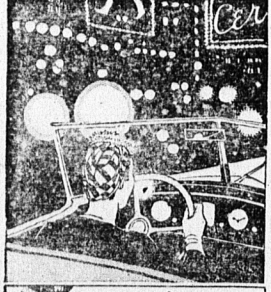


Woman's Realm / Social and Personal / Fashions / Literature

A Morning Smile

Here is a bit picked up that contains a real comforting suggestion regarding our weather:—
 "Health is the thing that makes you feel that now is the best time of the year."
 Also we make an apology for putting the following on the women's page.
 "If only a woman could foresee how irascible her husband would look with a bereaved expression on his face and a black band on his post-sleeve it would give her the strength to live on and on."
CONTINUOUS PERFORMANCE
 The laird had a very quick temper, as Dugald, his servant, knew only too well. At last, the man's patience gave way and he sacked himself.
 "What's wrong with the job?" growled the laird.
 "It's your temper, laird," was the sly, "I canna stand it."
 "But, man!" expostulated the air, "my temp' no sooner up than it's down again."
 "Aye, but it's no sooner down than it's up again."

Vitamin Lack May Cause Auto Mishaps at Night



VITAMIN A — AID TO GOOD EYESIGHT, HEALTHY LUNGS, DIGESTION.

Driving at night, are you confused by the lights of cars? Night blindness (the failure of your eyes to adjust quickly to bright lights) is just one of the results of a lack of vitamin A.
 Amazing — the importance of vitamins in diet, what they can mean to health and youthful good looks!
 When you have lots of yellow and green vegetables and fruits, their vitamin A prevents night blindness and also helps build resistance to colds and keeps digestion in good order.
 Vitamin B1, found generously in milk and whole wheat, gives you pep and a good appetite.
 Vitamin C, particularly abundant in tomatoes and citrus fruits, is good for your smile — it makes healthy teeth and gums. Vitamin G, found in foods that contain other vitamins, helps to keep your skin radiant.
 The sunshine vitamin D builds body tissue. Fish-liver oils have lots of it.
 Make sure you get all the vitamins you need! Our 32-page booklet has charts showing the vitamin content of everyday foods. Gives "Protective Diet" 16 vitamins — rich but moderate-cost menus. Tells 10 ways to preserve vitamins in cooking.

Send 20c in coins for your copy of "Vitamins To Keep You Fit" to The Guardian Home Service. Be sure to write plainly your Name, Address and the Name of booklet.

Name _____
 Street Address _____
 City _____ Province _____

FOR SUPERIOR BAKING RESULTS USE



MAGIC BAKING POWDER
 CONTAINS NO ALUM
 MADE IN CANADA

THE COOK'S CORNER

BANANA OATMEAL COOKIES

1 1-2 cup flour
 1-2 teaspoon soda
 1 teaspoon salt
 1 teaspoon cinnamon
 1-4 teaspoon nutmeg
 3-4 cup shortening
 1 cup beet or cane sugar
 1 egg
 1 cup fully ripe bananas, mashed.
 1 3-4 cups rolled oats
 1-2 cup raisins
 Sift together the flour, soda, salt, and spices. Cream sugar and shortening and beat in light. Add egg and blend well. Add bananas, rolled oats and raisins. Combine the flour mixture and crop from teaspoon onto cookie sheet. Bake at 400 degrees for 15 minutes.

BUTTERMILK GINGERBREAD

1-4 cup butter
 6 tablespoons sugar
 1-2 cup dark molasses
 1 egg
 1 1-2 cups flour, sifted
 3-4 teaspoon soda
 1 1-2 teaspoons baking powder
 1-4 teaspoon salt
 1 1-4 teaspoons ginger
 1 teaspoon cinnamon
 1-2 cup buttermilk
 Method: Cream the butter, add the sugar slowly and cream until light and fluffy. Blend in the molasses, then add the eggs, beating well. Sift and measure the flour, add the soda, baking powder, salt and spices. Sift together.
 Add to the creamed mixture alternately with the buttermilk. Mix after each addition until smooth. Pour into a greased square cake pan and bake in a moderate oven, 350 degrees F., for 25 to 30 minutes, until done.
 After the oven is turned to moderately hot, 400 degrees F., put in the pan of bran corn bread you mixed together. This will take about 30 minutes to bake.

Relieve Misery of HEAD COLDS



Put 3-purpose Vicks Vapo-Rol up each nostril. It (1) shrinks swollen membranes, (2) soothes irritation, (3) helps clear cold-clogged nose. Follow directions in folder. **VA-TRO-NOL**

Living & Leisure

The Woman's Realm

HALLOWEEN

Kadra Mays
 The friendly beasts, upon this hallowed eve—
 The beasts beloved by gentle saints of old—
 Are sitting in the wood where night winds grove
 And autumn dulls the summer green to gold.
 They must have memory of ancient tales
 In which they walked with brave and holy men:
 Saint Kenneth of the Gulls, a prince of Wales—
 Saint Blaise who preached in wolf or lion's den.
 Upon this night no evil thing may
 The blessing of Saint Francis broods above
 Forest and field and fold and sand and sea
 And on the beasts and birds who knew his love.

At any Halloween Party too much emphasis cannot be laid on the decorations, as the setting gives the atmosphere to make the suppressions effective. With curtains and screens long narrow, dimly-lighted passages to caves and winding in these caves old and antique furniture, and grotesque noises and tell fortunes. An effective fortune-telling booth may also be built out of corn-stalks and branches of trees, with similar a pumpkin head instead near the tops of the stalks, and illuminated by red lights, or inside the booth in the glow of a red light the fortune teller may sit while reads the palms of all young people presenting themselves. Huge Jack-O'-Lanterns of old witches riding brooms may be made and swung on a drop with a red light in the centre of some of the class-rooms, Jack-O'-Lanterns, Blackcats and goblin pictures should be hung all around the social room. The electric light bulbs about the room may be covered with orange crepe nonflammable paper on which has been pasted eyes, nose and mouth of black paper.

Candle Spirit—The room must be dark for the Candle Spirit. Two lighted candles are placed on a table in front of a dark curtain. Any one wishing to know his fate must ask the Candle Spirit questions which may be answered by "yes" or "no". If the answer is "yes", the candle on the right is blown out. If "no" the candle on the left must be extinguished. The hidden person will wear black gloves so that he may relight the candles without being discovered.
Which Brew—A hot little kettle which stirs mystic brew in a black kettle. Small white cardboard bones are drawn from the kettle. Each bone tells where a fortune may be found. Guests will have a creepy time locating their fortunes under a beam in the attic, beneath a shovel in the cellar or in other spooky spots.
October 31st Lantern—Print messages from the unknown with white ink on black paper. Wrap each slip around the pointed end of a feather. Stand the feathers upright in a grinning Jack-O'-Lantern. Blow each player's name around three times and let him pick his fortune from the Conjuror's Lantern.

Map of Fortune—Take a Map of Fortune on the wall marked with appropriate words for reading the future, such as wealth, happiness, (Continued on page 10, Col 1)

TODAY'S SENSATIONAL NEWS!

Washes Come WHITE without Bleaching!



Now at Your Dealer's—SAME ORANGE AND BLUE PACKAGE—THE CHANGE IS IN THE SOAP



You'll agree it's the **WHITEST WASH EVER** or Double your Money Back!

WHITE! WITHOUT BLEACHING CAUSE OXYDOL LIFTS OUT DIRT—WASHES FIBRE-CLEAN.

SAFE FOR COLORS AND RAYONS! WE OXYDOL "HUSTLE-BUBBLES" ARE MILD AND GENTLE.

OXYDOL WORKS HARDER—THERES MILLIONS OF US "HUSTLE-BUBBLES!"

IF YOU WANT TO SEE HOW MILD "HUSTLE-BUBBLE" SUDS ARE ON HANDS—JUST LET OXYDOL DO YOUR DISHES!

NEW OXYDOL

Now brings you Suds—richer in washing power. A New Milder Kind of Suds!

"HUSTLE-BUBBLE" SUDS!

MORE DIRT-GETTING POWER AND NEW MILDNESS
 --SAFETY FOR COLORS, AND RAYONS--NOW COMBINED IN THIS FAMOUS SOAP AS NEVER BEFORE.

SEE YOUR NEXT WASH come dazzling white without bleaching. Yes, even in hard water.
 Try it. Wash the modern way with New OXYDOL—Canada's "last word" in laundry soap. Now it has still more washing power for getting clothes white, coupled with wonderful new mildness for hands—safely for washable colors and rayons.
 Yes, Oxydol has a new kind of suds—"HUSTLE-BUBBLE" SUDS. If you use a washer, don't bother with preliminary soaking. And don't rub your hands red. Except for stains or unusual pieces, just put clothes through the washer—and rinse.
 Then see how OXYDOL gets your wash dazzling white without bleaching. If you don't agree it's the whitest wash ever, return the unused portion of the package, with your name and address, to Procter & Gamble, Dept. R, 1600 Delorimier, Montreal, and receive the purchase price will be refunded! Offer terminates December 31, 1942.
 MADE IN CANADA

EACH CUPFUL DOES MORE WORK—WASHES MORE CLOTHES WITHOUT ADDING MORE SOAP—MORE FOR YOUR MONEY!

NOW WASH EASIER! LET OXYDOL'S "HUSTLE-BUBBLE" SUDS STREAMLINE YOUR WASHING! NO SOAKING! NO RUBBING! NO BLEACHING!



Needlecrafts —For The Home

3170
 SIZES 14-48
 APPLIQUE INCL.



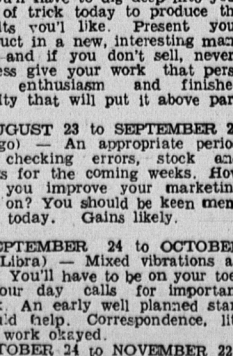
Put your heart in your work! It's an easy matter with this pretty button-front morning frock, trimmed all around the neck with red heart appliques. The curved neckline, sleeves and hemline are edged in red to match—very gay and very colorful. And don't overlook the fastening princess lines that work splendidly wonders with not-so-slim figures! You'll use the heart appliques to trim other things, too—an apron, perhaps, a blouse, or an old favorite dress. This needs a little re-vamping for the new season.
 Style No. 3170 is designed for sizes 14, 16, 36-38, 40, 42, 44, 46 and 48. Size 36 requires 4 1/4 yards of 35-inch fabric with 1 yard contrasting. Applique is included in pattern.
 Send Twenty (20c) coin is preferred for pattern. Write plainly your Name, Address and the style number. Be sure to state the size you wish.
 Style No. 3170 Size _____
 Name _____
 Street Address _____
 City _____ Province _____

You GIRLS WHO SUFFER DYSMENORRHEA
 If you suffer monthly cramps, back-ache, distress of "irregularities," nervousness—their functional monthly disturbances—try Lydia E. Pinkham's Vegetable Compound Tablets (with added iron). Made especially for women. They also help build up red blood. Made in Canada.

Your Individual HOROSCOPE By Frances Drake

For Friday, October 31st
MARCH 21 to APRIL 20 (Aries)—More favorable for practical matters, improving the general standard of living and making personal advancement than it is for quick monetary gains or other mercenary transactions.
APRIL 21 to MAY 20 (Taurus)—You born before May 6th may have to be more cautious in business affairs than other Taurus but all of you can profit today through your own intelligent efforts. Astronomy, astrology and scientific lines generally are especially favored.
MAY 21 to JUNE 21 (Gemini)—Practical retail and manufacturing establishments handling consumers' utilities; hotels, restaurants and national defense projects are among the necessary lines favored. Deal with superiors, executives. Work lightly begun now will bring profits.
JUNE 22 to JULY 23 (Cancer)—It should be a good day for soliciting trade, advertising or for whatever your particular line calls. Sensible care advised in shipping, manufacturing and handling chemicals, drugs, oils, beverages. Study and research under favorable rays.
JULY 24 to AUGUST 22 (Leo)—You'll have to dig deep into your bag of trick today to produce the results you'd like. Present your product in a new, interesting manner, and if you don't sell, nevertheless give your work that personal enthusiasm and finished quality that will put it above par.
AUGUST 23 to SEPTEMBER 23 (Virgo)—An appropriate period for checking errors, stock and needs for the coming weeks. How can you improve your marketing division? You should be kept mentally today. Gains likely.
SEPTEMBER 24 to OCTOBER 23 (Libra)—Mixed vibrations all day. You'll have to be on your toes if your day calls for important work. An early well planned start should help. Correspondence, literary work okayed.
OCTOBER 24 to NOVEMBER 22 (Scorpio)—Diversified interests

IF BABY IS CROSS FIND OUT WHY



HEALTHY BABIES are not cross. Your baby should not be cross. If he is, there's something in his little system that's "out of order". Probably Baby's Own Tablets can promptly "put it right". Mrs. H. — of Fenelon Falls, had the experience. She writes: "My little girl was irritable, feverish and sometimes sick at her stomach—what a relief it was, after giving her Baby's Own Tablets, to see how much better she was."
 No matter how delicate your baby may be, these little sweet-tasting tablets cannot harm him. Easy to take. Promptly effective in clearing up simple fevers, diarrhoea, colic, constipation, simple croup, colic, teething troubles and other minor ills.
 Never be without a full box of Baby's Own Tablets. Sickness so often strikes in the night. 25 cents. Money back if you are not satisfied.

Dorothy Dix Says—

CONSIDER YOUR FAMILY AS IMPORTANT AS OUTSIDERS

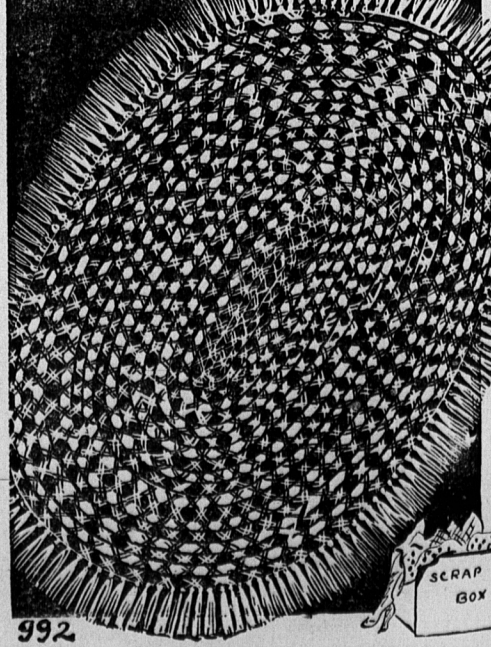
Treat Them The Same And You Will Find Less Quarreling And More Congeniality And Happiness

Mary and John have broken up the little home they established five years ago with such high hopes of happiness. They have sold their furniture and are getting one of the fashionable new streamlined divorces in which the party of the first part and the party of the second part pay each other extravagant compliments and say they will always be friends and wish each other every good luck, but that they have found living together just impossible. Incompatibility of temperament, you know. Perpetual quarrels. Arguments over the most trivial matters that ended in John slamming the door behind him as he went out and Mary going to bed in tears. No one can understand why a marriage that started out so auspiciously should soon come to grief. For John is a fine, moral young man and Mary is such a peach of a girl that seems incredible that they couldn't make a go of it. Besides, John's chief asset in business is his grit as a mixer and his ability to handle people with kid gloves, while Mary could win a popularity contest every day of the week and everybody who knows her praises her disposition as much as they do her complexion. So all of their friends wondered why two people who could get along so smoothly with the balance of the world couldn't get along with each other. They said that, of course, if John was a grouchy you could understand why Mary couldn't stand him; or if Mary was a nagger you couldn't blame John for leaving her, but when John was jolly and good-natured and Mary was amiable, it just simply didn't make sense for them to always be fighting. But most all married people do, and what do you suppose it is about marriage that makes husbands and wives keep a chip on their shoulders all the time that they are daring the other to knock off?

Answer Is Missing
 Nobody knows. And there you are, and there are all the millions of other Johns and Marys who make marriage a 40 years' civil war for no reason that any sane person can explain.
 Why does a man who spends his days gunshooting around the disagreeable peculiarities of other people come home and jump with both feet right in the middle of all of his wife's pet prejudices? Why does a woman who is so mild abroad that butter wouldn't melt in her mouth do it with vinegar the minute she gets in her own house?
 Why does a man meekly take his boss' bawling out, yet raise a ruckus if his wife makes the slightest criticism of anything he has done? Why does a woman flatter and cajole her employer, laugh at his jokes and yes-yes his opinions, but feel it her sacred duty to disagree with her husband in everything he says and ask him, for pity's sake, is he going to tell that old story again, and never give him so much as a crumb of praise?
Putting on a Front
 You may say that the reason men and women make more effort to get along with strangers than they do with those to whom they are married is because it is more important for them to please those outside of the home than it is to those within it. The husband has to take it if Mary is a slovenly housekeeper and a nagger, but Mary has to turn out good work and act pleasant if she keeps her job in an office.
 A man feels free to tell his wife that she has the intellect of a hy-

terical hen, or for goodness sake to shut up about her poor nerves, because she can't quit without serious complications, but he would never dare do that to his silly, tiresome women clients and patients and customers, who could take their troubles and their money somewhere else.
 It takes two to make a quarrel, and every disagreement could be stopped in its beginning by a smile, a joke, a tender word. Every subtle stab about which there is a difference of opinion could be taboo. Husbands and wives could treat each other with courtesy and consideration. The domestic millennium would be ushered in if only married couples would make the same effort to get along with each other as they do with their bosses.

ATTRACTIVE RUG MADE WITH ODDS AND ENDS



DESIGN NO. 992
 This oval rug is crocheted with old silk stockings and carpet wool. For the fringe, one may use odd lengths of wool, all colors. Pattern 992 contains illustration of the design, illustration of stitches and complete instructions.
 To order pattern: Write, or send above picture, with 15 cents in stamps to Needlework Bureau, Charlottetown, Guardian.
 To Charlottetown Needlework Department, Design No. 992
 NAME _____
 STREET ADDRESS _____ CITY _____
 PROVINCE _____