

Woman's Realm—Social and Personal—Fashions—Literature



Every cup satisfies!

KING COLE TEA

That Body Of Yours

By James W. Barton, M.D.

ACQUIRING EMOTIONAL STABILITY

I have written before of our experience as medical officers in World War I, when we found so many young men unable to pass the low requirements as to size of chest. When a boy in his late teens or early twenties does not have a measurement of 34 inches with chest expanded there is something wrong. The outstanding cause of chests considered too small for service was that these boys had not played much as youngsters often because their mothers were afraid they would get hurt.

Unfortunately unless a recruit was definitely a mental case, we made no tests as to his mental or emotional condition. The result was that many men were sent home or to hospital because of their emotional instability. That is why in World War II, a careful examination of the recruit's emotional stability was made. The value of this screening for emotional disturbances is shown by the fact that 25 per cent of the eighteen-year-olds not accepted for service in the arm-

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Operation Retrieves Coin



It's nice stuff to have and to hold, and even to spend, but three-year-old Marcel Baker of Hull has learned that coin of the realm makes poor eating. He swallowed a five-cent piece held by his sister, Lillian, 18, and had to have quick operation.

A Country Garden

By Mrs. Gordon Macmillan

God gave all men all earth to love. But since our hearts are small, Ordained for each one spot should prove Beloved over all: That as he watched creation's birth, So we, in God-like mood, May of our love create our earth And see that it is good.

—Rudyard Kipling.

Planting tulips in the good earth these autumn days requires faith and vision, but we are seldom disappointed the following spring as they are one of the easiest flowers to grow, it is true that they must be a good sized bulb in good condition then plant five or six inches deep in garden loam with drainage and you are almost sure of the best of bloom.

Parrot tulips have been planted in the rose garden around the bird bath with forget-me-not and pansies. Fantasy, rose pink with green stripes and fringed petals.

Orange Favorite, a scented variety with yellow base, Red Champion, large flowers with deeply lacinated edges and Lunden a bright red. These were a gift to me and something to look forward to in the spring.

The cottage tulip Inglescombe yellow is an old favorite in soft clear yellow. I am planting these at the top of the south garden and by the stone steps. Hundreds of forget-me-not will carpet the ground.

A lovely soft pink new Dawn rose was picked from the climbing rose today and with other flowers was made into a bride's bouquet. It is the finest of climbers for this climate and every November I have had roses from this tree, the foliage is particularly good. A glossy green and free from pests. It may be used as a pillar rose. With me it grows by the white lattice fence. It is really an everblooming form of Dr. Van Fleet and is a very desirable rose for any garden.

Plantain lilies have been divided and transplanted to new places in the shade, the foliage of this lily is very pleasing and its mauve flowers are attractive. It seems to do especially well in England and is much used as an accent plant in their gardens.

This is the time of year I gather seeds of many flowers. I believe in buying seeds of choice plants but if you need a large quantity of seed and you are not particular as to color, then try sowing some of your own harvesting and you will be amazed at the crop you will have.

Clarkia, calendula, ageratum, petunia, marigold, fennel, larkspur, dianthus and many others have been gathered this week. Keep in a dry cool place, then thresh them out when they become dry and crackling, package and label them.

I am potting bulbs for winter blooming. Daffodils and hyacinths and some forcing tulips as there are some varieties not suitable. Catalogue mark these tulips so you will know.

Good garden soil is necessary and pots may contain up to six bulbs placed close together. They leave in cool place for ten weeks or more until well rooted before bringing to the light. This is the most important part of potted bulb culture. If not well rooted the bloom will be stunted and weak.

I keep mine in the house basement without any trouble. There is another method of potting up and keeping them in a cold frame covered with ashes or sand, taking out whenever rooted after a period of ten or twelve weeks. They then are used much like the outdoor plantings and should be very fine. They never should be allowed to dry out, but must be kept moist at all times, not wet because too much moisture will spoil the bulbs. From January to March it is wonderful to have bright bloom from potted bulbs. Something like jam in the fruit cellar. Then they can be kept until the following autumn and planted outside in the garden so you see they are a good investment because they give you several years of satisfaction.

Some gladioli bulbs have been dug and stored and many small ones have multiplied my store of bulbs. The only new ones with me this year were Betty's Choice, a lovely mauve of beautiful form and color with a deep cream throat. It is rather a late bloomer, cut off the tops in the field and store immediately in boxes in a dry basement. I haven't time to dry the bulbs then clean and store as some gardeners do, but get by with this easy method. In fact all my gardening is done in the easiest way as there are many other tasks waiting to be done. I think all gardeners are in the same difficulty, just a few moments now and then to do gardening but in this Province nature is very kind to us and if we can sow the seed and gather the harvest that is all we need to do, except a bit of weeding of course.

The sweetbrier rose Eglantine is covered with beautiful scarlet hairs, several times I have used these for decoration and when snow comes this large rose shrub is one of the loveliest in the garden, the thorns are sharp but the fragrance of the leaves and the apple-blossom bloom make it a very

Begin with... **BREAD!** THE MAIN-STAY OF A BALANCED DIET



For a wholesome combination of good foods... Order

Eastern Bakeries BUTTER-NUT BREAD

Living & Leisure — THE WOMAN'S REALM —

SKETCH

Boys love and pink mallow grew by the door
Of the little house crunched in a curve of the shore
There granny sat reading The Book of the Word,
And high on the roof-tree, watted and spurred
Veered a red weathervane; gently offshore
A sloop came to her mooring; the summer air bore
Both the salt and the sweet...
Rasping the hour; the dense alders stirred
On a shiver of breeze. Wan, forsaken and far,
Came a crying of gulls from the black, drowned spar,
—Lenore A. Pratt, Grand Falls, Newfoundland.

PORK OYSTERS

A penny-pinching but nutritious meat recipe is called pork oysters and this is how you make them. Grind 1 pound pork liver and 1 onion. Add 1 slice of bread softened in 1-4 cup of milk. Season and drop by spoonfuls on a hot greased frying pan.

Now that fall pears are on the market, here are delicious and simple ways of serving them. Top peeled fresh slices of the pears with chocolate sauce, or with cold orange juice.

For a delicious punch for a warm day, mix tea, pineapple juice, orange juice and a little lemon juice. Sweeten to taste and chill. Just before serving, add ginger ale.

DRESS FOR GIRL AND DOLL



DESIGN NO. E-1114

A darling dress for the tiny tot 1 to 6 years and her dolly 12 to 18 inches are crocheted in a very short time. Pattern No. E-1114 contains complete instructions.
To order: Send 20 cents in coin to Needlework Bureau, Charlotte-town Guardian, Charlotte-town, N.S.
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Never use fresh pineapple in a gelatin dessert; since the enzymes in the fresh fruit will prevent the dessert from setting. Canned pineapple, however, may be used in gelatin desserts with safety. If you want to use the fresh fruit, be sure to boil it first.

VELVET SUITS

Two favored suit silhouettes for full are the squared cardigan line above a slim, straight or knife-pointed skirt and the youthful small-collared, narrow-waisted shirt jacket above a tapered or full skirt.

Waistlines are remaining naturally slim, hemlines are up about normal but don't look droopy, the secret being the new rising shoulder line, an optical illusion made by flanges or points shooting up from the bosom. Forward flying collars and big pointed cuffs are important. Velvet trim and touches of braid or satin piping are special this season. There are new bonnet accents, including high-placed-out-curving pockets, bows and pointed and twists of fabric.

The belted suit with bloused back and moulded front is big news. The favored fabric is tweed, but many of the suits in a new soft version that designers have called plush tweed.

BRILLIANT NOTE

A note of brilliance at your throat—a sparkle at your wrist, and a burst of glory at the neckline—are the jewelry touches for autumn's frocks, including high-placed-out-curving pockets, bows and pointed and twists of fabric. All equally important in fashion significance.

Pendant necklaces, choker necklaces and rope or multi-strands of pastel-hued pearls lavish touches to wear with either simple, high, untrimmied necklines, the square and low cowl cut or the deep V-plunge.

Better English

By D. C. Williams

1. What's wrong with this sentence: "What do you think he did that for?"
2. What is the correct pronunciation of "excess"?
3. Which one of these words is misspelled? Gorilla, gondola, peninsula, tarantula.
4. What does the word "recalcitrate" mean?
5. What is a word beginning with bo that means "characterized by high-sounding words"?

ANSWERS

1. Say, "Why do you think he did that?" 2. Accent second syllable, not the first. 3. Gorilla. 4. To kick back or against; hence to express opposition. "The more heartily did one recalcitrate his tricks." — De Quincey. 5. Bombastic.

Inflamed Throat Gets Soothing Relief

Irritable throat may mean danger ahead. The sooner you start with Catarrh-o-sons, the quicker you get on the road to better health. The inflamed linings of the throat and nose commence to heal quicker when Catarrh-o-sons is used. Coughing will be lessened, sneezing should soon be almost a thing of the past. Feel like a new person again—pain over the eyes gone—catarrh cleared up—nostrils free of discharge! Catarrh-o-sons helps to accomplish these results in a short time. All druggists sell Catarrh-o-sons in 35c and 75c sizes.

Household Scrapbook

By Roberta Lee

Chapped Hands

To make a remedy for chapped hands mix ten drops of carbolic acid in one ounce of glycerin. Rub a small quantity into the hands and allow to dry.

Baked Apples

Drop a teaspoonful of honey into the heart of each cored apple, when preparing it for baking, and see what a delicious flavor it imparts.

Leather Gloves

Unwashable leather gloves can be cleaned perfectly with a flannel cloth soaked in milk, squeezed nearly dry, then rubbed on a bar of soap.

How Can I !!!

By Anne Ashley

Q. How can I make a remedy for a sore throat?

A. At the first symptoms of a sore throat try gargling with a solution of one teaspoonful of salt and one teaspoonful of carbonate of soda in a half glass of water.

Q. How can I remove a cake that sticks to the bottom of the pan and threatens to break to pieces when taken out?

A. Turn the pan upside down and lay on the bottom of it a cloth wrung out of water. After a few minutes the cake can be removed without crumbling.

Q. How can I shrink thread when using it for drawn work?

A. By placing the spool of thread in a vessel of boiling water for about an hour. It will not destroy the gloss.

Morning Smile

A BREAK

Teacher: "This makes five times I have punished you this week. Now, Billie, what have you got to say?"
Billie: "I'm glad it's Friday."

DEFINED

Master: "Well, Smith, what is a tissue?"
Smith: "A sneeze, sir."

DOROTHY DIX SAYS -

Why Be Good?

Girl Complains That Virtue Spoils Chances With Boys

DEAR MISS DIX: Has the day passed when a girl is expected to be virtuous? It seems to me that it has. I never go out with a boy but what he expects me to do things that no decent girl would do. You said in one of your recent letters that the happiest people were those who had clean lives. I am not happy because every time I find a boy that I like real well I am put aside as soon as he finds out that I am straight, and he gets a girl who is not so particular. I have been tempted many times to give in just because I hated to lose the boy. Please answer this letter, not only for my sake, but for many other young girls who have talked to me and who have the same problem.

TEMPTED

ANSWER: Look at this matter straight, my child, and try to get the right sense of values. Do you think you are losing much when you lose a boy who rates you as high as the women of the street, and who is willing to put you in their class for his own selfish pleasure? Do you think that sort of man is worth having? Do you think he would make a faithful and true husband?

Don't you think a girl sells out for a pitifully small price who barbers her purity for a few dates, a few movie tickets, a few dinners and dances? If you are going to tread the primrose path, at least value yourself enough to do it with a partner who can strew it with jewels and limousines. You can buy your own ice-cream sodas and pay your own street-car fares and still have the pleasure of your own self-respect and good name.

DOES IT PAY?

Many girls like you, seeing that they do not have as many dates as the wild women, ask if it pays to be good. Sometimes it seems to them that while virtue may be its own reward it is its only reward, and that is small comfort to one whose feet itch to dance and who longs for laughter and light and music.

But for all that it does pay to be good. It pays first in self-respect, and that is the first necessity to happiness. You can get along without the good opinion of other people, but to have any peace of mind you have got to stand well with yourself. You have to be able to look your own self in the face.

The happy marriages are where the man has faith in his wife's goodness as he has faith in God and when she has no bitter regrets in her heart and hides no shameful secrets from him.

DEAR DOROTHY DIX: I am a woman 28 years old. I married when I was 20. I love my husband and he loves me, but I just long to have my old courtship days back again. That is the best time of life. My love is greater during courtship than it is after marriage, don't you think?

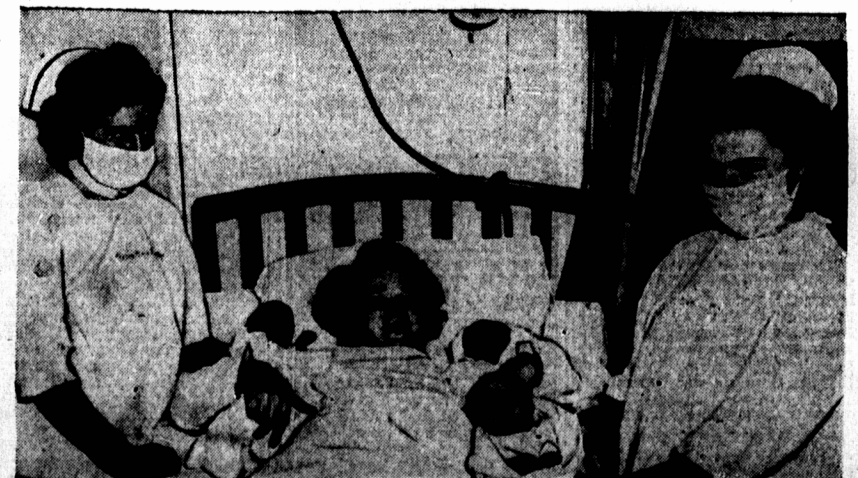
JANE

ANSWER: You are yearning for the impossible, Jane. You are repining because you can't spend the balance of your life in a sentimental debauch, which is something no human constitution could stand. You would perish of nausea in short order if you tried it. Believe me, dear lady, there is nothing on which you can get so easily fed up as you can on goosy love-making. Six months of it would kill any love that ever existed. When it comes down to everyday living, we don't want flubdub sentimentality. We want rational conversation. We don't want frothy desserts. We want to set our teeth in roast beef medium rare and potatoes.

Nor is it true that love is stronger during courtship than it is after marriage. The physical attraction that masquerades as love during courtship, for with possession comes satiety and disillusion. But real love grows by what it feeds you, and the years but strengthen it. Nor are courtship days the happiest days, because they are bound

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Caesarian Triplets Doing Well



Pride and joy of Mr. and Mrs. Henry Stenlund of Red Rock about 50 miles east of Port Arthur, Ont., are Carlyn, Sheryl and Murray, born by Caesarian operation about three weeks prematurely. The triplets are coming along "marvellously well."

Modern Etiquette

By Roberta Lee

BAKED BANANAS

1-3 cup brown sugar
1 tablespoon butter or margarine
1 tablespoon lemon juice
2 tablespoons orange juice and lemon rind.
6 bananas
Remove skins from bananas. Put in a shallow platter or pan. Mix the remaining ingredients and brush over the bananas. Bake 20 minutes in a slow oven, basting while baking. Serve with ham or roast beef.

The Stars Say -

By Genevieve Kemble

For Wednesday, November 2

FAIRLY progressive, productive and pleasant relations are in sight yet the successful culmination of all major plans and objectives may depend upon the astute, clever and happy decisions made against odds possibly due to lack of health, energy or resources. Possessors of an reputation may be wound up in failing health or hurt of some kind draining the forces or ambition. Keep the emotions balanced and compose personal differences.

For the Birthday

Those whose birthday it is have forecast of a fairly progressive and pleasant state of affairs if a tendency to petty indulgence, indolence, neglect of health, or other waste of energies and opportunities is overcome. Job, reputation, possessions and peace of mind may be lost, owing to neglect of health or an indifferent attitude to male openings, involving personal and domestic life. With a stepping-up of physical energies, medium success is shown.

CHILD BORN

A child born on this day has good prospects for success and happiness in life, especially if its (her) lack of energy or ambition be stepped up.

BIG INDUSTRY

The Canadian forestry industry as a whole supplies over six per cent of all Canadian employment.

Needlecraft

— FOR THE HOME —

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Here's a fashion-wise flare back topper to make in a shortie or three-quarter length... to wear with or without a handy detachable hood included in pattern. Perfect choice for camel's hair or ever popular plaid.

No. 2846 is cut in sizes 12, 14, 16, 18, 20, 22, 24, 26, 28, 30, 32, 34, 36, 38, 40. Size 16, longer length with hood, 3 1/2 yards 54-inch; shorter length, 2 1/2 yards 54-inch; separate hood, 7/8 yard 54-inch.

Send 25 cents for each Pattern which includes complete sewing guide. Print your Name, Address and Style Number plainly. Be sure to state size you want. Includes postal unit, or zone number in your address.

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END LONG SERVICE

PROVOST, Alta. — (CP) — Walter Ironfield, municipal secretary of Provost, retired recently after 32 years on the job. He came to the district in 1917 as a pioneer settler from Farnmouth, England.

