

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

Your Individual HOROSCOPE

By Frances Drake

For Tuesday, November 19th

MARCH 21 to APRIL 20 (Aries)—May not be particularly favorable for artistic matters in the A. M. but good results in industry and mechanical activities of an unusual nature are favored, especially after Noon.

APRIL 21 to MAY 20 (Taurus)—You may have to go out of your own field to get assistance to further your business today but extra effort on your part will be rewarded, and mostly in progressive activities.

MAY 21 to JUNE 21 (Gemini)—Your star wars against carelessness in managing your affairs and how you spend your money. Travel, transportation interests, research and dealing in public projects are favored. You can make advancement in worth while issues.

JUNE 22 to JULY 23 (Cancer)—Wish and dream of your own with cut thought of immediate material returns. Plans foundation preliminary looking over the field for new opportunities, advertising, motion picture interests are among the favored.

JULY 24 to AUGUST 22 (Leo)—If you aren't over-enthusiastic and don't kick the foundation from under your own feet, success and plan you should do a very good day's work! Government and all progressive measures are sponsored. Beneficial aspects.

AUGUST 23 to SEPTEMBER 23 (Virgo)—An impartial viewpoint is necessary so that you will not be tempted to inject personal prejudices into matters that require calm judgment. Favorable rates for general business and essential issues.

SEPTEMBER 24 to OCTOBER 23 (Libra)—Be more industrious and cautious during the A. M. than usual, especially in matters pertaining to the home and income, real

estate, social activities. P. M. receives best aspects.

OCTOBER 24 to NOVEMBER 22 (Scorpio)—Industrial, mechanical, transportation and manufacturing interests are favored for you who are attentive to business and who will take advantage of opportunities. Personal and frivolous issues should be in the background.

NOVEMBER 23 to DECEMBER 22 (Sagittarius)—Be careful about important details, promises, agreements and how you manage your or your employer's time and affairs. Today can be productive of achievement with your intelligent application.

DECEMBER 23 to JANUARY 21 (Capricorn)—More opportunity for building and making and handling necessary articles and useful commodities than for that which has purely artistic or social value. Unbusiness important to good results.

JANUARY 22 to FEBRUARY 20 (Aquarius)—Scientific matters, educational and humanitarian activities, government projects and business propositions and all necessary activities are favored and personal advancement and pressures.

FEBRUARY 21 to MARCH 20 (Pisces)—Advice to Capricorn and Aquarius applies to you folks today. You should find the afternoon and evening less restricting and more friendly for confidential interchanges.

A CHILD BORN ON THIS DAY will be very active; inclined to be headstrong; clever; generally capable. Can become successful in a career or trade, also in finance, if he (or she) will learn to control a quick temper and to listen to sound suggestions.

Portmanteau Meals

How to provide shelter snacks and hurried meals in queer places are among the war-time housewives' problems. These kinds of emergency meals should be small in bulk but large in nutritive value—hardly enough to pack into a small case. Literally they should be portmanteau meals, says the weekly Scotsman.

A glance at the Ministry of Food's "Four-group Chart," in which foods are divided into "Energy's," "Body-builders," and "Proteins," will help when choosing from-line foods. A complete meal contains items from each group.

Whole wheat bread is better for sandwiches than white bread, for it is a body-builder and a protective food, a valuable source of the vital "B1" vitamin. Whole wheat biscuits are good for eating in the iron-ration box, together with a slab of plain chocolate and a packet of raisins. These rations need not be touched unless there is real necessity.

When preparing drinks for the vacuum flask, pack the milk for tea, coffee, or cocoa separately in a bottle.

Remember that it is unsocial and unhygienic to leave litter of skeletons and A.R.P. posts, so choose foods and fruit which are "tidy" to eat. Changes are refreshing, but the smell is penetrating. Apples or pears are a better choice. Tomatoes are an excellent tonic and very refreshing, but do not use them as a sandwich.

NEW EXAMS FOR WAR BRIDES

Rev. P. E. Rebbeck, vicar of Wolvecot, England, writes in his parish magazine that when a bride stands before him at the altar steps he would like to ask her these questions: 1. Will you promise to cook the bacon slowly and see that it is not fried up to nothing? 2. Canst thou make an appetizing stew fit for this man to eat? The vicar adds that before bans are published a girl should have a certificate of elementary knowledge of cooking.

3-PURPOSE MEDICINE Hits HEAD COLD Misery Fast!

If you are suffering with discomfort of a head cold, enjoy the grand relief that comes when you use Vicks Vapo-r-nol, 3-purpose Vapo-r-nol is so effective because it does three important things: (1) shrinks swollen membranes; (2) soothes irritation; (3) helps flush out the nasal passages, clearing clogging mucus. No wonder Vapo-r-nol is America's most widely used nasal medicine!

And remember, if used in time, Vapo-r-nol helps prevent many colds developing. **VICKS VAPOR-NOL**

The Gift Wife

By RUPERT HUGHES

"It was a beautiful bird, honey, and the man that killed it suffered horribly of thirst. You must never, never say the albatross, honey, never say the albatross. It's the unparagonable crime."

Strolling along the Domborg, Jebb and Cynthia soon reached the Hotel. Jebb took the child to the dining-room, told an elderly waiter to bring her what she wanted, cautioned her not to stir till he came back, and leaving her good by, made straight for the wine-room.

Cynthia had never heard of Casablanca, but she shared his dislike of the wine-room English, and had five or six little Kindchen of his own, became great friends. It was a pleasant place to wait than on a burning hot day, but Cynthia's appetite was soon sated, the waiter speedily emptied his English bottle of wine, and his bag of tricks for amusing a child jaded with delay. And still Jebb did not return, Lordliness for her playmate, and for his friend's good by, made straight for the wine-room.

"I want Nunkie Dave! I want Nunkie Dave!" And then, the cry falling, she began to whimper: "I want my mamma!"

At last Jebb arrived at the door of the dining-room. Cynthia, who had been waiting for him, looked at a shriek of joy that disturbed the solemn room. The waiter followed to explain with much jargon and a flourish of his hand and well he had entertained his charge.

Jebb, with a remarkable magnificence of manner, called for a piece of ten marks, and bade him keep the change.

The rain of gold had begun. Mr. Greaves laid it again.

Leaving the voluminous waiter panting with admiration, Jebb took Cynthia's hand and they went back to the station. In his other hand he still grasped the Gladstone.

His manner to the child was one of lofty tenderness, and the woman, a lady of high degree, mingled with the assemblage of a piece of some good theme.

"Seems to me, honey, that the train was headed other way when we left here," said Cynthia in a mistaken manner. Get turned round easily in foreign countries.

In his eagerness to board the train he tried to lead over and through a gorgeous officer who looked to be at least a taker of cities instead of bullets. On demand Jebb produced the remainder of a ticket and a nail to Ostend.

He was informed that his train would be a night train.

With an air of august patience Jebb informed the man, whom he called "mein lieber General," that he desired to be taken to the train station before him. The guard, greatly touched by the title she had been a soldier of color, and the man was no longer the Nunkie Dave, but the Ostend-vienna express, and that other tickets would be required.

Jebb replied that that made nothing to him out, and went to the ticket office where, in fact, he had one and one-half tickets. The men in the cage naturally inquired, though in less authoritative manner, "Please, for what station, my sir?"

Jebb smiled airily and quoted a remark of his:

"What station have you?"

The beard within waved like wheat and the ticket-seller answered: "Frankfurt-a-Main, Homburg, Wurzburg."

"Wurzburg, eh? That tastes good to me." (Das schmeckt mir gut.)

CHAPTER III

Hovering a little this side of sleep, his crowsy eyes saw, or seemed to see, through a winnowing of gauze and a distant tower of soot and soot, just visible in the dim light of daybreak. At its topmost up the rising sun had coated a rose to bloom. The rest of the slim shaft was still enveloped in violent shadow.

In a balcony circling the tower he rather imagined that described a note of a figure, and rather dreamed that heard a voice far, far away, and crying:

"Alahu Akbar! Alahu Akbar! Alahu Akbar! Alahu Akbar!"

Dorothy Dix Says—

FREQUENT DATES DANGEROUS UNLESS YOU'RE SURE OF LOVE Monopoly of a Girl's or Boy's Time is One of the Greatest Faults That Should be Overcome by Young Folks

Dear Dorothy Dix—Will you please tell me how to get rid of a girl and make her think she dropped me? I have been dating one girl about three times a week for a year and a half and I am tired of her. Other than that I have no good reason for leaving her. I would like for her to do the quitting, as she is a swell person and I don't want to hurt her feelings, but I would like to break the monopoly. I would still like to date her possibly once in a while, but I don't want to do it in common, yet she seems to expect me around three times a week. I am 26. She is 30. JOHN.



Man on the Spot

This puts the man on the spot, and the only resource left to him is to fade out of the picture as gracefully as he can. Don't answer letters and telephone calls asking if you are sick and what's the matter. You must see on the old date nights. And maybe after a while she will sort of get the idea that you are pulling out.

Or else just tell the lady frankly that all bets are off, but this is a dangerous thing to do, for she will surely have a right to know why you have given the best years of her life to you, and you will be sunk.

Any way, however, if you intend to go back to the old date nights, you must see on the old date nights. And maybe after a while she will sort of get the idea that you are pulling out.

Answer—Well, John, the most difficult task that any man ever confronts is freeing himself from the woman of whom he has tired. If any man has ever found a man who has not revealed his discovery for the benefit of his suffering brothers who are in a like predicament. Many another man like you desires to speak out and let his buyers know that he has broken the girl break off the relationship herself. He thinks that will save her face among her friends and that being able to boast about how she gave him the air will be a sort of consolation prize. So he omits flowers and candy. He develops an allergy to the telephone. He shows her in a thousand little ways

and prevented her from establishing herself by marrying, he owes her something more than a "so long, Mary." He has done her a great wrong and gotten himself into a situation into which he either feels bound to marry a woman he doesn't love or desire, or else, as a man of honor, to break off the relationship. The best way is for both men and women to keep in circulation until the times come when they are ready to take on "a steady" for keeps.

WHEN AGING WOMAN SEES NEW LOVE

Dear Dorothy Dix—Just what does a woman in her thirties do when she meets a man in his twenties and falls crazily in love with him? This woman has been happily married for fourteen years. Her husband is a fine man who worships her and until now she has thought she loved him. She is morally a good woman, has a responsible position and has always conducted herself as a perfect lady. So far it isn't a case of infidelity or unfaithfulness with her, but it is very serious. She has known of her husband's infidelity and would like to know of some way to put a stop to it before any damage is done to her or to her husband. HER FRIEND.

Answer— I doubt if anything that anyone could do or say would have any influence with this woman while she is under the spell of youth's fascination. For the time being she has lost sight of all moral values. Any way, however, if you intend to go back to the old date nights, you must see on the old date nights. And maybe after a while she will sort of get the idea that you are pulling out.

When his eyes actually perceived the minutes through the latticed window, and made out what manner of room he was in, he sat up with a start. He felt back in the chair. His nerves jangled like a harp thrown to the floor.

To move his head ever so slightly was to bump on the rack, but curiously forced him to endure the turning of his face so that he could study his whereabouts. Wonder filled him the he thought he was back in a dream.

The last thing he remembered was a sense of drowsiness on a train in Germany. But this was neither a train, nor Germany.

"This is Japan," thought Jebb, who had never been there. He lay on a sort of rail-platform covered with a heap of cotton mattresses. Over him were spread quilts of delicate fabric. On the floor were many rugs tinted like heaps of autumnal leaves.

"This is Persia," he concluded, thinking of the rugs. He had never been to Persia.

At some vaguely later period he thought he heard the creak of an opened door, and his own leader eyed him as he stepped out. He had never been to Persia.

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WHAT TO DO ABOUT TELL-TALE LIPSTICK

Dear Miss Dix—What is the sensible thing for a wife to do when her husband comes home with lipstick on his lips?

acquaintance.

Jebb noticed now that he was clothed neither in his striped pajamas nor in his pyjamas, but in a garment he could not recognize. His hands, remembering a habit he had acquired and lost, went convulsively to his waist. His money belt was gone, his ten thousand dollars had evaporated—and the belt with it.

"Where are my clothes?" he demanded, and again in bad German, "Wo sind mein Kleider?" and in tourist French, "Où sont mes habits?"

But the black only gibbered. (To be Continued)

THE COOK'S CORNER

SPICED CRANBERRIES

Two and one-half cups sugar, half cup water, two 2-inch sticks cinnamon, 1 teaspoon of whole cloves, 2 tablespoons of lemon juice, grated rind 1 lemon, 1 pound (4 cups) of fresh cranberries.

Combine sugar, water, spices, lemon juice and rind and boil together for 5 minutes. Add the cranberries and cook slowly, without stirring until all the skins pop open. Seal in sterilized jars or chill for immediate serving.

Ten-minute Cranberry Sauce

One and one-half cups sugar, 2 cups water, 1 pound (4 cups) cranberries. Boil sugar and water together for 5 minutes. Add cranberries and boil without stirring until all the skins pop open. (Five minutes is usually sufficient). Remove from fire and allow sauce to remain in cooking dish until cool. One pound of cranberries makes 2 1-2 pounds of sauce. For a thinner sauce, just bring sugar and water to a boil, then add cranberries and cook until they start popping.

stick on his clothing? Should she mention the lipstick? RUTH.

Answer—Well, she would be a museum specimen of a wife if she didn't say a few appropriate things to him about the lipstick, but probably a sensible thing to do would be just to send his clothes to the cleaner, because it is not part of a wife's duty to scrub off another woman's lipstick from her husband's bosom.

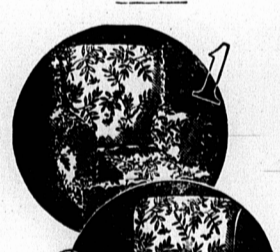
However, don't take the lipstick too seriously because for a man to return to his ever-loving wife and gazed up with it shows that he is at least an amateur philanderer. The old ones are more careful.

New Under-arm Cream Deodorant safely Stops Perspiration



1. Does not rot dresses, does not irritate skin.
 2. Nonwaiting to dry. Can be used right after shaving.
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- 39¢ a jar At all stores selling toilet goods (also in 3 oz. and 1 lb. jars)

Stunning Slip Covers Made in Simple Steps



Pin and Fit Fabric to Chair

Now you see how you can make yourself, the smart slip covers shown in decorators' shops—and so transfer your weariest chair into a shining beauty.

Your chair is your pattern. You just fit your fabric to each part pinning and cutting as you go.

And what lovely colorful fabrics you can get these days. For a formal upholstery-style cover, choose a heavy cotton of a rich plum or beige patterned in damask effect. Charmingly informal is flowered linen or cretonne.

To start your cover, smooth fabric over inside-back and seat, making a 4-inch tuck-in between them to relieve strain.

Anchor fabric to upholstery with pins every three inches, then cut 1/4 inches outside pins for seams. In the same way fit arms, sides, back, front and cushion.

Now carefully pin pieces together, remove from chair, haste and try to insure a really trim fit. Then the final stitching.

For complete directions for slip covers see our 32-page booklet. Tells how to fit any chair or sofa the pin-on way. Explains and diagrams estimating, cutting, fitting, sewing, smart seam finishes. Advises on fabrics, colors.

Send 20c in coins for your copy of How To Make Slip Covers to the Guardian Home Service. Be sure to write plainly your Name, Address, and the Name of booklet.

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NOW YOU CAN OWN MATCHING SILVERPLATE AT 1/2 USUAL PRICE

HERE'S HOW: Send 5 Sunlight Soap cartons ends for Sunlight, Dept. R-73 Hamilton, Ont. You'll receive 6 "Allure" pattern Original Rogers teaspoons and information on how to get matching knives, forks, etc.

6 ORIGINAL ROGERS SPOONS for only 60¢ plus 5 SUNLIGHT SOAP CARTON ENDS

Living & Leisure — The Woman's Realm

LOOK TO THE SPRING

I am planning for April, though red leaves are falling; I am storing for Springtime my Never one will be lost, and when March winds are calling, They will leap to the light with their beauty and mirth!

I am dreaming of Spring, of its song and its glory, Though clouds hide the blue, and the wind's blowing cold; For I know, beyond doubting, the glow and the glory Will come back to cheer us, with blue days and gold!

—Claire Ritchie.

The oil silk of fabric foot covers for the refrigerator should be kept as clean as the bowls used for the soapy bath in warm water and rinse in warm water and then in cold. Wipe as dry as possible and hang out until perfectly dry. Do this weekly.

HOT-WATER BOTTLES

One use for old woolen stockings is to convert them into covers for the rotoly kind of metal hot-water bottle. A stocking is just the right size to cover these. Cut the stockings to a suitable length and sew up the bottom. Slip a rubber band over the top end.

TO KEEP CHEESE MOIST

To keep cheese from drying out in the refrigerator, cover the cut sides with waxed paper and wrap in a damp cloth. Replace with a clean, damp cloth every two or three days.

NICE CHEESE SPREAD

Blended Roquefort and cream cheese, spread on crisp crackers and sprinkled with paprika, are good appetizers.

EVEN YOUNG COOKS WILL BE PROUD OF THESE

Good luck chocolate tarts with a creamy filling made of sweetened condensed milk, are a magical failure-proof even in the hands of beginner cooks. They can be made with baked pastry or cookie-crumbs crusts, and the filling needs no cooking. And they'll bring compliments raining on the young cook who makes them.

They will gain added interest if a fortune, written on a piece of paper, is concealed under each. The fortunes, too, can be the work of the young hostess. Something like this might do: "Good luck and health will follow you." "Perhaps a little romance, too." "Fortune be yours where 'ere you roam." But be sure to remember the friends back home!

A Morning Smile

GETTING ALONG

"Panic!" exclaimed the proud mother, "they've promoted our Erbert for 'titan' the capital. They've made him a court-martial!"

UP TO DATE

A man in court said that a quarrel with his wife began when he fell down the cellar steps with some coal. What hurt him most was not remark that it was just like him to scuttle himself.

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

Needlecraft—For The Home

A two piece dress is the newest thing and the most practical kind of a frock to have. Budget minded women who wear larger sizes will welcome this neatly tailored style with the new look. The blouse is fitted over the hips to eliminate bulk and the skirt has three inverted pleats in the front as dictated by fashion for this winter. Light weight wool or heavy rayon crepe will make a charming frock to see you through the whole season... to town... to clubs meeting... and many other occasions.

Style No. 2503 is designed for sizes 16, 36, 38, 40, 42, 44, 46 and 48. Size 36 requires 3 yards of 54-inch fabric.

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. 2503 Size _____

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TO RELIEVE COLDS

FATHER JOHN'S MEDICINE

Made in Canada

DOES MORE because it helps 2 ways—

1. Relieves the cold
2. Builds up body resistance

That's why for 85 years many people have called for Father John's Medicine at the first sign of a cold. Profit from their experience. Ask your druggist for Father John's Medicine.

DAINTY EDGINGS THAT ARE EASY TO CROCHET

DESIGN NO. X 150

Handkerchiefs with lovely crocheted edgings are popular and are always appreciated when received as gifts. Pattern No. X 150 contains list of materials needed, illustration of stitches and complete instructions for making four edgings.

To order this pattern, send 15 cents in coin or stamps to Needlework Bureau, Charlottetown Guardian, To Charlottetown Guardian Needlework Department.

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Keep In Step With **SWARTZ'S COFFEE**

Any time you're feeling tired and out of sorts, a ten minute "Spell" with Swartz will set you on your feet again. It's stronger... richer... more flavorful!

"The Cup You Can't Forget"

Swartz's Coffee