

Woman's Realm Social and Personal Fashions Literature

Dorothy Dix Says

YOU ARE APPRECIATED ONLY AS YOU EARN RIGHT TO BE

Are You One of Those Persons Who Constantly Cast a Shadow of Doubt Or Discontent On Those About You?

Will any one be glad when you are dead? Will your funeral be the day of commiseration for somebody? You are shocked at the mere suggestion of such a thing and say, of course, not, but you haven't an enemy in the world. And you point with pride to your record as a model citizen and a member of the church in good and regular standing. And you never stop to ask yourself if you are taking all the sweetness out of life for somebody; if you are not the shadow that shuts out the sunshine of some one's day; and to wonder if they are not humanly bound to look forward to a time when you will not be the fly in their ointment. Of course, neither you nor they put it that crudely. You breathe the thought in glittering generalities. You say: "Of course, we can't make any changes in the house now because Grandma is against all new-fangled ideas, but when she passes on we will make it over and put in air conditioning." Or you say: "If anything should happen to Maria, I'd spend my winters in Florida. Or, if I wasn't tied down with James, I'd travel a lot." Or—but you get the idea.

Perhaps you are it without knowing it. The stumbling block in somebody's happiness. Maybe you are nagging a wife. Maybe you treat your husband like a morose child. Maybe you tell him when to rise up and when to sit down, and when to speak and when to keep silence. Maybe you buy his clothes for him, and supervise his diet, and he hasn't as much personal liberty as a dog on a leash.

Watch Your Actions

Because he doesn't take you over the head, or murder you in your bed you think he doesn't resent your henpecking. You may even decide yourself with the belief that he loves you and is grateful to you for running his life for him, and you wonder what will become of him if you should die.

Well, did you ever notice what happens to those poor, downtrodden slaves when their Maries are gathered to the angels? They straighten up their shoulders and get a collegiate haircut and buy some good clothes and look about 20 years younger. There is no such rejuvenating process known to science as becoming a widow.

Maybe you are a grouchy, tyrannical husband with a padlock on your pocketbook. You put yourself on the back and think you deserve a medal for being a good husband because you clothe and feed your family, but you do it so begrudgingly that the very bread they eat is bitter and they would spit it in your face if they dared. You treat your wife as if she were an unpaid servant. You never show her any affection or kindness. You say insulting things to her. She never has any personal liberty and she has to wobble and cajole and use the methods of a courtesan to get the money for a new hat out of you. She takes your treatment as a cause she has no means of supporting herself and the children, and you think that she is down on her knees thanking heaven for having given her such a husband.

But did you ever observe the wonderful Christian fortitude with which so many widows bear the loss of their husbands, and how soon they chirp up and begin to face notice? Maybe you are one of the old people who think that age gives them the privilege of being disagreeable any second. Maybe you are one of the possessive mothers who has kept her daughter in slavery to her until she is old herself, or who has kept her son from marrying the woman he loves.

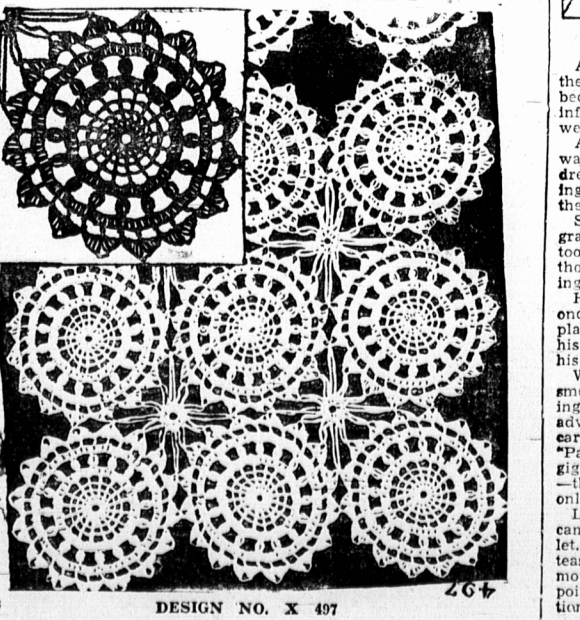
Don't Be Niggardly
Maybe you are one of the tight-fisted fathers who holds on to every dollar until death severs him from him. Maybe you see your children struggling, perishing for the help you are too stingy to give them. A sick daughter dying for the medical attention that would

A Morning Smile
PROBABLY Mrs. Brown and Mrs. Green were having a few words, and "compliments were the order of the day." Mrs. Brown—Mrs. Green, you have got good stockings on. Mrs. Green—Yes, dearie, I can understand that surprising you, but that often happens to ladies wet 'ave more than one pair!

COLDS
FIGHT MISERY where you feel it—rub on fast-acting VICKS VAPORUB FOR TABLECLOTH OR BEDSPREAD

THE UNUSUAL COMBINATION of a spider web and wheel design creates a handsome pattern for a tablecloth. Pattern No. X 497 contains complete instructions. To order this pattern, send 15 cents in coin or stamps to Needlework Bureau, Charlottetown Guardian, To Charlottetown Guardian, Needlework Department.

Design No. X 497



Design No. X 497

NAME _____ STREET _____

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A NEW NOSE FOR 30¢

Why suffer unnecessarily from sniffing, stuffy nostrils... sore membranes... choked, watery eyes? Mentholatum will bring you quick relief of your nose. Mentholatum... nasal irritation... helps check gathering of mucus... Ask your druggist today for Mentholatum, Jars or Tubes, 30c.

MENTHOLATUM
Gives COMFORT Daily

THE COOK'S CORNER

ONION SOUP

1-3 cup butter
1/2 cup sliced onion
1 cup grated Swiss cheese
1/2 cup water, add onions and cook until lightly browned. Stir in grated cheese. Blend in:
1-2 cup brewed flour
Gradually add:
5 cups meat stock or water
Stir until thick and smooth
Season to taste with salt and pepper. Simmer 15 to 20 minutes. Serve hot with additional grated cheese sprinkled on top.

CHEESE EGG SCRAMBLE

8 slices bread
1 cup lukewarm milk
Cut bread in cubes, add milk and soak 5 minutes. Combine with:
2 tablespoons butter
Fry until lightly browned. Combine:
3 eggs, well beaten
3 teaspoon salt
1-8 teaspoon pepper
3 tablespoons grated Swiss cheese
Pre-heat bread and cook over low heat until set. Serve at once.

TAKE NO CHANCES WITH BABY'S COLD

DON'T LET your baby's little cold develop into something worse. Let Mrs. Cec. Melby of Scarborough tell you what to do. "My baby has 26 months colds, a nasty cold, and I tried Baby's Own Tablets and she threw this cold off quicker than ever before. I certainly am for Baby's Own Tablets from now on."
Baby's Own Tablets are safe and sure in their action. Effective against the cause of baby's trouble. Effective against colds, coughs, croup, bronchitis, constipation, simple fevers, diarrhoea, upset stomach, colic, teething, irritability, simple cramp and other complaints. All infants are utterly free from opiates and sleeping drugs. An analyst's report is given in each package. Sickness so often strikes in the night. 25 cents. Your money back if you are not satisfied.

POPULARITY THE REWARD OF THE SMOOTH-MANNERED



A popular pair, these two find they enjoy going places together, because each knows the other is informed on etiquette, will do the well-bred thing to come from the dressing room. Then, after saying "Good evening" to their hostess, they have the first dance together. She places her partners by the gracious way she says "I enjoyed it too" when thanked for a dance—though she doesn't applaud, knowing the girl doesn't usually. He asks his hostess for at least once dance. When the orchestra plays "Home Sweet Home" he takes his partner to her escort, then takes his own date to the dressing room. When smooth, well-mannered ways of doing things, you're at such a disadvantage. Scrambling out of a car ahead of your beau, saying "Pardon ME" instead of "Sorry" let. Tells what's correct at parties, teas, the theatre; when visiting, motoring, travelling, dating. Has pointers on introductions, invitations, telephone etiquette. Send 20c in coins for your copy of Etiquette: The Correct Thing To Do To The Guardian Home Service. Be sure to write plainly your Name, Address and the Name of booklet.

Name _____ Street Address _____

Living & Leisure - The Woman's Realm

OUTSIDE YOUR KITCHEN
Scrub and sweep—but lift your eyes. Sometimes, to the wide blue skies; Shake your dustier out and see—Thus shall beauty have a part. These, like you, have work to do, But they make life lovely, too.

Spare a moment, just to look Farther than your cockery beck; Do not let the humdrum things Blind your eyes to stars and things—Thus shall beauty have a part. In your home and in your heart! —Claire Ritchie.

Coats panelled in furs again spell authority for straight fashions. Suits have skirts which are stam-like with the pelium flare or a band of creases to accept the straight cut or a long line buttoned up in the 1880s manner.

Let us be of good cheer, remembering that the misfortunes hardest to bear are those which never come. — J. R. Lowell.

A LAMP AT EVERY CHAIR
Here are four simple rules to follow if you would have your living room really "light conditioned" for the winter evenings ahead.
Every easy chair needs a lamp light or a light between two chairs that makes every chair useful for reading or working. It creates a balance in lighting effects.
Then remember that white or light lined lamp shades will mean much greater reflection of light.
Third be sure you have the right sized bulbs. A reading lamp, if it has two bulbs, should have them 60 watt. If the lamp has only one bulb, have it a 100 watt. If it has three bulbs, each bulb can be a 40 watt.
And last but not least, don't forget the importance of general room illumination. Avoid those dark, settling "islands" of light which are hard on the eyes and make a face seem longer. That is, unless roll it at sides of the head as thick a shade pompadour puff above the forehead.
Then the right shade length for every figure. (The proper way to decide how short your skirt should be is to turn up the hemline of a skirt and then get a bar view of yourself in a full-length triple mirror. There are no rules and regulations. The matter is an individual one, depending completely on the shape of your legs.)

POTATOES SHOULD BE SMOOTH
When purchasing potatoes avoid those that are withered, sprouted, leathery or showing green discoloration. Blemishes, called "cut" or "rot" potatoes, are firm, shallow-eyed, thin-skinned and smooth. Large potatoes are best for baking, medium-sized for ordinary use and small, uniformly shaped potatoes, for salads and stews.

PICK FLATTERING COLORS AND STYLES
The smart shopper for fall clothes picks colors because they are flattering to her skin, hair and eyes not simply because she has heard they are popular and being worn by the "best people". She considers the newest, most widely discussed colors for fall, of course, but she doesn't wear them willy-nilly, whether they are becoming or not.
In addition, she remembers that: The new "handaged neckline" look on dinner dresses just isn't flattering to the large-hipped figure.
"Plunging necklines" are not for the thin-necked woman with a rather flat chest.
If she can have only one street hat, it would be a mistake to buy a conspicuous model of leonard or scarlet feathers. Only these with fairly extensive wardrobes can afford items that are too easily recognizable.
Shell pink and other light shades of polish nowadays are seen on the nails of some of the smartest. They are a safe bet to wear scarlet or deep wine polish in order to feel fashion-light. It's a season to suit your own taste in nail lacquer as well as dress colors.

SKIRT LENGTHS
A pompadour collar often makes a face seem longer. That is, unless roll it at sides of the head as thick a shade pompadour puff above the forehead.
Then the right shade length for every figure. (The proper way to decide how short your skirt should be is to turn up the hemline of a skirt and then get a bar view of yourself in a full-length triple mirror. There are no rules and regulations. The matter is an individual one, depending completely on the shape of your legs.)

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Tested Recipes

APPLES FOR HALLOWEEN

Halloween will soon be here, and once again children will be donning fancy costumes and taking faces and ringing door bells in the neighborhood. Be prepared for these young visitors with a supply of apples.

Apples and Halloween parties naturally go together. Ducking for apples is good fun for this special occasion, and there are a number of ways of serving apples which will always prove popular at the Halloween party. The Consumer Section Marketing Service, Dominion Department of Agriculture, makes a few suggestions:—

TAFFY APPLES

2 cups sugar
1 teaspoon older vinegar or 1/4 cup corn syrup
1 cup water
Cook sugar, vinegar or corn syrup, and water, in small saucepan, stirring until sugar is dissolved. Boil without stirring until syrup forms a hard brittle when tested in cold water. Remove syrup from fire and set over a pan of boiling water. Add a few drops of red vegetable coloring. Wash and polish medium sized apples. Insert a wooden skewer in blossom end of each and dip apple in syrup, turning until well coated. Place on waxed paper until cool.

APPLE SAUCE CAKE

1/2 cup butter
1 cup sugar
1 egg
1 cup unsweetened apple sauce
2 cups flour
1-4 teaspoon salt
1-4 teaspoon baking powder
1 teaspoon baking soda
1-2 teaspoon clove
1 teaspoon cinnamon
1 cup raisins
1/2 cup chopped nuts (optional)
Cream butter, add sugar gradually and beat well. Add beaten egg and apple sauce. Mix and sift dry ingredients, drying raisins and nuts in part of the flour. Add to first mixture. Pour into buttered cake pan in a medium oven 350 degrees F. for about 50-60 minutes, or until cake is done.

APPLE BAVARIAN CREAM

1 tablespoon granulated gelatin
3 tablespoons cold water
2 egg yolks
1/3 cup sugar
1 cup hot milk
1/2 cup apple sauce
1 tablespoon lemon juice
1-2 cup whipping cream
Soak gelatine in cold water. Beat egg yolks slightly. Add sugar and hot milk and cook in double boiler, stirring constantly until mixture thickens and coats the spoon. Dissolve gelatine in hot custard. Cool and add apple sauce and lemon juice. Chill. When partially set, fold in whipping cream, pour into moulded moulds and allow to set.

Canada was the leading country in the world in the export of wheat in 1939, whereas in 1938 she occupied third place, Australia being first, and the United States second.

APPLE TURNOVERS

Roll out pastry. Cut into rounds about size of a slice. On half of each round place a layer of thinly sliced apples. Sprinkle with sugar and cinnamon and dot with butter. Moisten the lower edge of the pastry with water. Bring the other part over the apples and press edges well together. Prick the top of crust to allow steam to escape. Bake in a hot oven 400 degrees F. for about 20 minutes. Bring the other part over the apples and press edges well together. Prick the top of crust to allow steam to escape. Bake in a hot oven 400 degrees F. for about 20 minutes. Bring the other part over the apples and press edges well together. Prick the top of crust to allow steam to escape. Bake in a hot oven 400 degrees F. for about 20 minutes.

APPLE MOUSSE

2 cups grated apple (4 medium apples)
1/2 cup fruit or fine granulated sugar
1-2 pint whipping cream
Grate the unpeeled apples. After grating a small amount of apples measure and sprinkle with part of sugar to prevent discoloration. Continue grating until 2 cups apple is measured. Whip cream and fold into apple mixture. Pour into freezing tray of mechanical refrigerator and freeze, or put in a mould, covered with buttered paper and tight-fitting cover, and pack in ice and salt (6 parts ice to 1 part salt). Let stand 4 to 6 hours. Serves 6.

APPLE SAVANNAH CREAM

1 tablespoon granulated gelatin
3 tablespoons cold water
2 egg yolks
1/3 cup sugar
1 cup hot milk
1/2 cup apple sauce
1 tablespoon lemon juice
1-2 cup whipping cream
Soak gelatine in cold water. Beat egg yolks slightly. Add sugar and hot milk and cook in double boiler, stirring constantly until mixture thickens and coats the spoon. Dissolve gelatine in hot custard. Cool and add apple sauce and lemon juice. Chill. When partially set, fold in whipping cream, pour into moulded moulds and allow to set.

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THERE is something inexpressibly enjoyable in a "real" cup of tea. Its uplift is much too precious to be missed. Why then take chances? KING COLE with its wonderfully consistent record of service can always be relied on for that rich flavory tea tang that comes only from fine teas expertly blended. Nothing on your table rewards you so fully as fine tea.

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Your Individual HOROSCOPE
By Frances Drake

For Wednesday, Oct. 13th
MARCH 21 to APRIL 20 (Aries) — Friendly vibrations for industrial, mechanical and other activities from which revenue is obtainable. Legal interests also favored. Some changes may be necessary. Work hard.
APRIL 21 to MAY 20 (Taurus) — You'll need to be intuitive, active and progressive to a accomplish right today. Put new ideas into circulation. Inventive and executive ability will bring results. Patiently push ahead.
MAY 21 to JUNE 21 (Gemini) — Stimulating and encouraging for the unusual versatility and originality inherent in you. Gemini's who have developed your natural gifts. Launch new projects, investigate new methods and processes that make for improvement.
JUNE 22 to JULY 23 (Cancer) — You can make a go of your ideas and plans today if you view things in an impersonal manner. Don't permit emotions to rule your judgment or dictate your course of action. Favorable for business in general, dealing in public interests, travel.
JULY 24 to AUGUST 23 (Leo) — Mixed vibrations tending to confusion and hasty action. Take the proper time to investigate professional and essential tasks than for expansion. Shop for values. Don't disregard valuable suggestions. Be interested in public matters.
AUGUST 23 to SEPTEMBER 23 (Virgo) — Shop keepers, antique dealers, art critics, dieticians, nurses, physicians, scenario writers, critics among the many favored this excellent "Virgo day". Don't neglect social obligations.
SEPTEMBER 24 to OCTOBER 23 (Libra) — More favorable for study, plans, finishing incomplete matters and essential tasks than for the starting new enterprises that can wait until after these duties.
OCTOBER 24 to NOVEMBER 22 (Scorpio) — Favorable indications today for realizing personal ambitions, improving artistic talents, making social progress. Extend yourself to reach new heights in your profession.
NOVEMBER 23 to DECEMBER 22 (Sagittarius) — Not a period for showy attainment or gains through selfish intent but surely you can advance appreciably in any worthy undertaking by sticking close to it and giving it your full efficiency.
DECEMBER 23 to JANUARY 21 (Capricorn) — Hazards to avoid: extravagance, scattering your energies on too many activities or purposeless projects; overstraining. Good results will come through moderation and patience.
JANUARY 22 to FEBRUARY 20 (Aquarius) — Today's stars advise against haphazard guesses in

Needlecraft - For The Home

The smart matron instinctively chooses simple dignified frocks, restrained in detail, well-bred in cut. This go-everywhere dress for larger sizes incorporates these features in a flattering design suitable for either silk or wool. If you're the tailored type, you'll choose the trim pointed collar. If you like a softer look about your face, the little shawl collar will be more suitable. Either version is right for morning or afternoon. You'll welcome the graceful bodice treatment and the smoothing "easy" skirt.
Style No. 2679 is designed for sizes 36, 38, 40, 42, 44, 46, 48 and 50. Size 36 requires 4 yards of 39-inch material for dress with pointed collar.
Send Twenty (20c) coin, is preferred, for pattern. Write plainly your Name, Address and style number. Be sure to state the size you wish.
Style No. 2679 Size _____



Name _____ Street Address _____ Province _____

VESSELS TAKEN OVER

ST. JOHN'S, Nfld., Oct. 28.—(CP Cable)—Four wooden vessels of the dragger type, ranging from 77 to 214 tons, and built originally for the Newfoundland government, have been taken over by the British Admiralty officials announced today. Ten others also will be constructed for the Admiralty.
In the first seven months of this year, Italy imported 7,900,000 tons of coal of which 6,000,000 came from Germany.
Keep Minard's in the home.

2679 SIZES 36-50