

Woman's Realm :- Social and Personal :- Fashions :- Literature

CONSTIPATION THE CAUSE OF BAD SKIN

Get Natural Relief With Kellogg's ALL-BRAN

Rid yourself of constipation! The longer it lingers, the greater the poisons it sends through your body—poisons which can undermine your health and lead to many serious diseases.

The work of constipation shows in the face—pimples, pasty or sallow cheeks, dark circles. It brings headaches. Causes spots before the eyes. Unpleasant breath. But you can get prompt relief and prevent it by eating Kellogg's ALL-BRAN today.

After all else has failed, thousands have regained their health with Kellogg's ALL-BRAN. Because it is 100% bran, it is 100% effective. Part-bran products bring only "part" results.

Doctors recommend it—and Kellogg's ALL-BRAN is guaranteed. Just eat two tablespoons daily—chronic cases, with every meal.

Ready-to-serve with milk or cream. You will like its crispness and flavor. Use in cooking. Sprinkle into soups. Made by Kellogg in London, Ontario. Served by hotels, restaurants, dining cars. Sold by all grocers.



IN MEMORIAM

MR. JOSEPH NOONAN

Residents of Albany and surrounding communities were shocked and deeply saddened on the evening of Sept. 11, when they learned that Joseph Noonan had passed away at the advanced age of eighty-three years. About three weeks ago he contracted a severe cold and although he seemed to be gaining strength, an attack of heart failure proved fatal despite all skill on the part of the attending physicians.

When it became apparent that the end was near his physicians and pastor were hastily summoned and with their comforting presence and the members of his family at home he passed away peacefully to his eternal reward.

In religion he was a faithful adherent of the Roman Catholic Church, and was fortified by the last rites a few days previous by his pastor, Rev. W. E. Monaghan who visited him frequently during his illness.

In politics he was a life-long supporter of the Conservative Party, giving his time without stint to the interests of the party.

Throughout his life he took a deep interest in Education, and put forth every effort for the advancement of the school.

In his home he was a kindly host, not only to his wide circle of friends but the weary traveller partook of his hospitality as well and the needy seeking alms, always found him a generous giver.

There are left to mourn the loss of a devoted husband and father, his wife nee Johanna Condon, four sons and five daughters and an adopted

In their lunch boxes they'll welcome a can of tasty

Ben's
PORK & BEANS
HOME MADE STYLE

Kayser "Slendo" Heel Stockings \$1.50 here at

This is the latest production of the famous KAYSER mills shown here at the same time as in Montreal and Toronto. All the new colors, over the counter or by mail \$1.50



Moore & McLeod Ltd.

What the Fashionable Are Wearing

Illustrated Dressmaking Lesson Furnished With Every Pattern

By Anabelle Worthington



A sports weight linen in lovely soft brown with maize dots adopts bolero treatment that is decidedly one-sided, with sash ends joined to underarm seams and tied in bow. The skirt sways so prettily cut circular and joined to diagonal yoke top. Shirring at left front shoulder provides decorative note and fulness. Long sleeves have perforations to be made short, if desired.

granddaughter, Mary Olive Noonan. The sons are: George, Winnipeg, Joseph A. Druggist, Chicago, O'Connell, Searletown and Grattan at home. One son Emmet, predeceased him twenty years ago. The daughters are: Elizabeth, Principle of Sprout-Shaw School, Victoria, B. C. Mrs. Stephen Hughes Bradalbane, Mrs. Arthur Green Albany and Harriet and Lou at home.

The funeral took place on Saturday morning to St. Peter's church, Seven Mile Bay, and was largely attended. The services were conducted by the pastor.

The Pall-bearers were:—D. B. McDonald, John Myers, Percy Allen, W. P. Cameron, James Johnston, W. E. Noonan.

The following are the Mass Cards:—Elizabeth Noonan, 3. George Noonan, 3. Mr. and Mrs. J. A. Noonan Chicago, 3. Mr. and Mrs. Grattan, Noonan, Mr. and Mrs. O'Connell Noonan, Mr. and Mrs. Arthur Green, Mr. and Mrs. Stephen Hughes, Mrs. Joseph Noonan, Lou Noonan, Harriet Noonan, Mary Noonan, Catherine Noonan, Chicago. George and Jeanette Noonan, family of Mr. and Mrs. A. C. Green, Mr. and Abraham Noonan, W. E. Noonan, Mr. and Mrs. J. M. Noonan, Mrs. W. A. Noonan and family, Mr. and Mrs. Daniel Noonan and family, Mr. and Mrs. Frank Noonan, Mr. and Mrs. James Johnstone, Mrs. George Green and family, Mr. and Mrs. Alex. Deegan, Mrs. William Deegan and family, Mr. and Mrs. Joseph Hughes, Emerald Miss Edna Green Mrs. Elizabeth Gallant, Charlottetown, Mr. and Mrs. S. W. Delaney, Gerlie McMahon Moncton, Mrs. James McMahon, Moncton, Mrs. B. McInnis Moncton, Mrs. William McDonald, Moncton.

Wreaths:—Elizabeth Noonan, Albany Village Institute, Mrs. Percy Campbell, Mr. and Mrs. Andrew Noonan Mr. and Mrs. Loman Noonan, George and Lorraine Noonan, (Spray.)

Style No. 2948 makes an excellent school frock for the girl who knows smart clothes. It is very inexpensive too. In the 8-ya. size, 2 1/2 yards of 40-inch material is sufficient to copy it exactly. It is designed in sizes 6, 8, 10, 12 and 14 years.

Brown and white, checked gingham with the one-sided bolero which is neatly an over blouse caught in at shoulder and armhole made of plain brown pique is strikingly chic and serviceable.

Nile green cotton pique with bolero and necktie piped in yellow is very attractive.

Orchid chambray, pink shantung, wool challis in yellow-beige and brown tones, French blue dimity with white polka-dots, and red and white printed pique are effective combinations.

It is just about perfect in tomato red crepe de chine with the little bolero jacket of navy blue crepe.

Printed crepe de chine in Royal blue tones with tan is very smart.

Navy blue wool crepe is very fashionable for travel or school days. Pattern price 15 cents. Be sure to fill in size of pattern. Address: Pattern Department, The New Fall and Winter Fashion Magazine is 15 cents, but only 10 cents when ordered with a pattern.

No. 2948. Size

Name

Street Address

City

State

Household Hints

By Roberta Lee

Shoe Tongues

It is very annoying when a shoe tongue persists in slipping to one side, but if two short slits are cut near the top of the tongue, about a quarter of an inch apart, and the lace is slipped through these slits before inserting through the top holes, the trouble will be overcome.

Gasoline

To deodorize gasoline add five or six drops of oil of sassafras to each quart of gasoline used.

Rings

To clean set rings use a soft brush dipped in warm soap water.



Hair that sparkles!

No one can deny the importance of having the hair arranged in the style best suited to the individual type. Much of the effect is lost, however, unless the hair is kept soft, abundant, lustrous.

A million busy women and girls know the easiest way to keep the hair in perfect condition is with Danderine. The first application will show you how marvelously it removes excess oil from the hair; cleanses it; makes it sparkle with new life and lustre. It's so simple to use Danderine. All you do is put a little on your brush each consistent use of Danderine will dissolve the worst crust of dandruff; soothe, heal the scalp; stimulate the growth of long, silky abundant hair.

Danderine isn't sticky or oily; doesn't show. It makes the hair easy to manage; holds it in place for hours. "Set" your waves with it and see how much longer they stay in.

Danderine
The One Minute Hair Beautifier
At All Drug Stores—Thirty Five Cents

Deplores Our Useless Vanity // Dorothy Dix // Why Do We Avoid Criticism?

"Wouldn't it Turn About Half the Men and Women Who Are Failures in Life Into Successes if They Would Only Receive Criticism in the Right Spirit and Profit by it?"

How do you take criticism? Does it just make you angry and resentful and cause you to dislike the person who has had the effrontery to find fault with you, or do you profit by criticism and correct the weakness that has been pointed out to you?

Naturally none of us enjoy being criticized. It hurts our vanity too badly. It is too much like being skinned alive. We would fain believe that our fellow creatures observe no flaw in us and that they can only find words of fulsome praise in which to speak of our transcendent virtues. Of course, we find plenty of defects in our family and friends and neighbors about which we feel called upon to make invidious remarks, but as for ourselves—oh, well, that's something different. Quite different. In fact, altogether different.

Now in our saner and less egotistic moments we all fall under the same condemnation. None of us escape "being talked about," as the phrase goes. Other people discuss our foibles just as we discuss theirs, for criticism is the indoor and outdoor sport of which we never tire, and in which we are always ready to join in.

This being the case, and as we well know, that we furnish the subject for the vivisection meeting when two or three of our friends are gathered together, and that they pass an enjoyable hour picking to pieces our little peculiarities and frailties, isn't it a pity that we don't oftener turn the painful ordeal to profit?

This would give us a chance to correct our faults, to strengthen our weak places and to stave off a thousand ills that befall us. Viewed in this way our critics would become our best friends and we should welcome their comments upon us, instead of getting peeved over them.

Mrs. A., for instance, considers it nothing but cattishness when she hears that Mrs. B. has said that her new jade green hat and ensemble makes her look like a saleratus biscuit. But instead of getting angry with Mrs. B., why shouldn't Mrs. A. go into executive session with her mirror and find out if Mrs. B. hasn't told the truth, and that it is a fact that green makes her look bilious and is the most unbecoming shade that she can possibly wear? That bit of information would not only save her money in the beauty parlors, but would prevent her having to hear the further criticism of about how she has fallen off in her looks.

Similarly Mrs. C. resents some one remarking that she is getting fat, but if, instead of regarding it as an insult, she would take it as a tip to begin counting her calories in time, it would enable her to remain a perfect 38, instead of becoming an awful 46. And Mrs. D. could prevent herself being a figure of fun if she would heed the suggestions of those of her family who tell her how ridiculous old mutton is creased up like spring lamb.

And there is Mrs. E., who spoils her children rotten, and whose youngsters are growing up undisciplined, untaught, ill-mannered. She gets perfectly furious when she hears that the neighbors say that they are the worst reared children in town, but she would save herself a lot of headache and misery and shame if she would profit by the criticisms of her youngsters and correct their faults while there is yet time to do so.

And there is Mrs. X., from whom everybody flees at sight because they know that once she fixes them with her glittering eye, she will tell them a tale longer than the ancient mariner's about all the smart things her baby says and all the details of Bobby's school days and how perfectly marvelous he is and all about Mary's beaux and how many millionaires a week propose to her. Suppose Mrs. X. kept her ear to the ground and profited by the criticism she heard of her conversational line. Wouldn't it shut her up as if she had been stricken dumb?

And wouldn't it turn about half the men and women who are failures in life into successes if they would only receive criticism in the right spirit and profit by it, instead of its making them angry because it wounds their self-love? For, after all, the world is not particularly careful about hurting our feelings and there is no conspiracy of silence to keep us from finding out what it thinks of our weaknesses. On the contrary, it jumps on our toes roughshod and most of us have had our faults pointed out to us time and again. But all that it has done for us is to prejudice us against the one who bare the bad news.

The pretty little stenographer thinks her boss is a grouch when he criticizes her for coming late and for spending most of her time making up her face and putting on another layer of lipstick, but she doesn't change in time to keep from losing her job.

The man who is so untidy and slovenly looking that nobody wants him around has been criticized for his sloppiness ever since he was a child. The man who bores people to tears talking about himself has been told about it a thousand times. And they go on wondering why they can never sell themselves to an employer, and it never occurs to them that it is because they would never correct the faults that were pointed out to them.

Perhaps the worst phase of this matter is that husbands and wives cannot help each other as they should, because neither one will stand any criticism from the other. Often one or the other sees the other doing something that is bound to wreck their marriage, but he or she dares not mention it for fear of wounding the other past forgiveness.

The husband cannot say to the wife: You disillusion me by your lack of reserve, or by your untidy dress, or you bore me with talking continually about your mother and sisters, or you are making me hate you by your nagging. The wife cannot say to her husband: You have the table manners of a boor, or you disgust me with your slovenliness, or I shudder at your grammar every time you speak.

Very often either the husband or the wife has had much better advantages of education and social contact than the other, yet they cannot pass on to the other these advantages, because it only angers the other not to be thought perfect.

What a pity that our vanity will not let us profit by criticism!
DOROTHY DIX.

ROD AND GUN

Filled with seasonable stories and articles, the October issue of Rod and Gun and Canadian Silver Fox News, Canada's national outdoor magazine, just to hand, will prove of great interest to those devotees of hunting who are packing away their fishing tackle and getting out their gups at this time. The many articles by well known outdoor authorities cover a wide field—moose hunting in Quebec, fishing in the maritimes and Ontario, geese hunting in the western prairie lands, big horn hunting in the Rockies and trapping in Northern Ontario. In addition are many practical articles dealing with the handling of arms and phases of life in the wilds. The Canadian Silver Fox News department contains interesting information of latest developments and practices in the silver fox industry.

Milady Beautiful

By Lela Leeds



Friends may be disconcertingly frank in their comments about us at times, but, if we are wise, we will look for the kernel of truth in their well-meant criticism. While it is impossible to see ourselves just as others see us, we can obtain illuminating glimpses of ourselves through other's eyes.

It is often the chance remark of an acquaintance that sets us to thinking about our personal appearance and keeps us from becoming too complacent and self-satisfied. So it happens in the case of one of my readers, whose letter contains a beauty problem that seldom finds its way into print. Some one whose opinion she values has told her that her face "lacks expression," and she wants to know whether the beauty counselor who can tell how to gain weight or a pretty skin can also explain how to gain an attractive facial expression.

A vacant, listless expression ruins milady's beauty, in spite of her flawless complexion and modish costume. Even more destructive is a sullen vindictive or petulant expression. All these things reflect one's character, and, in the long run, it is for character that people like or dislike us.

The girl whose face is dull and expressionless needs mental stimulation. She needs to wake up. Or, perhaps, she is in the habit of living in a romantic world of fantasy and resents the unwelcome intrusion of hard facts or un congenial people into her consciousness, so she turns a blank face to the world, hoping it will leave her alone with her dreams.

Lack of vivacity in one's expression is frequently due to ill-health or to an inferiority complex. Whatever its cause, this beauty blemish—for such it surely is—should be radically dealt with when found. Beauty and dullness simply do not go together; one or the other must leave.

The method of cure, naturally, depends on the cause in each individual case. When in doubt as to the cause, begin by revising hygienic habits. Loss of sleep, constipation and sluggish circulation make one feel lazy and stupid. Fresh air, exercise and right diet stimulate the mind as well as the body.

There is nothing like an absorbing hobby to make one feel "peppy." If you want to have an interesting, bright expression you must be interested in your world and interested in other people. Plan to have sufficient variety in your life, so that you can avoid menial ruts. Read. Go to places. Sometimes an otherwise attractive face looks expressionless because the eyebrows and lashes are too pale. The face needs accent of color for contrast. A colourful neck-face or a gray hat will help, with a touch of eyebrow pencil and rouge, to transform a drab little nobody into a pretty girl.

Tomorrow—Beauty Questions Answered

A Morning Smile

Agreed—Wife: "It is strange that men always want sons. My father was always sorry that I was not a boy."
Husband: "So am I."—Lindsay Post.

GOOD ADVICE FROM MOTHER OF SEVEN

Recommends Lydia E. Pinkham's Vegetable Compound

Toronto, Ont.—"I began taking Vegetable Compound for nerves and other troubles and I must say I felt different after the first dose. I have been told this last six months that I look twenty-five, although I am now forty-seven and have had seven children. I have taken the Vegetable Compound regularly for some time and I feel well, rise early and feel young."
—MRS. MCKER, 18 Laurier St., Toronto, Ontario.

SCHOOL-DAYS ARE JOY-DAYS FOR PROPERLY NOURISHED CHILDREN

SHREDDED WHEAT



With all the bran of the whole wheat

After a warm, nourishing breakfast of Shredded Wheat and hot milk, the youngsters are off to school with bounding energy and mental alertness. They like the crisp, crunchy shreds of baked whole wheat and it's so good for them. It's ready-cooked.

Etiquette

By Roberta Lee

Q. If persons sitting in front of one at the theater persist in talking, is it permissible to ask them to stop?

A. Yes, of all means. Lean forward and ask them quietly and pleasantly. If they continue, speak to the usher.

Q. Should one write anything on the card left at the home of a sick person, if not received when one calls?

A. Yes, one may write "To inquire" at the top of the card.

Q. If selecting guests for a dinner what is of foremost importance?

A. That all guests invited are congenial towards one another.

For The Cook

FUDGE WITH MARSHMALLOWS

Mix two cups sugar with three tablespoons cocoa and one teaspoon cornstarch (to make it creamy); add 1/2 cup of milk and let this mixture boil from three to five minutes. Remove from fire and beat until creamy, then add 1/2 teaspoon vanilla. Pour into buttered pan and press marshmallows (that have been cut in half with a walnut meat on top) into fudge.

shire people. When the level of Lock Doon is raised to provide electricity for the Galloway district of Scotland the old fortress will be submerged under the surface of the lake. Under provisions of an ancient charter the castle must be preserved for all time as a landmark. A schoolhouse on the site will be submerged, but Ayrshire officials are arguing the castle question.

CASTLE'S FATE A PROBLEM

Can a castle under water be a landmark, is a question puzzling Ayr-



Why this Blue Box means money saved—

CARELESS WASHING is harder on clothes than actual wear, experts say. Every time you wash silks, rayons, woollens or colored things with soaps containing harmful alkali, fibres are weakened, colors dulled. They wear out sooner!

That means money wasted! Don't run the risk of buying unknown soaps—whether flakes, chips or cakes.

When you buy Lux you know it is safe! Lux contains no harmful alkali—nothing to injure the finest fabric, the most delicate color.

With Lux, clothes, curtains, blankets, embroidered linens, printed cottons—sheer and sturdy fabrics, too—stay new-looking more than twice as long!

Lux is sold only in the blue box, never in bulk.

*Every great movie studio in Hollywood, every New York musical show, buyers for 112 leading department stores, use Lux, to keep clothes new twice as long!

If it isn't in the blue box, it isn't Lux

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