

Home-made flavour without "home-work"



Home-Style Soup

● Soups really ready to serve, without adding anything, without work in the kitchen. Yes, madam, Heinz Soups are like that! They're made the old, old way—in small batches, completed in one cooking.

When Heinz Soups reach you they're ready to be heated and poured into plates. You save time. You save work—and you gain definite flavour you probably never expected in a prepared soup.

Selected meats, garden-fresh vegetables, real butter, cream thicker than whipping cream, Oriental spices—all these fine ingredients, plus housewifely care in cooking, give you soups you can be proud to serve, with home-made flavour and nourishment, but no home-work.

Order a trial assortment from your dealer today. The Heinz Soup season is now at its height.

H. J. Heinz Company, Toronto



Choice of 18 kinds

Idle Rainbow

(Continued from page 8.)

They stumped up the stone steps into a spacious room warm with a lighted fire, where groups of rubbed oak, set with white squares of nappies and deep blue water glasses. The candlesticks were brass and Quimper bowls held lard sugar. Six months later Lindsay remembered every detail as something that had happened in her remote past before she had really any experience with life. Because then it was all so simple and such fun and no one was much involved. She sat opposite Rufus and watched him scan the menu and order the muffins and pastries. She watched Toby fumble in his pocket for a package of cigarettes and light one for Poppy. She saw how Poppy's cheeks had been whipped to brilliance by the wind and how white her skin was in contrast to her short black hair. She smiled and Poppy crinkled up her eyes and smiled back at her. And because her cigarette went out she pushed back a lock of hair, leaned forward and lighted her cigarette from the candle in the center of the table. And Lindsay, suddenly conscious of Rufus' gaze, looked up and found him staring at her.

Rufus was thinking that he had never seen any one so full of youth and wonder and eagerness as Lindsay Abbott. He was thinking that the natural color in her cheeks was a beautiful thing. He was thinking

(To be Continued)



THE HOUSEWIFE —AND— HER ACTIVITIES

DREAMING OAKS

As when, upon a trance-ed summer night Those green-robed senators of mighty woods, Tall oaks, branch - charmed by earnest stars, Dream, and so dream all night without a stir, Save from one gradual solitary gust Which comes upon the silence, and dies off, As if the ebbing air had but one wave. —Keats

FASHION FLASHES

Paris dressmakers are definitely in favor of wide, glamorous skirts for evening.

In silhouette and trimming the Persian influence is often apparent.

Cloth evening wraps are extremely good this season.

Autumn versions of the little angora opening sweaters which scored such a success last summer are thin, fitted, velvet jacket-blouses. They reach just to the waist, are molded to the figure by elastic quilting or shirring, and may be worn either as an evening jacket or as a cocktail blouse with a high cut evening skirt or slip skirt.

The silhouette with very high back, which is posed practically at the centre of the head, leaving the back of the head exposed, is new this season. It is also expressed in high backs and sides, and reflects the Watteau inspiration.

Jewelled embroideries on felt, satin, fur or patterned silks came in style with the Persian influence and express the luxury phase which is so important. Coupled with this are metallic brocades which also reflect the Oriental and are expected to come in strong for wear with fur coats and for cocktail wear.

A dozen different ways of keeping the hat on the head and often grooming the coiffure have come in with the season. These are all practical and entirely new. Single and double combs, shirred elastic bands with hooks and eyes, slide buckles, snoods of contracting material or the hat fabrics are just a few. They are often decorative as well as practical, as, for example, jewelled ornaments set at the centre back of a bandeau.

The spectator sports hat has new characteristics this season. Generally, the spectator sports hat has a brim lifted at the side to show the hair which close back and with a crown draped, tucked, corded, ruffled in some fashion to make it irregular. Irregularity of brim and crown line, plus feminine trimmings, are new in this style hat.

PHONES WITH MIRROR

A new design of "streamlined" hand microtelephone is to be issued to telephone subscribers.

In the base of the instrument is a sliding drawer containing a pad for messages, notes, and a transparent holder to carry a list of telephone numbers or the "dialling codes" used on some automatic exchanges.

Above is a brightly-polished stainless steel flap. Five colored telephones of the new type have been installed in Buckingham Palace.

Cologne in a miniature siphon bottle so that you can spray yourself after your bath or just before going out with a delicate spray in the same manner in which the soda jerker shoots the soda into the glass for your ice cream soda is the latest. It is a specialty with one perfume, and the cologne bottle is in cool green glass.

ANGER LURKS IN EVERYDAY THINGS

Tiny children know instinctively the dire things that can happen with heat, cold, or anything that hurts. What they don't know are the things they have never tried out. They don't know, for instance, that a lollipop can kill if it sticks in a throat. They don't realize that a ball left on stairs can be as dangerous as a gun. Or that poking fingers into light plugs may be as bad as being run over by a car.

It is foolish to fill up a youngster's mind too elaborately with "bogymans" but still it's better for them to learn enough self protection to keep them alive, than to avoid the possible scars of warning and normal fear.

It is up to parents to keep the house as safe as possible. Medicines should be too high to reach; screens placed before all open fires; windows with low sills closed below or barred; electric wires repaired when worn; gas fixtures put beyond temptation; knives and scissors made taboo. So many things. Safety means unflinching vigilance.

HOUSEHOLD HINTS

When washing colored frocks, etc., add a handful of salt to washing water to prevent the colors from running, and add a little vinegar to rinse water to brighten the colors. Turn inside out to dry and the latter will not fade. When fruit juice marks a light frock, put the stain over a piece of clean blotting paper and sponge it with cotton wool dipped in hot milk.

To remove scorch marks on linen: (For a slight scorch) — Damp the part with soapy water and hang in the sun, keeping the parts wet from time to time. Or rub on some powdered starch, dry, and shake out afterwards. For a deeper scorch—A bleach would be necessary, such as jay-celle water. The article should be evenly damped before it is placed in the bleach. All materials must be evenly damp before they are placed to steep in a chemical solution.

TEN HEALTH RULES

The following rules for keeping fit were recently given by a physician:—

1. Diet.—Include in the daily food wholemeal flour and bread, milk (one pint at least for children, whenever possible), green vegetables leaves (cooked and raw) and some fresh fruit (especially orange, lemon, apple or tomato).

2. Flesh Foods.—Eat flesh foods (butchers' meat, fish and fowl) in strict moderation. Milk, cheese and eggs are good and sufficient substitutes for flesh foods. One meat meal a day is, as a general rule, sufficient.

3. Internal Cleanliness.—Avoid constipation. Endeavour to have an action of the bowel at least twice a day. This should be effected by suitable diet (see Rule 1) and regular habits.

4. Water.—Drink water freely, or its equivalent in fruit drinks, or other non-alcoholic beverages. These should be taken between as well as at meals, and especially on waking.

5. Fresh Air.—Avoid close, stuffy rooms. Work and sleep when possible with the windows open, but not in direct draught.

6. Sunlight.—Take every opportunity of allowing the fresh air and sunlight free access to the skin.

7. Clothing.—Wear only light porous under-clothing which will

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Household Scrapbook

(By ROBERTA LEE) Candles and Sauce When making candies or sauces that are apt to boil over, rub the inside of the top of the kettle with butter, down about an inch from the top. The contents will not pass this line. For the Sewing Room A handy addition to the sewing room equipment is a six-inch ruler. This ruler will be found particularly useful for hems.

enable free action of the skin to take place. Clothing and collars should be loose, avoiding the constriction of any part of the body. 8. External Cleanliness.—Equally important to the healthy functioning of the skin is the daily bath and cleansing of the entire surface of the body. 9. Clean Mouth.—Keep the mouth and teeth scrupulously clean. Brush the teeth and gums at least night and morning, particularly just before going to bed. No food should be taken after the nightly cleansing of the mouth. Keep toothbrushes clean and dry. Eat some coarse, hard food every day. 10. Exercise.—Take out-of-door exercise every day. Also practice daily exercises for a few minutes every morning or evening, especially such as will bring into play the abdominal muscles.

Kensington and Vicinity

Mr. George Keefe, of Charlottetown, was a visitor to Kensington Tuesday on business.

Mr. and Mrs. Edward Matthews, Miss Carrie Woodside, Mr. Frank Craig, Mr. Harold Woodside, Miss Maybelle Woodside and Miss Muriel Woodside were recent visitors to North Lake, the guests of Mr. and Mrs. Charles Aitken.

Mr. and Mrs. George Webster, were visitors to Summerside on Tuesday evening.

Mr. and Mrs. Wesley Champion left by automobile Monday for St. John's for a visit with their daughter, Mrs. John Morrison.

Mr. and Mrs. Preston Toombs were visitors to the capital on Tuesday.

Mr. Harold Walsh, of Summerside, was a business visitor to Kensington on Tuesday.

Mr. Gerald McKenzie and Mr. James Kennedy were visitors to Summerside on Tuesday evening.

Mr. Byron Thompson and Mr. Stanley Thompson returned home on Monday evening from an enjoyable week-end in Fredericton and other points of interest in New Brunswick.

A number of older enthusiastic sports accompanied by some of the younger men motored to Summerside Tuesday evening, where they enjoyed a couple of hours bowling, and believe me friends for bowlers having so little practice as they, they sure twirl a mean ball, and some excellent scores were being put up, which will undoubtedly call for evenings of the same nature.

Mr. Verdun Paynter was a visitor to Summerside on Tuesday.

Mr. Wesley Cole of Spring Valley, with a number of men under his supervision is busily engaged in moving a couple of buildings on the Margate Road for Mr. George Webster. It being necessary for the widening of the road, which is now being done.

GET COMFORTING RELIEF FROM Runny HEAD COLD

DO THIS: Put some Vicks VapoRub up each nostril and sniff well back. You'll feel better right away. Next, melt a spoonful of VapoRub in a bowl of boiling water; then breathe in the steam. Medicated vapors for several minutes. This loosens phlegm and further clears the air-passages. At bedtime, rub VapoRub on throat, chest, and back so that its long-continued double action can relieve the misery of the cold while you sleep. VapoRub acts direct through the skin like a poultice; at the same time its medicated vapors, breathed in direct, bring comfort to the irritated air-passages. Try it. VICKS VAPORUB

CONSIDERABLE POINT TO THIS FALL FROCK



Lovely lines distinguish this bi-color fall frock, designed by Janet Hollander. The soft-draping rayon crepe is dark green for the full front panel with a top rising to a point above the slightly bloused waistline, and for the fabric-covered leaf motifs of the tied belt. The body is in lighter green. The shirred fullness below the high round neckline is flattering.



"It's a recipe for a tired room" SAYS COLLIER STEVENSON Nationally Known Authority on Interior Decoration CANADIAN HOME JOURNAL

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Her ancestors came from the land overseas To work and to worship unfettered and free. And to Purity Maid they left riches and power, Not the least of their gifts being — Purity Flour!



ICE BOX COOKIES 1 cup butter 1 teaspoon baking powder 2 cups brown sugar 1 teaspoon flavoring 2 eggs 1/2 cup nuts 3/4 cup raisins Method—1. Cream butter and sugar; add beaten eggs. 2. Stir in Mixture No. 1. 3. Add flavoring, nuts and raisins. 4. Form into a roll and let stand in box over night. 5. Slice and bake in moderate oven of 350 degrees for 10 minutes.

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