

Women's Realm Social and Personal Fashions Literature

Styler for a new PERSONALITY

Continuing SPECIAL \$3.50 Permanent for \$2.50 Shampoo, Wave and Manicure for \$1.00

Phone 1604

Empress Beauty Salon

THE COOK'S CORNER

TOSSED SALAD

1-2 head lettuce, shredded
 3 tomatoes
 4 green onions, chopped
 2 hard-cooked eggs
 2 hard-cooked eggs
 Salt and pepper
 Dressing
 Method: Shred the lettuce quite finely. Dice two of the tomatoes and add to the shredded lettuce along with the chopped green onions and diced celery. Chop up one of the hard-cooked eggs and add this also to the lettuce. Sprinkle the whole thing with salt and pepper and toss together lightly. Just before serving, add cooked salad dressing, a dash of molasses, and garnish the top of the salad with slices of the remaining tomato and hard-cooked egg.

FRESH PLUM PUDDING

1-2 cup butter
 1-2 cup sugar
 2 eggs
 1 cup sifted cake flour
 1 teaspoon baking powder
 1-2 teaspoon salt
 1-2 teaspoon cinnamon
 1-2 teaspoon lemon extract
 10 plums, halved
 1-2 cup sugar
 1 teaspoon cinnamon
 Method: Cream the butter thoroughly. Gradually add the sugar and then add the eggs and beat well after each addition. Cut up the plums and add them to the mixture until light and fluffy. Sift the flour once, then measure it and sift again with the baking powder, salt and 1 teaspoon of the cinnamon. Add the sifted dry ingredients and the flavoring to the creamed mixture, then add into the top of the batter and stir the remaining sugar and cinnamon over the top. Place on the top rack of the oven towards the front. Bake in a moderate oven (350 deg. F.) for 1-2 hours. Serve this warm with cream.

Cuba is increasing its shipments of sugar to the United States.

use **Silverwood's Evaporated Milk**
 "Good Milk makes Good Meals"

GREET YOUR GUESTS WITH THIS WARM WELCOME



May this house to every guest, Be a place of cheer and rest.

DESIGN NO. 593

This charming welcome motif worked in cross stitch is easy to create and suitable for placement at the entrance of every home. Hot iron transfer pattern No. 593 contains transfer sheet, 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, Charlotte-Town Guardian, Charlotte-Town, Newfoundland.

Design No. 593 Name _____ Street Address _____ City _____

two keys to a cabin

by Lida Larrimore

By MACKAY SMITH WNU SERVICE

"This week is important for me, too," Gay said with equal deliberation. My last of— She paused, then added, smiling, "—a vacation probably for some time."

The slanting smile, more mocking than amused, told her that he understood the implication of the pause and the smile.

"I should be a gentleman and clear out, I suppose," he said slowly. "Unfortunately, it isn't as simple as that. I'm making an experiment," he said diffidently. "It's just getting well under way."

"Amateur photography?" Kate asked from her position against the chimney. "Probably of no greater importance," he said with a deprecating laugh.

Kate shouldn't have, Gay thought, feeling again that reluctant but compelling sympathy for John. Kate was getting back at her. She deserved it, perhaps, but he didn't. Even six years ago when he'd barely started, he'd been very earnest about his work. Kate shouldn't have left here now, to make amendments.

"I suggested photography," Gay said. "I thought possibly the materials in your laboratory were things Uncle John had left."

"I'm sorry, it's just that—" He ran his hand through his hair, which was still so crisp dark hair, but probably won't amount to anything, but I want to see it through. If I will be lost."

"I suppose I should be a lady and leave you in peace," Gay said quietly. "I'm not, unfortunately, running through her voice. 'Unfortunately, it isn't so simple, either. I'm making an experiment.'"

"Yes," she said, after a moment. "I came for that purpose. I must make my experiment here."

A pause followed, not warm and intimate as the first had been. This was a truce, a break in active hostilities. John waited to the table and picked up his pipe. Gay stood half-leaning against the back of the chair, watching the movements of his hands in the yellow cone of light from the lamp.

"I'm not leaving tomorrow," she said, conscious of and regarding the words as they came through his teeth. "I'm not leaving tomorrow," she said, conscious of and regarding the words as they came through his teeth.

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Things Not To Do

Push up your cheeks when you are deep in thought. This will cause wrinkles, crowfeet and fine lines which will come all too soon anyway.

Read in a street car. It is tiring to read when your hands shake. You have to concentrate your attention. Equine lines and forehead wrinkles will be the result of this eyestrain and nervous tension.

Knit your brows instead of wearing glasses because you have heard that a shortighted look can be charming. Eyeglasses today are so well designed that they often add distinction.

Bend over your work—sewing, reading, typing—in such a way that you develop a double chin. Breathe restlessness and a lack of poise and inner calm by chewing your beads.

Bite your carefully made-up lips, no matter how pretty your teeth may be. It is a sure sign for your lips, nor is it a serene or lovely expression. —Canadian Home Journal.

"MIDDLE-AGE" WOMEN HEED THIS ADVICE!

Thousands of women are helped thru "trying times" with Lydia E. Pinkham's Vegetable Compound—known for 50 years in relieving female functional troubles. Made in Canada.

Experiments will be completed by then. "Of course," he said, after only a slight hesitation. "There are, unfortunately, no hotel accommodations here."

"And that," Kate said cheerfully, "I would, I think, be carrying matters much too far."

"Don't worry," he smiled appreciatively at Kate. "There's a cot in the room I work in. You can have the larger room there. I see you're across his crisp dark hair, but probably won't amount to anything, but I want to see it through. If I will be lost."

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Dorothy Dix's Letter Box

DON'T WRITE GLOOMY LETTERS; RECIPIENTS DON'T LIKE THEM

Women Have a Penchant for Putting Down On Paper Not What They Really Feel But What Makes Them Seem Like Martyrs

Dear Miss Dix—I love my mother-in-law. I know she is in deep grief over the death of her husband and I would not hurt her for the world, but she is simply killing my husband by writing him tear-stained letters that absolutely wreck him. He loved his father dearly and his grief over losing him has aged him five years in as many months, but he realizes he has to get on with life and is making a brave effort to do so. I try to cheer him and buck him up, but every time he seems to be getting back to normal here comes a letter from his mother telling him in minute detail of every pain, anguish, sorrow and loneliness he experiences. Says she will never be a bit happier, that she has nothing to live for, that she wishes she was in the grave with her husband, how she can't eat and has to take drugs to sleep, and so on and so on. Every letter is like sticking a knife in my husband's heart, for it makes him feel that his mother's sufferings are almost beyond bearing. Is there any way I can stop her from writing this cruel harrowing up of my husband's feelings without offending her? AN ANXIOUS WIFE.

I am afraid your mother-in-law is getting a morbid joy out of dramatizing her grief and your husband is her most responsive audience. No man is going to stop her, for of all enemies the most selfish and self-centered.

The only thing you can do is to try to make your husband believe in the truth, and that is that women don't mean half they write and should never be taken too seriously.

There seems to be something in a sheet of good white paper and a bottle of ink that fires their imaginations and sets their imagination working and makes them visualize themselves in romantic and tragic roles that causes them to write down things that they neither feel nor believe.

Look at all the foolish love letters that girls write to boys for whom they do not care at all, just because they feel that they are being poetical and serious. Think of the indiscreet letters that women write in which they tell family secrets that should have their right hands cut off for revealing.

And, believe me, the letters of hopeless yet serious women belong in this same category. They are the outpourings of a woman revealing in self-pity and trying to win sympathy. They are full of platitudes and sentimentalities. When they write they know that the reader visualizes them as Niobe leaning over a grave, and every thought and every interest is buried in it. When, in reality, they are quite chirpy and taking an interest in the world, anything they write is full of gloom that we hate to open them. They never, by any chance, mention anything pleasant that has occurred, but they give us minute accounts of the tragedy that has happened in the community.

Try to get your husband to look at the motive letters from this point of view.

After all, you spend most of your life in association with people who are your mental equal, and coming home at night to a wife who is not your mental equal makes you a comfortable home isn't the worst that could befall you.

And don't forget that your wife is your pick. DOROTHY DIX.

Embarrassing Poundage Melts on This Easy Diet

Reduce the Low-Calory Way. No, nobody lets you forget it when you're fat! Your hostess plainly fears you'll damage her daintier chairs; friends often hint, "Haven't you gained?"

The only thing to do is—reduce! You can easily on a low-calory diet, losing as much as two pounds a week.

And only when you know which are high-calory foods and which low-calory can you be sure you're reversed that gaining process.

You may have been choosing "substitutes" for candy, taking only "plain" desserts. But a small bag of peanuts has 300 calories, a serving of work-a-day bread pudding, 800! Much fewer calories in 3 chocolate peppermints, 100; in coffee jelly with whipped cream, 110.

So, cleave to your calory chart. Easy then to keep to your 1,200-calories-a-day reducing allowance—and still have meals as tasty as this: One, I lean lamb chop, baked 4 stalks celery, 1 cup broccoli, 1 cup Spanish cream.

Our 32-page booklet gives you 42 low-calory menus. Has a calory chart, a 3-day liquid diet to start your reducing; includes menus for gaining.

Send 20c in coins for your copy of The New Way To A Youthful Figure to The Guardian Home Service. Be sure to write plainly your Name, Address, and the Name of booklet.

Name _____ Street Address _____ City _____ Province _____

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"Pack Up Your Troubles"

"Produces a sense of well-being and of increased strength and vigour. Removes the feeling of fatigue." That's the great Doctor Samuel C. Prescott's verdict on FINE coffee like Schwartz. Try it.

Schwartz COFFEE

"The Cup You Can't Forget"

A Morning Smile

Living & Leisure —The Woman's Realm

Donovan's foreman was telling him how to carry a lot of material on his small barrow. Donovan listened attentively and then asked: "You haven't a cough or a cold?" "To tie to my legs to stop me from breaking into a gallop."

And I more than half think that many a kink would be smothered in life's tangled thread. If half that we say in a single day were left forever unsaid.

MOTHER OF JOHN WESLEY

An intense, idealistic young Englishwoman, Susannah Annesley, married in 1689 the Reverend Samuel Wesley, clergyman of the Church of England. To him she presented nineteen children. Thirteen survived babyhood. Of these thirteen, four became scholars of distinction. Two of them were John Wesley, founder of the Methodist movement, and his almost equally well-known brother, Charles Wesley, one of the world's best-known hymns.

Handy both as an ordinary pocket time-piece and for timing sports events a combination watch has as the one favorite during recent years on hand at the back of the hand is stationary, while its dial rotates. It can be stopped and started instantly by a slide control at the side.

Consult your doctor before starting any strenuous course in diet or exercise.

OPEN SANDWICHES

Fingers of white or brown bread are spread with savory mixtures and slices of egg, tomato, cucumber, anchovies or small salad are placed on the top. You may require a fork, however, for their manipulation.

FIRST COLOR PRINTERS

Peter Schoeffer, one of Gutenberg's workers, and Johann Fust, were the first two men to attempt printing in color. They made their experiment in 1457.

An excursion train, which has been running for 100 years, is still hauling excursionists in England.

Small rugs at the bottom of stairs or between rooms should be anchored securely so people won't slip on them. Dangerous accidents can happen through neglecting this.

So far away is the planet Pluto from the earth that the most powerful telescopes show it only as a point of light.

After a card of darning silk or wool has been in use the loose end of the thread should always be slipped in a small nick cut in the top of the card. The end of the thread is then ready to hand whenever it is required again, but if it is wrapped around the card it is often hard to find.

NEW ZEALAND EXPORTS

AUCKLAND, N. Z.—(CP)—New Zealand will supply at least 120,000 tons of butter to England this season compared with 115,000 tons last season and 107,000 tons of cheese in comparison with 84,000 tons.

FORM-FITTED PULLOVERS APPEAR IN ALL TYPES OF DRESSES

The pullover blouse for the two-piece dress shows signs here and there of staging a comeback. We have become so accustomed to the jacket style top for the two-piece as the one favorite during recent seasons that the pullover trousers fall as quite new-looking. One version of it, to give that slim silhouette is the form-fitted one that may be as long as waist-length and appears in sports to evening dresses. One sports version—shades of years ago—is the middie blouse. Long pullover sleeveless sweaters and pullover jerseys that are cut snugly also fall into this category. On the other hand there is the blouse pullover that is belted, seen occasionally, which is a type more figures can wear.

FALL AND WINTER MILLINERY SHOW HEIGHT AND BREADTH

The fur hat seems up as a large and important phase of the fall and winter hat program. Last year they had great success, this year their styles are even more varied. What is new about the fur hat for the coming season? Feels that are prominently talked of include sheared beaver, leopard, Persian lamb, mink and silver fox, with black fox as a new style plain. In hats of other materials, there is low both forward and off-face silhouettes. Frequently, backs are of fabric and usually cover most of the crown.

Needlecraft—For The Home

3406 SIZES 12-16

Here is a new Fall frock with good, basic lines that you will enjoy wearing. The soft, high neckline, slim waist and squared shoulders are flattering to your figure and as new as can be. The same pattern can be used to make the popular and very fashionable side saddle draped dress shown in the smaller view. A becoming dark color in one of the new season's fabrics makes a dress that shows off your clips and neck-laced to good advantage.

Style No. 3406 is designed for sizes 12, 14, 16, 36, 38 and 40. Size 36 requires 3 1/2 yards of 39-inch fabric for plain skirt dress; 4 yards for draped skirt version with short sleeves.

Send Twenty (20c) coin is preferred, for pattern. Write plainly your Name, Address and style number. Be sure to state the size you wish. Style No. 3406 Size _____

Name _____ Street Address _____ City _____ Province _____

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 Tuesday, Sept. 24th (MARCH 21 to APRIL 20 (Aries))—Don't indulge an "I pass, attitude" today or you'll find yourself many a day later than you expect. Emergency or task no matter how difficult it may be to get going. There is no substitute for honest energy and application of talents and means.

APRIL 21 to MAY 20 (Taurus)—Read Aries' advice, it's a good prescription for you. Put a general ban on inertia and lack of action. Heart affairs require kindly tact and patience.

MAY 21 to JUNE 21 (Gemini)—You can be conservative and prudent to your advantage but this does not imply that you be puritanical in furthering your interests. Be clear, straightforward and pleasant and add to gain now indicated through your best efforts.

JUNE 22 to JULY 23 (Cancer)—A.M. especially asks for patience and care in money matters. No hasty, unpremeditated decisions or promises. Investigation, confidential conferences, government legislation. Amiability will help in home and heart affairs.

JULY 24 to AUGUST 22 (Leo)—There is so much constructive work awaiting the attention of useful, good citizens these days that it behooves everyone to expand his (or her) activities beyond the confines of personal advancement. Do your bit for some worthy cause.

AUGUST 23 to SEPTEMBER 23 (Virgo)—Today may not be auspicious for immediate financial gains. JULY 24 to AUGUST 22 (Leo)—Virgo's special aptitude for chemistry, dietetics, sanitation and day-into-day "clean-up" day in every sense.

SEPTEMBER 24 to OCTOBER 23 (Libra)—Matters of taxes, investments, legacies, guardianships, trusteeships, and the like

Quick Relief for Pain

"I always carry PARADOL in my handbag"

PARADOL

The government of Costa Rica is granting loans to needy farmers.

Argentina's 1939-40 rice crop weighed 100,000 tons, a new record high.

Gasoline rationing has started a bicycle craze in Australia.