

Woman's Realm Social and Personal Fashions Literature

Britain's W.A.A.F. Repair Cinemas



Ottawa has announced that the R.C.A.F.'s greatest need at the moment is for cooks to see the boys are well fed. But girls who look forward to being in the Canadian Women's Auxiliary Air Force like Britain's W.A.A.F. undoubtedly will find themselves useful in many branches of the R.C.A.F. Above a member of the W.A.A.F.'s tests a cinemacamera, used by aircraft after she has finished repairing it.

Girl Marksman Wins Place On Canadian Team



Pretty Pauline Berube, 21-year old Montserrat, who matched her skill against some of the finest marksmen in the Dominion to win for herself a place on the all-Canadian team shooting on the Lord Dewart International Small Bore Trophy. Shooting the preliminary matches against a field of 84, Miss Berube qualified for the team of 20 to represent Canada in the shoot held at the Canadian National Rifle range at Lachine, Que., over Labor Day week-end. It is very rarely that a woman attains to this height of marksmanship.

The sharp-eyed brunette has twice been a member of the team which won the Canadian team and in 1940 she paired with her brother to take the national mixed doubles title and in 1941 retained this title with B. Berneche as her partner. Miss Berube has also been a member of the Dominion ladies team champions for the past three years.

- Twelve Things to Remember
The value of time.
The success of perseverance.
The pleasure of working.
The dignity of simplicity.
The worth of character.
The power of kindness.
The influence of example.
The obligation of duty.
The wisdom of economy.
The virtue of patience.
The improvement of talent.
The saving grace of hard work.

EASY-TO-CROCHET TIE AND SUSPENDERS



Make him a tie with a pair of suspenders to match. Subdued colors or as colorful as becomes sportswear. Pattern No. 802 contains list of materials needed, illustration of stitches and complete instructions. To order pattern, write to any of our above picture with 10 cents in coin or stamps to Needlework Bureau, Charlottetown, Guardian. To Charlottetown Guardian Needlework Department.

Form with fields for Name, Street Address, City, Province.

Dorothy Dix Says—

BETTER DOMESTIC TIMING WILL SAVE MANY HEARTACHES

Family Members Should Learn When To Talk And When To Keep Silent If They Have Critical Remarks To Make

A great deal is said in these days about the importance of timing. We are told that the success of a play, or a movie, or an opera, or a dance sequence depends largely upon its timing; that timing is vital in a radio script; that it means victory or defeat in a battle, and so on and so on. Even the Bible stresses the importance of timing, for it says: "To everything there is a season, and a time to every purpose under the heavens. A time to be born and a time to die. A time to kill and a time to heal. A time to break down and a time to build up; a time to weep and a time to laugh; a time to mourn and a time to dance. A time to be born and a time to die. A time to keep and a time to cast away. A time to rend and a time to sew; a time to keep silence and a time to speak. A time to love and a time to hate. A time of peace." Yet in all this talk about the importance of timing, we are told that it is the timing of picking the psychological moment in which to act, no one says a single word about when it is best to act. It is when they are such such need for it as in the home circle. For it isn't so much what husbands and wives and parents and children say and do to each other that breaks up families as it is WHEN they say it.

In that good old Western novel, "The Virginian," the hero says to a man who has called him by an opprobrious name: "You smile when you say that to me." But he might better have said: "Watch your clock when you say that to me."

For we all know by personal experience that there are certain hours during the day when even a child can "sass" us, and other hours when it isn't safe for a strong man to bid us good morning and say it is a pleasant.

The Wrong Moment. If you will recall, all of the domestic fights in which you have assisted, either as a combatant or an innocent bystander, you will recall that each time you were the cause of it. Some of them were said or done at the wrong moment that precipitated the conflict, which if done or said at a more auspicious hour would have been regarded as a mere pleasantry.

When a man, for instance, has pulled off a good deal and is feeling chesty and full of prunes and ego, he will say "All right, darling, I'll be more careful. Sweet of you to remind me" when his wife tells him that his table manners are taboo in the etiquette book, or warns him not to sing in public or try to tell humorous stories. But let her say exactly the same thing to him some day when business has been bad and his nerves fretted to fiddlestrings and he feels like a worm, anyway, and his response almost sends her back to Mother.

When to Keep Silent. Same way with women. When a woman is fresh from the beauty shop, with a new hair-do and the latest thing in make-up and has on a becoming crown, she listens amiably while her husband tells her about some stunning beauty he has just seen. But when she has a sick headache, or has been cleaning house and has on a sloppy wrapper she wants to tear his eyes out if he even mentions a woman named Brown.

Effect on Children. Worse still, perhaps, is the fact that parents do not realize that the reason their admonitions have so little effect upon their children is that they are made at the wrong time. It is when the child is in a public place and that humiliates it and puts its back up and makes it determined to do its own way. But far otherwise is the result of the word spoken in season when Mom or Dad, alone and in the dark, sits by a child's bed and reads it out with a tender voice.

Your Individual HOROSCOPE

By Frances Drake

- For Wednesday, September 17th.
MARCH 21 to APRIL 20 (Aries)
If you will respond enthusiastically to the beneficent rays emanating today, you should pack your schedule with punch and achievement.
APRIL 21 to MAY 20 (Taurus)
Notations for Aries-born hold good for you today.
MAY 21 to JUNE 21 (Gemini)
No alibis this highly stimulating day.
JUNE 22 to JULY 23 (Cancer)
For Wednesday, September 17th.
AUGUST 23 to SEPTEMBER 23 (Virgo)
This YOUR special month, Virgo, and today is particularly good for new and original ideas and methods, scientific research, teaching, painting, acting, radio interest, and advertising in general.
SEPTEMBER 24 to OCTOBER 23 (Libra)
Be straightforward, alert and decisive today to garner in the promising advantages indicated by your friendly stars.
OCTOBER 24 to NOVEMBER 23 (Scorpio)
Beneficial on whole although the morning period stresses care in major undertakings to avoid a misjudgment and error.
NOVEMBER 23 to DECEMBER 22 (Sagittarius)
Your best day in several. Work and activities well started recently should move swiftly and efficiently now.
DECEMBER 23 to JANUARY 21 (Capricorn)
Sure, decisive moves are what today needs.
JANUARY 22 to FEBRUARY 21 (Aquarius)
It looks like a "natural" for you. An early, progressive start, however, is essential to your final score.
FEBRUARY 21 to MARCH 20 (Pisces)
Fresh opportunities are indicated in your star aspects.
A CHILD BORN ON THIS DAY is well fitted for scientific or literary work, is versatile and both artistic and practical.
HOW TO PREVENT MANY COLDS
From Developing
Quick—Put a Few Drops of Vicks Vapo-Rol up your nose at the first sniffle, sneeze, or sign of catching cold and let its strong action aid Nature's defenses against the cold.

Advertisement for Arrid Cream Deodorant. Includes image of the product and text: "New under-arm Cream Deodorant safely Stops Perspiration".

Advertisement for Vicks Vapo-Rol. Includes text: "HOW TO PREVENT MANY COLDS From Developing".

Your skin can look SOFTER.. SMOOTHER



Silk-smooth lather freshens and tones your skin. Cleanses without the slightest irritation. Keeps your complexion "Schoolgirl" all over.



Made with Olive and Palm Oils two of Nature's finest beautifiers.

THE COOK'S CORNER

- CORNMEAL MUFFINS
1 cup flour
1-2 teaspoon salt
3 tablespoons baking powder
3 tablespoons sugar
1 cup cornmeal
2 eggs
1 cup milk
3 tablespoons melted fat
Method: Sift together the flour, salt, baking powder and sugar. Add the cornmeal and mix well. Beat the eggs and gradually beat in the milk. Add this to the dry ingredients and stir enough to blend. Add the melted fat, stirring until this is blended into the batter. Fill greased muffin pan two-thirds full and bake in a fairly hot oven (425 deg. F.) for about 25 minutes, or until done. These are nicest when served hot.

- PLAIN WHITE MUFFINS
2 cups flour
2 teaspoons baking powder
1-2 teaspoon salt
3 tablespoons sugar
1 egg
1 cup milk
3 tablespoons melted fat
Method: Sift the flour, then measure it and sift again with the baking powder, salt and sugar. Beat the egg and then add to the milk, and mix well. Add the liquid mixture to the dry ingredients, all at once, and stir just enough to blend—don't beat the mixture, unless you want big holes in the finished muffins. Add the melted fat last and fill greased muffin pans two-thirds full with batter. Bake in a fairly hot oven (425 deg. F.) for from 20 to 25 minutes, or until done. If these are baked in small pans, they will not require as long a time in the oven.

Girl Sure of Etiquette Has Key to Popularity



Right Word At Good-bye
Admiring eyes follow the young girl who is sure of her etiquette. How poised, how charming she is in any situation! Leaving a party, she's not flustered when a newly-met admirer steps forward to say good-bye. She lets him say first "I'm glad to have met you," for that's the man's privilege. Then with a gracious smile she replies, "I hope to meet you again."

MAKING C.W.A.L. SURVEY
Matron-in-Chief Elizabeth Smellie of the Canadian Women's Army Corps is touring Canada in connection with the army's organization. She has just returned to the East after a survey trip to the Pacific coast.

New York Fall Fashion

(By Amy Foster)
(Associated Press Staff Writers)
NEW YORK, Sept. 16.—(AP)—The fall fashion vote is in. For the last two weeks the tentative half of New York has revealed in fashion, with one style opening piled on top of another, the whole strongly flavored with ostrich plumes and string quartets. Here are the results:— The silhouette is going, going, but not gone in the direction of 1914. (Dig out some of those old snapshots before you decide to go along with it.) In 1914 and on through 1916, women wore tapering wrap-around coats, inconveniently held in place by means of two hands and a handbag parked on one hip. They wore lampshade evening dresses with light silk skirts under enormous tunics of tulle; peplums of monkey fur, hats dripping with jet fringe and ostrich feathers; chemise dresses and cloche hats, and black stockings. Every one of these throw-back items won strong minority representation in high-style collections. You may not wear all of them yourself this winter, but take a good look at them and you'll see how the fashion wind blows. Skirt lengths remain about the same—with one important exception: the now-longer-than-thou-length silk dresses appeared in several influential places. This dress, sometimes with a pre-war hug-mug light jacket added, promises to flourish in the aching void between business-like daytime and full-bloom evening.

Speaking of bloom, that's what New York's new fashions do—whit outrageous costly fabrics, beading and embroidery rampant, and 3.00 a yard to put it conservatively. Red, purple and amethyst, blended or taken separately, are favorites. It takes more skins to make this year's fur coats—they are fuller and more generously collared and cuffed. Designers do not worry about short-ages. Exaggerations to one side, fashion's majority vote still goes to wearables—comfortably flat skirts, reasonable shoulders, classic dresses where cut and fit are the thing.

A Morning Smile
"My husband tells me the other men at the club consider Mr. Brown quite a rascally fellow. "Rubbish! He doesn't drink any more than the rest of them."

GOOD ENOUGH
Young Harry—Father, what's the difference between a gun and a machine gun? Dad—There is a big difference. It is just as if I spoke, and then your mother spoke.

EVER CHANGING FASHIONS
By 1925 the skirt, after a temporary drop in 1923-8 to just above the ankles, had receded to just below the knees even for women of fifty and seventy, and in 1928 the knee-crisp was no more. Yet bathing-dresses remained modest, with high necks and long sleeves, and after bathing one threw a wrap or got dressed again. To play tennis without stockings was considered immodest and as late as 1923 the London Underground refused advertisement space to a French firm showing girls wearing backless evening-dresses. In the following year the employers of Birmingham waitresses started a "morally unassailable" forbidding their staff to wear short skirts. Most men still wore shirts with detachable hand collars; the collar was mostly sported by motor-salesmen and advanced business men. Flannel trousers and plaid shirts—loose fitting knicker-bockers—were still in vogue in 1920 at Oxford—were only for holiday wear. But the heat waves of 1923 in Britain popularized tussore and other light materials. This was the age of disguise. Since large houses had given way to flats, space had to be greatly economized, and furniture now had a trick of folding away into nothing—or revealing unexpected secondary uses. It was not only a sofa that turned into a bed, but a shelf-full of standard pots was also a screen opened into a bridge table. These notes on changing fashions are taken from a Short History of Great Britain from 1918 to 1939.

TO WASH PAINTED WOODWORK
The better the paint, the better it will clean. Never use soda and only use the mildest soap if any parts are extra dirty. Generally borax water is sufficient. An ounce of borax should be dissolved in a cup of boiling water and stirred into a pint of warm water. For very dirty paint, put in some soap-flakes as well, but do not overdo it or you may cause scuffs. For an extra special clean-up, it is well worth while having a second pint of borax-water without soap, of course, for rinsing. Instead of using the more or less fluffy flannel, try one of the little sponges obtainable for a few cents. Clean and rinse a small piece at a time and, after drying it with a smooth cloth, polish it with a leather. The paint will look as good as new.

EASY SUPPER DISH
Have you tried a supper dish made by placing layers of flaked salmon and cracked crumb in a greased casserole, pouring over it a can of mushroom soup to which a little onion has been added, and boiling about twenty minutes? Garden hose can be coiled with out tangling with other devices. This also serves as a wall bracket for storing it. Peter changed the subject. "Do you know where Mr. Hummer the Hummingbird is building her nest?" he asked. Braids are much in evidence, covering shoulder tops and pockets, and bordering cuffs and sleeves. Fur-lined hat is new, especially when it follows the "reversible trend" promoted in coats. Felt and attached leathers in red and green, feature a squirrel brim (this becomes brim-facing when the hat is worn "turned inside out"). Butter contains twice as much food value as sugar. A furling is one-eighth of a mile. Kitchens should be cheerful and

Needlecraft - For The Home



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Admiring eyes follow the young girl who is sure of her etiquette. How poised, how charming she is in any situation! Leaving a party, she's not flustered when a newly-met admirer steps forward to say good-bye. She lets him say first "I'm glad to have met you," for that's the man's privilege. Then with a gracious smile she replies, "I hope to meet you again."

Needlecraft - For The Home
We all love jumpers. We all love plunging necklines. And here the two are combined to make one of the smartest outfits of the season! The jumper has a wide waistband, too, to give you a tiny midriff, and the skirt features style-minded front fullness. The classic blouse that is included in the pattern is an indispensable in every wardrobe, and can be made with either long or short sleeves. Send for the pattern now and have your new ensemble ready for your first class. Style No. 3090 is designed for sizes 12, 14, 16, 36, 38 and 40. Size 16 requires 2 1-8 yards of 39-inch fabric for blouse; 2 1-4 yards 54-inch for jumper. Send Twenty (20c) coin in plain paper, for Pattern. Write plainly your Name, Address and telephone number. Be sure to state the size you wish. Style No. 3090 Size..... Name..... Street Address..... City..... Province.....

FOR WOMEN ONLY!
If dignity, nerves, restless nights and other distress from female functional disorders keep you from enjoying your life, address and get the reliable Compound—well known for over 60 years in helping weak, nervous women during "difficult" days. Made in Canada.

Living & Leisure - The Woman's Realm

GLEANINGS
We do not make our friends, we find them only. Where they have waited for us many years; One day we wonder forth a little lonely, And, lo! a comrade at our side appears. 'Tis not discovery, 'Tis recognition—A smile, a glance, and then we grasp the hand—No explanation needed, no condition. That we are friends at once we understand. It is regarded as improper for a mother-in-law to speak to her daughter's husband among some Indian tribes. SILVER PLATTER FOR STEAKS There are some women whose housewifely instinct rebels at seeing a carving knife come down on a polished silver platter. Then leave your china platters for roasts and fowl, but remember that a silver platter has the great advantage for steaks in that it can be made sizzling hot in the warming oven without hurting it. GOOD COOKING ADVICE One of the oldest Canadian cook books gives advice which is still timely. Beware of the housewife who is a health faddist but a lazy cook, and who takes simply as excuse for her bad cooking, that a plain biscuit badly mixed or the plain pudding which is flat and soggy can do as much to upset tempers and digestions as would all the Christmas food a man might eat at a festive dinner. If water from your flower vases should cause the spots on your polished furniture, wash with a little household ammonia applied with a cloth, then quickly cover the spot with furniture polish and rub it well with a soft cloth. This works like magic but be sure to apply the ammonia only to the spot. EASY SUPPER DISH Have you tried a supper dish made by placing layers of flaked salmon and cracked crumb in a greased casserole, pouring over it a can of mushroom soup to which a little onion has been added, and boiling about twenty minutes? EVER CHANGING FASHIONS By 1925 the skirt, after a temporary drop in 1923-8 to just above the ankles, had receded to just below the knees even for women of fifty and seventy, and in 1928 the knee-crisp was no more. Yet bathing-dresses remained modest, with high necks and long sleeves, and after bathing one threw a wrap or got dressed again. To play tennis without stockings was considered immodest and as late as 1923 the London Underground refused advertisement space to a French firm showing girls wearing backless evening-dresses. In the following year the employers of Birmingham waitresses started a "morally unassailable" forbidding their staff to wear short skirts. Most men still wore shirts with detachable hand collars; the collar was mostly sported by motor-salesmen and advanced business men. Flannel trousers and plaid shirts—loose fitting knicker-bockers—were still in vogue in 1920 at Oxford—were only for holiday wear. But the heat waves of 1923 in Britain popularized tussore and other light materials. This was the age of disguise. Since large houses had given way to flats, space had to be greatly economized, and furniture now had a trick of folding away into nothing—or revealing unexpected secondary uses. It was not only a sofa that turned into a bed, but a shelf-full of standard pots was also a screen opened into a bridge table. These notes on changing fashions are taken from a Short History of Great Britain from 1918 to 1939.

BUDGET YOUR BEAUTY TIME TO ALLOW FOR EXERCISE
One who firmly intends to remain youthful attractive budget the time she spends on beauty routines to allow for exercise. And she exercises as well as takes care of her complexion, hands and hair. She realizes that no matter how smooth her skin, shiny her eyes, and nice her nails, no woman will appear younger or even as young as she is if her muscles aren't supple, and the skin on her body firm. ONE HOUR A WEEK If she usually spends each week one hour and a half in a beauty shop, twenty minutes between meals and changing polist between meals, cures, thirty minutes on night bathing and forty on skin care (making a total of three hours), then she devotes at least one hour a week to keeping her body in excellent condition. Regardless of her weight, she spends one-third as much time on her figure as she does on her hair. As a result, when she is past forty, she walks and general carriage will be her asset. The best way to utilize one hour set aside for care of the figure during one week is to do limbering and stretching routines for nine minutes every day the first six days, six on Sunday. Time spent during each session. You will be surprised at how quickly the time flies. These few minutes, devoted to the right exercise each and every day will be effective of all proportion to the minutes spent doing them. Even the naturally thin woman needs exercises to keep her knees waistline, shoulders and arms relaxed and supple and to give tone to her muscles and skin. And one who is fearful of increasing dimensions certainly should do special reducing routines as well as a few to keep her body youthful. These exercises are not only healthy, but they are fun. EVER CHANGING FASHIONS By 1925 the skirt, after a temporary drop in 1923-8 to just above the ankles, had receded to just below the knees even for women of fifty and seventy, and in 1928 the knee-crisp was no more. Yet bathing-dresses remained modest, with high necks and long sleeves, and after bathing one threw a wrap or got dressed again. To play tennis without stockings was considered immodest and as late as 1923 the London Underground refused advertisement space to a French firm showing girls wearing backless evening-dresses. In the following year the employers of Birmingham waitresses started a "morally unassailable" forbidding their staff to wear short skirts. Most men still wore shirts with detachable hand collars; the collar was mostly sported by motor-salesmen and advanced business men. Flannel trousers and plaid shirts—loose fitting knicker-bockers—were still in vogue in 1920 at Oxford—were only for holiday wear. But the heat waves of 1923 in Britain popularized tussore and other light materials. This was the age of disguise. Since large houses had given way to flats, space had to be greatly economized, and furniture now had a trick of folding away into nothing—or revealing unexpected secondary uses. It was not only a sofa that turned into a bed, but a shelf-full of standard pots was also a screen opened into a bridge table. These notes on changing fashions are taken from a Short History of Great Britain from 1918 to 1939.