8 p. m. Wednesday, Mrs. Ruth Fiddie is to be co-hostess.

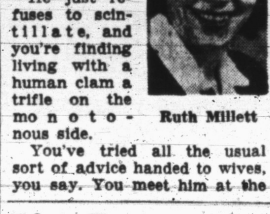
We, the Women—Can't Do Much With Silent Hubby

By RUTH MILLETT
NEA Staff Writer

SO, HE WON'T talk, eh? He comes home from work, hides behind the newspaper and opens his mouth only to tell the children to pipe down, to ask you how long before dinner, and may be to inquire if you finally remembered to send his blues suit to the cleaners.

He just refuses to scintillate, and you're finding living with a human clam a trifle on the m-o-o-t-o-u-s side.

You've tried all the usual sort of advice handed to wives, you say. You meet him at the



Ruth Millett

door with a freshly-lipsticked smile.

You ask him what kind of a day he's had, stifling the temptation to tell him just what a "stinker" yours are. You make small talk, throwing in all the amusing tidbits you've been saving up for him.

But all you get for your trouble are a few half-hearted "yeahs" and "nope."

Well, don't take it too hard. You're not the only wife with that complaint. In fact, it's one of the most common complaints of all.

AND THERE'S actually not much you can do about it. If you're married to a man whose idea of a pleasant evening is to sit and say nothing—nothing is what he's going to say.

Oh, you might occasionally shame him into straightening up and making a pretense of being more sociable. But tomorrow night he'll be right

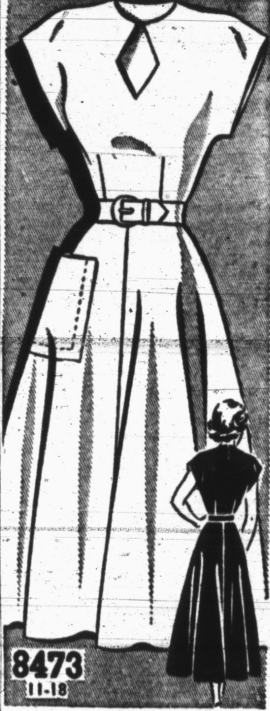
back to his own silent self.

So, if you're going to break the monotony of the evenings you'll have to do it all on your own. You can always invite friends in, and stir up a little conversation that way. You can always find yourself something interesting to read, something you won't mind the silence.

You might even make a game out of it, and see if you can't make him talk first. Though that's a hard game for a woman to win, even if she's the only one who knows she's playing it.

But if he won't talk—he won't talk. And the best answer is to talk yourself hoarse in the daytime—even if it's just over the telephone. And when 6 o'clock comes, prepare yourself for a quiet evening at home, consoling yourself with the fact that at least you know where your husband is—right over there in the corner behind that newspaper.

The Times Pattern Service



By SUE BURNETT

This striking date dress for juniors will be perfect for special occasions all fall. The keyhole neckline is so youthful and flattering; the huge patch pocket can have a bold applique or your monogram added.

Pattern 8473 is a sew-rite perforated pattern for sizes 11, 12, 13, 14, 15, 16 and 18. Size 12, 3 3/4 yards of 39-inch.

Send today for the new fall and winter Fashion; 64 pages of smart new styles, special features. Free pattern printed inside the book.

To order pattern or our Fashion Book, use the coupon.

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214 W. Maryland St.
Indianapolis 9, Ind.

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By MRS. ANNE CABOT

No matter the age of the man (or men) in your life, he's sure to favor this handsome checked-front vest and matching socks.

Easy knitting and fun to do, you'll be thrilled how quickly the set may be completed and without even a dent in your budget.

Pattern 5014 includes knitting instructions for sizes 36, 38 and 40, stitch illustrations, material requirements, sock directions, small, medium and large sizes and complete instructions for making and finishing.

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Remove Paint Easily
The handiest way to remove paint splatters from the flooring or sink is to dip a cloth in nail polish remover and simply wipe marks away.

Think About Wardrobe

By ALICIA HART
NEA Staff Writer

BEFORE GOING on a hog-wild spending spree for new hard-to-resist school clothes, sit down with pencil and paper and work out a wardrobe plan.

"Plan" is the key word for a teen-age clothes collection that must serve as the backbone of a college or work wardrobe. "Impulse buying" can leave you with a flat pocketbook and clothes that don't fit in with what you have.

No one starts from scratch. Salvage from last season's clothes every wearable garment that will still rate if combined with new match-mates. If a new coat figures on your list, plan your new school wardrobe around colors that match or harmonize with the coat.

Color Co-ordination
Color ties the various units of a wardrobe together. A complete wardrobe plan might be broken down as follows: a new solid color suit of simple style, an extra plaid skirt and a two-piece jersey dress. For this group, all items should be chosen to create one color union. That goes for the suit jacket, the jersey top to be worn with the suit, blouses and sweaters that may be selected to pick up the tones of the plaid, harmonize with the solids of the jersey dress or suit skirt.

If your color scheming is careful, one set of accessories, shoes, bag and hat, will carry off this turnabout wardrobe.

This planned wardrobe calls for the bulk of your money being spent on the best possible fabric for your basics. If there's little cash left for mad accessories and clothes fade, depend on your wits and ingenuity to keep ahead of your crowd on this score.

YOUR MANNERS—

Situation: You are expecting a caller who is bringing her small child.

Wrong Way: Make no preparation for the child.

Right Way: If you plan to serve refreshments to the adult caller, have something suitable prepared for the child, and if possible have something for the child to play with.

Situation: You are answering a letter from a relative or friend whose letters are rather fog and far between.

Wrong Way: Start out by complaining about how seldom he writes.

Right Way: Start out by saying how happy you were to receive his letter.



WOMEN'S HALF-SIZES
Pin-Money Dresses
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Colors:
Forest Green, Vintage
Wine, Chocolate Brown,
Victory Blue, Jet Black.

Two Beautiful Dresses

Famous New York Manufacturer
Gorgeous Rayon Crepes — Yours at **8.95**

A. A deep V-throat line, three quarter sleeves, double draped effect on the skirt and an added touch of self-material fly-away flaps on one shoulder.

B. Graceful sculptured lines with a draped skirt, three-quarter sleeves. The shirred shoulders develop into a lovely bodice.

These dresses are magnificently styled by a very well-known New York manufacturer—designed to assure you perfect fit, smooth graceful lines, high fashion! Tailored of rich rayon crepe in autumn's newest and most splendid colors. Each dress is a simple, beautiful manipulation of fabric, of fine and handsome details, of such superb quality, you'll surely want more than one at this outstanding low price! Sizes 14 1/2 to 24 1/2. Shop early! ...

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