

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

SINCE 1855



FATHER JOHN'S MEDICINE
MADE IN CANADA

—a proven remedy for coughs and colds.
For over 90 years careful mothers have been giving Father John's Medicine to their children at the first sign of a cough or cold.
Father John's Medicine, with its valuable Vitamins A and D and other valuable properties, builds up resistance to colds; eases sore throats.
Get a bottle at your drug store.

FOR COLDS AND COUGHS

Ellen's Diary
By an Island Farmer's Wife

I could easily interpret James' greeting of last night: "Still sitting—I see!" It was to make one remember that while others worked there had been a drone in the family. Naturally when he and his sons and grand-son are engaged in any insistent work, he expects his entire household to contribute a share in some tangible manner. Indeed, when he went at morning it had been to leave me in an unsettled state of mind. "No!" Jock had said decidedly in answer to a hesitant question of mine "we don't need any extra help at the grading." But James had opened his lips as if to add a contradictory hint, then closed them and settled back in the car. Resigned, I fancied to a new and mostly womanless era of help, and yet by his expression, not wholly in accord. Jeanie had a legitimate excuse, to be sure, but there was I, he reasoned, actually going to idle the day away.

DOROTHY DIX SAYS—
Nuptial Unfits
Men And Women Plunge Into Marriage Defying All Danger Signals

Although every step of the road to the altar is posted with red light danger signs and cluttered with the skeletons of dead loves and broken dreams, marriage is about the only act that sane men and women commit in defiance of every warning.

Among all the vagaries of human nature nothing is so inexplicable as this. For there is no other one thing that a man and woman do during their whole lifetime that so absolutely determines their fate as marriage does and about which they should be so cautious, and there is nothing else about which they are so reckless.

If only fools and the feeble-minded did this, it would be understandable, but every day we see people who are capable of comprehending the nature and quality of their acts, as the law puts it, who deliberately make marriages that it doesn't take any prophet to foretell are bound to bring misery upon them.

If these disastrous marriages were entered into through ignorance, or chicanery, or coercion, or if the man and woman were the victims of some deep, dark plot by which they were inveigled into making a marriage that would wreck their lives, there might be some excuse for their making the fatal blunder. But they know perfectly well the risks they are taking and yet they take them.



HÖVIS BREAD
Contains 25% Prepared Wheat Germ
APPETIZING NUTRITIOUS
"BUY A LOAF TO-DAY"

More for your money...



LOOK FOR THE NEW YELLOW PACKAGE
Tender Leaf TEA

Cook's Corner
CREAM CHEESE ICING

½ package white cream cheese
1 teaspoon corn starch
1 cup sifted icing sugar
½ teaspoon vanilla
½ teaspoon salt
2 teaspoons milk (approximately)
½ cup finely chopped nuts
Soften cheese with fork and combine with corn starch. Gradually add sifted icing sugar, working it in smoothly. Add vanilla, salt and milk; then stir in additional milk if a softer consistency is desired. Spread on cup cakes and sprinkle with finely-chopped nuts, if obtainable.

Household Scrapbook
By Roberta Lee
Plant Fertilizer

Here is a simple and good fertilizer for your plants. Mix a little ammonia in the water with which you sprinkle your plants. This will fertilize the soil and tend to keep away many insects.

Coffee

The flavor of coffee will be more delicious if it is allowed to stand for a few minutes after removing from the fire. Pouring a little cold water into the spout will also have a setting effect.

Chill Candles

If you place candles in the refrigerator for a few days before using, they will last longer and the wax is less likely to drip.

This afternoon then, much to the satisfaction of the workers Jeanie went to lend a hand and small granddaughter and I were left to our own pleasuring at Alderley—she to an extended and refreshing sleep and I to attend to an end of picking, which until now had been awaiting the completion of other more necessary duties. Together she and I later did some of the evening choring. With slow steps, we fetched the cows from the pasture up the rise from the buildings and there were eggs to be gathered and fowls to be fed as well as the cats and a dog, in the windy but glorious sun.

I think it was then I found that in the interval between the beginning of my holiday and the present, the glory of Autumn had fled leaving in its stead a fresh beauty, not so startlingly lovely but most beguiling in its very starkness. Only last evening the leaves had continued to drift down in a way that Jock much taken with the ever-changing moods of nature and appreciative of her varying scenes.

(Continued On Page 3)

RECKLESS GAMBLERS

Nothing is more tragic than the scores of letters that come to this column every day from boys and girls who tell of suicidal marriages they are about to make. Girls will write that they are about to marry men who are drunkards, or gamblers, or lazy loafers whom they know they will have to work to support. Or they will tell that they are going to marry tightwads, or brutes who beat them even before marriage.

Or boys will write that they are going to marry girls who are naggers, or viragoes, or gold-diggers who will keep their noses to the door for being good wives.

The boys and girls who write these letters are not being befooled into making the marriages that bring them nothing but sorrow. Nor are they idiots. Many of them have the awful example of their parents' even after having been given a preview of what their own fate will be if they marry the unfit.

The excuse that these poor dupes of their own wishful thinking make for committing the folly of these marriages is love and the fantastic belief that they can make over a husband or wife from what he or she is into the sort of pin-feathered angel who is their hearts' desire. But not once in a million times does it happen that way. Marriage works no miracle that changes the character and disposition and habits of the ordinary man and woman. It is more likely a mordant that sets the color of their faults. It doesn't turn a drunkard into a prohibitionist, or make a selfish, trifling girl a wise and thrifty wife. What they were before marriage, they are afterwards. Only more so.

There would be few unhappy marriages if men and women would take a long, careful, appraising look at their sweeties before marriage and be guided by what they saw there. They are given plenty warnings to enable them to escape unhappy marriages, if only they would take them.

That Body of Yours
By James W. Barton M. D.

SALT AND BLOOD PRESSURE

During the warm weather we are advised to eat plenty of salt so that the water in the body tissues will not decrease in amount and the body thus become dehydrated. During the cold weather, particularly if we are past 40 years of age, we are advised to cut down on our table salt and on food.

Why are we advised to cut down on table salt in cool weather if we are middle-aged?

As salt holds water in the tissues and excess water make it harder for the heart to pump the blood, a strain is put on the heart and upon the blood vessels carrying the blood.

In "Medical Progress," Paris, Drs. H. Chabrier and C. Lobo-Onell report their treatment of high blood pressure in nine patients—three men between the ages of 45 and 62, and six women between the ages of 43 and 52—by stopping the use of salt for four to 13 months. The high blood pressure was reduced to normal in two patients, a partial reduction resulted in five patients, and failure occurred in two patients.

Some of the patients carried on at their usual work right from the beginning, and the others resumed their work during the course of treatment. The reduction in blood pressure was slow.

When we think of the brilliant results obtained in reducing blood pressure by the cutting of nerves, these months of doing without salt seem a hard task. However, where salt was eliminated from the diet, while progress was slow it was steady, and results were obtained in cases in which treatment by drugs had failed and there were no reactions or complications.

This does not mean that all individuals past 40 years of age should try to do without salt. Life would be dull, indeed, if we could not use the salt our tissues need, and enjoy properly seasoned food. However, where the blood pressure is high, the kidneys becoming congested and failing to get rid of wastes, avoiding use of salt for several months not only lowers the blood pressure but prevents chronic disease of the kidneys. A regular check-up of heart, blood pressure and urine is always advisable at or past middle age.

Needlecraft FOR THE HOME

STUDY IN CONTRAST

Cut in one piece from the shoulder yoke down, this dress combines simplicity of construction with the charm of color contrast... plus the practical advantages of a top that may be buttoned in at will, using either short or long sleeves. No. 2294 is cut in sizes 12, 14, 16, 18, 20, 22, 24, 26, 28, 30, 32, 34, 36, 38, 40 and 42. Size 26 requires 3 yards 39-inch, 2 yards 35-inch contrasting.

Send 20c for PATTERN, which includes complete sewing guide. Print your Name, Address and Style Number plainly. Be sure to state size you wish. Include postal note or zone number in your address.

Address Pattern Department, The Charlottetown Guardian, Pattern No. 2294

Name _____
Address _____
City _____ Province _____

2294
SIZES 12-42



Easy to Make

Colds

To relieve misery, rub throat, chest and back with comforting



VICKS VapoRub

"Clever me having 3 times as many undies AT NO EXTRA COST!"



IMAGINE—these slips were Luxed and ironed 30 times and they're still lovely. Lux care keeps lingerie new-looking 3 times as long!

"Here's my easy Lux-way..."

LUX

"What a break for the budget—Lux keeps my undies lovely 3 times as long! Now, instead of replacing old-looking, faded undies often, I can afford extra ones—3 times as many.

It's true—tests prove wrong washing methods fade undies quickly, often cause fraying, bursting seams. But gentle Lux keeps them lovely 3 times as long. Lux undies after every wearing.

Be a Lux Daily Dipper

Modern Etiquette
By Roberta Lee

Q. Is it correct to say "excuse me" when getting in another person's way, or if guilty of any seeming discourtesy?
A. No; the correct phrase is "I'm sorry," or "I beg your pardon."

Q. Isn't it rude to stand in the aisle of a store to chat with a friend?
A. Yes, or in the middle of a sidewalk. One should step aside where the attitude of others will not be obstructed.

Q. May a bride's maid of honor wear any kind of ornaments?
A. No.

How Can I!!
By Anne Ashley

Q. How can I make a good brown face paint for a masquerade?
A. Take 1 part umber, 6 parts cocoa butter, 5 drops oil of neroli. Melt the cacao, add the umber, and while cooling mix well, adding the perfume last.

Q. Is it all right to keep canned foods that are partly used in their tins?
A. No. Do not allow the canned goods to stand in their tins. Remove from the can and place in the icebox. Also cover the dish, to prevent odor from permeating the icebox.

Q. How can I remove white heat stains from a highly polished table?
A. These spots can often be removed by rubbing with essence of peppermint.

THE STARS SAY—
By GENEVIEVE KEMBLE
For Wednesday, October 29


AN abrupt event of surprising and quite unpredictable significance, while not portentous or adverse of itself, may have power to upset routines, throw all programs and plans out of reckoning, and make it difficult to proceed along the ideas and objectives originally laid out. A safe and sound grip on such situations is admonished, although the attitude of mind and emotions might precipitate errors, or regrettable mistakes. This due to an over-eager or sentimental state of mind bent on romance and adventure rather than workaday progress, thereby jeopardizing aid from influential sources.

Birthday Forecast

Those whose birthday it is may find themselves in a dubious place, where they may be drawn two ways, due to sudden events which call for keen decision and quick action, although the elements of the adventurous and romantic may have a disturbing pull on the emotions. It might be a case of "twixt love and duty," the final outcome reacting on approbation and aid from influential sources.

Fresh openings, surprising progress and perhaps rooted happiness are dependent upon the wisdom and ingenuity of present choice. A child born on this day may have exceptional promise for progress, change, adventure and romance, but should be supervised as to rash or sudden decisions.

DOLL'S WARDROBE



DESIGN NO. 97

This ensemble consisting of skirt, pants, blouse, coat and beret is easy to crocheted for an 18 inch doll. Pattern No. 97 contains complete instructions.

To order: Send 20 cents in coin to Needlework Bureau, Charlottetown Guardian, Design No. 97

Name _____
Address _____
City _____ Province _____

Good news for COLD-SUFFERERS!
Mistol
stops colds where they start

Better English
D. C. Williams

1. What is wrong with this sentence? "Mr. Brown will foot the bill."
2. What is the correct pronunciation of "doctile"?
3. Which one of these words is misspelled? Plutocracy, autopsy, fantasy.
4. What does the word "neurology" mean?
5. What is a word beginning with ba that means "commonplace"?

ANSWERS
1. Say "Mr. Brown will pay the bill." 2. Pronounce doct-ile, o as in of, i as in ill. 3. Plutocracy. 4. The science dealing with the nervous system. (Pronounce new-ro-lo-j-ee first o as in doll, second o as in obey, accent second syllable). 5. Banal.

Morning Smile
LITTLE TWISTED

On a busy day a woman walked into the office of the court room at Atlanta, Ga., and addressing Judge Blank, said:

"Are you the reprobate judge?"
"I am the probate judge."
"That is what I was saying," she said, "and I have come to you because I am in trouble. My husband was studying to be a minister at a college seminary, and he died distressed and left three little children, and I have come to be appointed their executor?"

LARGE-SCALE FARMING

The collective farms of Russia range from 250 to 2,500 acres.

Stock up with a case of Heinz Condensed Beef Noodle Soup

MAIL THIS COUPON Today!

St. Lawrence Flour Mills Co. Limited, P.O. Box 6084 Head Office, Montreal, Quebec. Please send me a copy of your new Regal Cook Book. I enclose 10c in coin to partially cover cost.

Name _____
Address _____
City _____ Province _____

For Superlative Baking Results! DO THESE TWO THINGS:

1. Use Regal Flour



2. Use The Regal Cook Book



If you want your reputation as a baker to soar to majestic heights—and who doesn't—get acquainted with the elite of Flours and Cook Books—REGAL.

For these two "baking helps" it guarantees success in every baking venture, big or small. Anyone can get superlative baking results with Regal Flour. It has that easy workability, that vitally necessary whiteness, lightness and integral goodness that makes bread tastier, cakes fluffier, pastry flakier. What's more, it guarantees success in every baking venture, big or small. You'll love baking with Regal Flour. It's the whitest, lightest flour you've ever seen. The real treat comes later, though, when you and your family taste your baking triumphs made the Regal way.

Regal's book of new and different baking ideas is an inspirational gem. Be sure and get your copy.

MAIL THIS COUPON Today!

St. Lawrence Flour Mills Co. Limited, P.O. Box 6084 Head Office, Montreal, Quebec. Please send me a copy of your new Regal Cook Book. I enclose 10c in coin to partially cover cost.

Name _____
Address _____
City _____ Province _____