

Women's Realm, Social and Personal, Fashions, Literature

Dorothy Dix's Letter Box

MARRIAGE IS A PROFESSION AND GIRLS NEED TRAINING

Every Mother Should Teach Daughters to Become Good Cooks and Other Arts That Will Make Them Successful Wives

Within the last few months five girls of my acquaintance have got married. They married fine young chaps, but I am making small incomes. Before marriage the very-much-in-love young couples worked out on their own housework. In prospect this sounded alluring to the girls, and they grew almost typical planning their spick-and-span kitchen, and they were based upon the brides doing their own housework. In prospect this sounded alluring to the girls, and they grew almost typical planning their spick-and-span kitchen, and they were based upon the brides doing their own housework.

No other remedy for keeping a husband at home is so efficacious as a good dinner. Nor can the average husband make any headway in accumulating a fortune against a wife who doesn't wash the dishes, it is eternally true that a woman can throw more out of the back door with a teaspoon than a man can with a fist.

Teach Daughters Domesticity. And that is the point of this little booklet. All mothers want their daughters to marry. They expect their daughters to marry, and they know that the chances are a thousand to one that they will marry poor men, so why don't they prepare the girls for the work they are going to have to do?

When Bride Is Ignorant. Many a marriage is shattered in its very beginning by the bride's ignorance of all domestic matters. Her labor under the delusion that a knowledge of cooking comes to women by nature, as Dogberry thought a knowledge of reading and writing did. And many a young husband laces his first matrimonial bargain he has got and decides he has been duped in the transaction, when he finds that his bride can't prepare a meal that wouldn't kill at a sick-bed.

Many a woman never thinks of her honeymoon without remembering the fears she shed over sad cakes and meat that would burn and potatoes that would never get done, and recalling the cruel things her husband said about them. The grounds in the coffee pot are the grounds for many a divorce.

WOMEN WANTED. 38 to 52 years old. Women who are restless, moody, NERVOUS—who fear hot flashes, dizzy spells—to take Lydia E. Pinkham's Vegetable Compound. Pinkham's Compound is effective to help women during these "trying times" due to functional irregularities. Made in Canada. WORTH TRYING!

EASY TO KNIT AND LOVELY TO WEAR



DESIGN NO. 358. The lovely shawl-necked jacket is one of those delightful bits of fluff dear to every feminine heart. Pattern No. 358 contains list of materials needed, illustration of stitches and complete instructions.

To order this pattern, write your name and address on a piece of paper and send with 15 cents in coin or stamps to Needlework Department, Charlotteville, Guardian. To Charlotteville, Guardian Needlework Department. Design No. 358. Name: Street Address: City: Province:

Saunders-Wright Nuptials



Mr. J. Hibbert Saunders and Mrs. Saunders, the former Miss Lyma Winslow Wright whose pretty wedding took place in St. Paul's Church, Charlotteville, on Sept. 16th. Mr. and Mrs. Saunders will reside in St. John's, Nfld.

YOUR INDIVIDUAL HOROSCOPE

(By FRANCES DRAKE) Look in the section your birthday comes in, and find what your outlook is, according to the stars.

For Friday, September 20. bright, encouraging spirit to help others forward. MARCH 21 to APRIL 20 (Aries) — Plenty of action shown in today's vibrations and excellent work can and should be accomplished. With all the favorable influences, you are advised not to be reckless, if hasty. Romance, courtship and marriage are unceremonious stars. APRIL 21 to MAY 20 (Taurus) — You with mechanical and engineering dexterity, snip builders, carpenters and other metal workers, should be successful. Minors matters more favored than unfamiliar undertakings. MAY 21 to JUNE 20 (Gemini) — Socially unfavorable tendencies relating to real estate, mining, farming and handling live stock. Conservation is advised that you may be prepared for emergencies. Good period for cleaning up unfinished business. JULY 21 to JULY 23 (Cancer) — Great care and prudence necessary in money transactions, give estimates and bids, assuming added financial responsibilities. Build for future security; improve your intellect and the quality of your work. JULY 24 to AUGUST 22 (Leo) — There are more important things in life than material profit and today asks for YOUR consideration of eternal gains. As you develop your spiritual and mental outlook, you will safeguard your earning capacity and improve generally. AUGUST 23 to SEPTEMBER 23 (Virgo) — Be prepared to encounter hindrances, perhaps stiff opposition to your plans and program. Don't be deterred, however, from proceeding steadily and determinedly to your course. SEPTEMBER 24 to OCTOBER 23 (Libra) — Attend quietly and without strain to your usual routine. Don't cause or encourage rifts in domestic affairs. Be the

Anaemic Children Must Have Special Diet

Many children, especially those poor, pale-faced little mites who live under crowded conditions in cities, suffer from anaemia. What can be done to prevent town children from becoming anaemic? Firstly, they need an abundance of fresh air; they must be out of doors as much as possible and must sleep with their windows wide open all the year round. Provided that they have sufficient coverings both above and below them, they will not become chilled. Anaemic children have generally had too starchy a diet, with insufficient protein. Protein, as most of you know, is found in eggs, milk, cheese, fish, beans, lentils, rice, nuts and barley. The following are blood forming: Liver, beef, bone marrow, eggs, spinach, flowering broccolis, turnip tops and watercress, dried apricots, peaches, prunes, raisins and grapefruit juice. Vegetables should be steamed because the good properties are lost in boiling unless the water is preserved for making soups. Whilst breast milk is a complete food for a baby, it is somewhat deficient in iron, and it can be done to prevent anaemia, feed baby on one of the dried milks which contains added iron. For those children in whom anaemia has been diagnosed by the doctor there are special dried milks that contain sufficient iron to remedy the condition.

What Pranks It Plays—The Wily "Magic" Cork!

A Trick to Baffle Your Crowd. Gracious, what's going on? A hilarious trick called "The Windy Cork" which you can pull on your friends at the next get-together. People love to be fooled—in a nice way—and you can make a big hit with a repertoire of mysterious tricks. How baffling to your friends your magic seems to you, easy to you, who know the catch. To perform the "Windy Cork" trick, you take a large-necked bottle and a cork that will slide easily through the neck. Then you lay the corked bottle horizontally on a table and challenge your audience to blow the cork on into the bottle. They'll huff and they'll puff—but the cork always blows out rather than in! Finally you try and the cork sails merrily in, because... Well, maybe you see why! Impart your audience, too, by making eggs fly through the air, an unlighted cigarette spout smoke. It's all grand fun.

The instructions for doing these and other magic stunts are given in our 32-page booklet. Tells how to work wondrous feats with such simple paraphernalia as coins, cards, matches and glass tumblers. Includes mind-reading tricks, too.

Send 20c in coins for your copy of Professional Tricks For Amateur Magicians, to The Guardian Home Service. Be sure to write plainly your Name, Address, and the Name of booklet.

Name: Street Address: City: Province:

THE COOK'S CORNER

GINGER PEARS

5 pounds hard pears
1-3 cup preserved ginger, out in
5 pounds sugar
Juice and grated rind of 3 lemons.
3 cups water
Remove the skins and cores from the pears and either dice the pears or cut them in slices lengthwise. Add the water and boil the mixture until the pears are tender. Add all the other ingredients and simmer the mixture until it is thick. Pour the mixture into clean, hot jars, and seal them.

FIVE FRUIT SAUCE

5 tomatoes
5 apples
5 peaches
5 pears
5 plums (large)
Peel and slice tomatoes, apples, peaches and pears. Cut plums in half and remove pits. Add:
2 cups vinegar
2 cups honey
2 teaspoon salt
Stir well and let stand 1 hour. Add spices in a bag (1 teaspoon cloves, 1 teaspoon mixed pickle spice, 2 sticks cinnamon). Cook 1-2 hours. Bottle and seal while hot.

OLD-FASHIONED PICAILLI

5 pounds green tomatoes
5 pounds ripe tomatoes
1-2 pounds onions
1 red pepper
8 green peppers
3 cups pure cider vinegar
3 cups water
2 pounds light brown sugar
1-4 teaspoon celery seed
2 teaspoons white mustard seed
1 teaspoon whole cloves
1 stick cinnamon, broken
Wash vegetables. Remove stem ends. Bring vegetables and mix with 1 cup water and stand overnight. Drain through a cheese cloth bag, pressing out juice. Mix vinegar, water, sugar, celery seed and mustard seed. Add cloves and cinnamon in a bag. Boil 15 minutes. Remove spice bag, and add vegetable mixture. Simmer 35 minutes or until thick, stirring occasionally. Seal in hot, sterilized jars.

PINWHEEL CASSEROLE

2 pounds leg of veal
4 teaspoons flour
1-2 cup milk
1-8 teaspoon pepper
1-2 teaspoon sugar
1 sliced onion
4 tablespoons bacon drippings
1 cup water
6 small onions
Piece of a bay leaf
1 cup cooked carrots
1-2 cup cooked peas
1-2 cup cooked corn
1-2-1/2 tablespoons flour
Pinwheel crust.
Method: Remove any extra bone, fat or gristle from the meat and cut into about 2-inch cubes. Combine the 4 teaspoons flour, the salt, pepper, and sugar and dip the veal cubes into this, making sure each piece is well coated. Melt the sliced onion in a pan and add the sliced onion along with the flour-coated meat. Brown the meat well on all sides. Now add the carrots and the 6 small onions cut in half. Add the 1-2 cup peas, whole, and the piece of bay leaf. Cover the pan and simmer gently until the meat is tender, for about 1 hour. Now remove the meat and onions to a baking dish and add the corn and vegetables. Thicken the veal stock with the 1-2 cup flour, which has been moistened with cold water. Pour this gravy, when over the vegetables and meat in the wheel crust and bake in the pinwheel oven (425 deg. F.) for about 20 minutes or until the crust is done.

King Cole TEA

The Royal Drink

An A. B. C. Reference

APPLES should be spread out on a shelf; never store in paper bags. They keep longer, and if one develops a brown spot, it needn't spread to the others.
BANANA-SKINS save brown boot polish. Rub the leather with the inside of the skin and when dry polish with duster or brush.
OAKES will keep fresh longer if an apple is shut in the air-tight tin with them.
DATES and figs for pudding go farther when sprinkled with flour before chopping. This prevents the fruit caking into lumps.
ESSENCES for flavoring should be measured out with a medicine-dropper. Pouring carelessly may ruin your cake or pudding and waste essence.
FRYING-FAT should be clarified after use by boiling in a strong pan with plenty of water. When cold remove the layer of clean fat, scraping off any sediment. It is then ready to use again.
GREASE should be wiped from pans and crockery with crumpled paper. Less soap-powder is needed for wash-ups and the paper makes useful fire-lighters.
HARICOT BEANS will soften faster if you add a little fat, such as dripping or bacon rind, to be added to the cooking water.
ICE for an invalid will melt less quickly if wrapped in flannel and placed in a cooler, so that the water that does melt from it can drain away.
JAM should be warm before you serve it with puddings. It goes farther and it won't chill the pudding.
KITCHEEN-CLOTHES will wear longer if you keep an old hack-towel or two for the rougher and dirtier jobs; the good ones then need less rubbing in the wash.
LEMONS will give much more juice if the fruit be gently heated before it is squeezed.
MINCED cold meat goes twice as far as sliced when you want to re-heat it. Cooked macaroni or well-soaked tapioca may be added to eggs it still more.
NEW bread cuts more economically when a hot knife is used. Warm the blade by dipping into hot water.
OVEN lights burn a lot of gas or electricity. Turn them out before the cooking is actually finished, when possible the oven will hold enough heat to complete this.
POTATOES waste less when steamed than if boiled and have most food value when cooked in their skins. If peeled, the parings should be dried for kindling.
RUBBING saves furniture, shoes and stove polishes. Use the merest touch of polish, and be generous with elbow-grease. Rub all surfaces with a dry cloth before applying polish.
SOAP improves with keeping; it hardens and so does not dissolve so quickly in water. Store in a dry place.
MOLASSES and syrup can be measured without waste if poured into well-floured scales, cup or spoon. It will then roll out without sticking to them.
UNDO all provision parcels as soon as possible, storing the contents at once in their proper receptacles. This conserves freshness and flavour.
VINEGAR left in pickle bottles can be used up as Scotch broth, haricot mutton or boiled neck-of-mutton.
WEIGHING ingredients accurately when cooking means economy. Rule-of-thumb often results in using too much of this or that, and many a mickle soon make a muck.
STEAMED pudding re-heats economically if thin finger-are cris-crossed in a dish and covered with thin custard or sweet sauce.
YOLK of eggs set aside for later use should be put in a cup and just covered with cold water. Place a saucer over and stand in a cool place.
ZEAAL in house-cleaning calls for economy. Don't sacrifice comfort to cleanliness, nor health to hard work.

A Morning Smile

PARTING IS PAINFUL. The next Sunday was Missionary Sunday, and the boys had been asked to learn an appropriate verse to recite when putting their pennies into the box. "The Lord loveth the cheerful giver," said Tommy. "He who giveth to the poor lendeth to the Lord," followed Johnny. Then came Billy's turn, and he somewhat reluctantly inserted a penny, he said: "A fool and his money are soon parted."

Living & Leisure - The Woman's Realm

WHO THOU ART I KNOW NOT. Who Thou art I know not, But this much I know—Thou hast met the Pleiades In a silver row.
Thou hast sent the trackless winds Loose upon their way; Thou hast reared a colored wall Twixt the night and day.
Thou hast made the flowers to bloom And the stars to shine; And rare gems of richest ore In the tunneled mine.
But cheer of all Thy wonderful Schemes of all Thy plan, Thou hast put an upward reach Into the heart of man.
—Harry Kemp.
Return's rings are not composed of solid material. The inner rings revolve about the planet more swiftly than the outer ones.
New in heavy crepes are pottery and clay colors—a rosy, unbaked orange, grey and beige.
Midnight blue and navy blue for evening will liked as a change from black.
Bonefish get smaller while growing up; the larvae shrinks to one-half size before attaining the adult form.
The word coyote is a Spanish corruption of the Aztec name, coyotl.
BRILLIANTS LEAD IN FASHION RACE.
New York. We're up to our neck in brilliants this autumn! Fall neckwear is the newest, most exciting bit of fashion news in many a day. Pastel and white bengaline collars are beautifully embroidered with peanutt heads in primitive colors. These little beads are as fine as those our grandmothers used for their exquisite beaded bags and are again in fashion. Jet and steel cut beads are also used on bengalines and taffetas. There is color everywhere. Take note of the new "champagne beige" it is real news and goes beautifully with black, fur, brown, green and shades of blue. Champagne beige is particularly smart in bengaline with soutache or lace accents. Turquoise, coral, green and even fireman's red are used for little round collars.
Lace revers and yokes are studied with rhinestone or multicolored stones and are charming and feminine. Pearls have a new role—they are carefully embroidered on fine Alencon collars.
"Little boys" are perfect for all of those fashions we've borrowed from the men this fall. They launder easily and always look spick and span.
Now! Understanding the fact that we started out with stark elegance for autumn, the woman who can get away with stark elegance is as scarce as hen's teeth. The round severe necks are taking to

TIPS ON YOUR JAM-MAKING. Fruit will not keep unless bottles seal tightly. An imperfect rubber ring, the slightest flaw in neck of bottle may prevent sealing. Examine carefully before using.
Fruit rises in bottle if it is not tightly packed, or if temperature is allowed to go up too high or too quickly.
Forgetting to tighten screw top of bottles after removal from sterilizer and during cooling is a common cause of bottles failing to seal. So is looking to see if bottles have sealed before they have had time to get cold.
The Lord's avocet child in Wales is sposed to have prayed this prayer: "Dear Lord, take care of Danny (who is a soldier) and Mummy, and Uncle and Auntie, and me, and O God, do take care of yourself, if anything happens to you're all sunk."

Tired Feet?

You can soothe away the pain from tired, aching feet or swollen ankles with soothing, healing, ZAM-BUK.
The precious herbal oils in ZAM-BUK penetrate deep into the sore, inflamed tissues, bringing instant relief. Corns, bunions, and calluses are softened and the feet are strengthened and made comfortable.
EXCELLENT FOR ATHLETES' FEET AND GENERAL SKIN AILMENTS.
Use ZAM-BUK Nightly

Needlecraft—For The Home

The blouse and jumper ensemble promises to be far and away the all-star favorite on smart campuses this year. It's young, it's smart, it's practical and comfortable. It's ec-traded both blouse and jumper with your other sweaters and skirts. And don't overlook the figure-flattering features of the wide waistband and full ballerina skirt. The jumper buttons all the way down the back so you can slip into it without mussing a hair of your pretty head.
Style No. 3354 is designed for sizes 14, 16, 18, and 20. Size 16 requires 1-2 yards of 39-inch fabric for blouse; 3-3/4 yards for jumper.
Send Twenty (20c) coin is preferred. Write plainly your Name, Address and style number. Be sure to state the size you wish.
Style No. 3354 Size

RELIEVE SUFFERING QUICKLY WITH KELLOGG'S ASTHMA RELIEF

Uruguay has banned the flying of airplanes near highway or railway stations.

