

Women's Realm Social and Personal Fashions Literature

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 Friday, October 4th 1940

MARCH 21 to APRIL 20 (Aries)—You should aim high and keep trying no matter the difficulties of opposition. Help others to be courageous, too. Money matters offer opportunities for future profit.

APRIL 21 to MAY 20 (Taurus)—Don't be stubborn or petulant. Deal philosophically with your problems but don't permit them to sour your disposition or effect your nerves. Be sensible in expenditures.

MAY 21 to JUNE 21 (Gemini)—Generally speaking, you will be wise to proceed cautiously. Avoid of course, losing good chances through delay or fear. Do today's work well so that tomorrow's work will be easier.

JUNE 22 to JULY 23 (Cancer)—If you leave matters undone that could be accomplished, they'll be hindered during next week's busy program. No definite prescription need be followed other than your everyday normal sound-principled conduct.

AUGUST 23 to SEPTEMBER 23 (Virgo)—Don't promise more than you can or should attempt, don't underestimate the other person's ability or powers of comprehension, and avoid the individual who pulls down instead of builds up. Attend to your own work without anxiety or doubt.

SEPTEMBER 24 to OCTOBER 23 (Libra)—Be careful both in personal and general matters. Treat family and associates with as much respect and deference as you do superiors. Spend wisely; think and act with reason, even though you may be greatly provoked.

OCTOBER 24 to NOVEMBER 23 (Scorpio)—If you will put your excellent ability and persistence personally hard to work for you yourself will be surprised at the headway you'll make and for the future, too. A great day for a justly deserving native.

NOVEMBER 23 to DECEMBER 23 (Sagittarius)—Returns and gains that are on their way don't always show themselves ahead of time. You may think today's efforts are wasted, but nothing done well with good intent is wasted! Plough the field, whatever your

may be, with courage. **DECEMBER 23 to JANUARY 21 (Capricorn)**—Fact, care in details and keeping clear of dissension and dissenters are "MUSTS". Avoid nervous haste also. Don't get the other fellow wear on your nerves!

JANUARY 22 to FEBRUARY 20 (Aquarius)—There is never a bad day—unless you make it so? When finances and tendencies are trying as likely today, then is the time to strive harder and with more faith. "God helps the sailor, but he must row." And is your case of humor on top?

FEBRUARY 21 to MARCH 20 (Pisces)—Fine day for cementing worth while contacts, preparing new work the new week and month and for conferring with those in authority. An early and steady start is important.

A CHILD BORN ON THIS DAY A bulwark of courage, with remarkable ability to help it attain the heights. Must learn early to avoid dissipating its strength and vitality on pleasures or rhapsodizing over its position vital to its physical as well as spiritual being. Magnetic personality, talent for acting.

New York Style Letter

(From Anne M. Griffin) Peerless Fashion Service, New York, N. Y.

It isn't hard to guess what everybody's favorite colors are right now . . . and when we say everybody, we mean not only your sisters and your aunts, but our brothers and our fathers and your uncles, too.

The colors are red, white and blue. You're going to see them in smart materials, in neckties and pins, accessories and everything you think of. Patriotic insignia will make your new lapel gadgets really say something . . . they won't be passing unnoticed, either.

You'll keep them all your life. So get into red, white and blue. Remember it's a combination that's not only patriotic, but very good-looking as well.

Year in and out, black has held its own as fashion's favorite . . . but for a long time a lot of us have been secretly praying for its demise. This Autumn we hear that black is going to take a back seat, while colors succeed to the important place they rightfully deserve.

Women have at last realized that they can be just as tastefully and smartly dressed in shades that really enhance their beauty rather than detract from it.

Most of the smartest hats for Spring and Summer sat well back on the head, but right now it looks as though all of the smartest hats for Fall will be the same. For one thing, it's a welcome change from the over-one-eye silhouette. Then, too, it's a style that fits in perfectly with the new pompous collars. You'll be seeing all sorts of small off-the-face hats, caps, collars and every manner of hat.

Gold costume jewelry promises to be popular again this year but it's a far cry from the former gaudy and spectacular creations. Golds will be used restrainedly in combination with other materials to play them up . . . topaz, turquoise shell or amber to wear with your Fall browns . . . set for your drama . . . and sometimes in two or three-one compositions, such as red, yellow and white gold.

Thinking about a new Winter coat? If you aren't you ought to be. Now is the time to buy it, when prices are low, stocks large and the newest advance styles ready and waiting for you. In making your selection, keep in mind that slitted-in waists are on the way out. Look rather for a long, straight line from bust to hips (slim hips, by the way) and a looser, more manly fit through the midriff. Some sleeves will be full at the elbow, making a "balloon" effect, but if you plan to wear your coat



RED CROSS SECRETARY

Miss Ana Clara Velasco (addressed as Miss Clara) paid a visit to Canadian Red Cross headquarters. Young, pretty and dapper, Miss Clara is secretary of the Women's section of the Santiago branch of the Chilean Red Cross. There are 600 women in the Santiago branch and all are trained to be ready at a moment's notice to serve in any of Chile's many emergencies of earthquakes and volcanic eruptions.

Dorothy Dix's Letter Box

BREAKFAST MOST IMPORTANT FUNCTION IN EVERY HOME

Start the Day Right, With a Full and Satisfying Meal, and There Will be Less Unhappiness

How breakfast got into the doghouse, so to speak, nobody knows. It is just one of those things, but it is a great pity, for it was the beginning of the decadence in family life. In the good old days, when Mother and Father and the children gathered about a table that groaned with chops and steaks, ham and eggs, jams and preserves, instead of sitting down to a handful of oats, or a spoonful of bran and a pallid piece of toast couched with an anemic cup of coffee, homes were more peaceful. Husbands and children went forth cheered and fortified for the day's work, and divorces were few and far between. This was a perfect example of cause and effect, for it is an indisputable fact that nothing so conducive to amiability as a full stomach. People who are replete with good food are in no mood to pick quarrels and start arguments. They take a large and kind and tolerant attitude toward this best of all good worlds, and their own comfort overflows in benevolence toward the fellow citizen. It is the impression-hungry, the dyspeptic, those whose appetites revolt at the very sight of the scanty messes set before them, and whose stomachs gnaw with unsatisfied desire, who start fights and are about as generous to deal with as a half-starved lion. Political campaigns have been made around the full dinner pail, but it is of little importance as compared with the full breakfast table. For breakfast is not merely a meal. It is a moral issue, and on its preservation depends the stability of the home. It is the one most important function of the day. And, to a large extent, it determines one's actions for the day.

Breakfast-Table Complaints

This may seem a sweeping assertion. But before you poo-poo it, ask yourself the questions: Why does every one come to breakfast gruff and grim and with a chip on their shoulders? Why do the angry, the ill-humored rows start at the breakfast table?

Why do wives always choose breakfast as the time to make unpeasant communications to their husbands and tell them that the rent is due, the car needs new tires, the doctors says that Johnny's tonsils must come out, not to forget that they are going to the Borealis for dinner tonight, and that Aunt Sally is coming for a nice, long visit?

And why do husbands consider breakfast the psychological moment in which to berate wives for the size of the bills and criticize their new hats, and spank the children, and kick the cat?

Isn't it because the idea somehow became prevalent that because breakfast is a scrappy meal you can just let yourself go and do and say what you please? You can't step all the formalities. You don't have to dress up to gulp down a little orange juice, as you would to sip a glass of champagne, so you can wear a slovenly house dress and not bother to wash off the cold cream and take out your curiers.

Also, you feel that no one is called on to be brilliant or even pleasant at 8 A. M., so you don't have to make any effort to be agreeable at breakfast.

Most Important Meal

But here is where both men and women make a fatal mistake for, in reality, it is the most important meal of all, because it makes the picture that both husbands and wives have before their eyes the whole day long. It drives home the memory that they carry subconsciously in their minds, no matter what else they are doing.

If they have a quarrel at breakfast that ends with the husband banging the door behind him and the wife . . . one that you didn't wear because it was out of style, but couldn't bear to throw away, because the fur was still good? If so the time has come to shake out of the moth balls, and slip it on as one of the most up-to-the-minute accessories in your wardrobe. It will give you the "long" look so important for Fall and Winter, and lends an air of elegance to your simple untripped coat.



KING COLE Tea

As a Day in the Open

THE COOK'S CORNER

SPICED PEACH JAM

6 cups peach pulp
4 cups sugar
2-4 cup peach juice or water
1 piece ginger root
1-2 teaspoon whole allspice
1 stick cinnamon, broken
2 cracked peach seeds
1 teaspoon whole cloves

Method: Dip peaches in boiling water, then peel and cut the fruit in small pieces, reserving any juice. Place the measured pulp in a preserving kettle along with the juice or water and cook until the fruit is tender.

Add the sugar and the whole spices that have been tied loosely in a cheesecloth bag. Cook until the jam is thick and clear, being careful to stir often to prevent its sticking to the bottom of the pan. When it has thickened, remove the spice bag and pour the jam into hot, sterilized jars and seal at once with melted paraffin. If desired you may cover this with a second coat of paraffin and then cover with the jar lid and store in a cool, dry place.

PEACH APPLE JAM

4 cups peaches, sliced
4 cups apples, sliced
6 cups sugar

Method: Scald and skin the peaches and cut them into small dice. Peel the apples and core them, and cut these also into small dice. Combine the two, adding just enough water or peach juice to prevent them from scorching and cook until both fruits are tender. Now add the sugar and salt until this is all dissolved. Continue cooking until the mixture is thickened and clear. Pour at once into hot, sterilized jars and seal with melted paraffin at once. Cover with jar lids and store in a cool dry place.

With a Little Training Once

Bad Speaker Shines

Learn Public-speaking at Home

Amazing — the change in a club member who has learned the art of public speaking.

She looks so poised, so at ease! She doesn't seem to be the same person who used to approach the stand as if it were the executioner's block, who clutched desperately at table and paper and read her speech in a muffled tone.

But so little is needed to turn the poorest speaker in the club into the best.

You have no table-clutching impulses if you stand with weight distributed on the balls of both feet. You feel balanced, poised.

Then what a difference when, instead of reading your speech, you "talk" it. Easy—if you practice well beforehand, keep a few brief notes, speaking with your head up, you're heard much better than when you bend over a raft of papers. And if you open your mouth wide every word is distinct.

Learn correct form, too — what to say in addressing the chair, in other situations.

Correct parliamentary forms, as well as sample speeches for many occasions, are given in our 32-page booklet. Has advice on training the voice, preparing and delivering effective speeches. Type for town meetings, radio.

Send 20c in coins for your copy of Public Speaking Self-Taught to The Guardian Home Service. Be sure to write plainly your Name, Address, and the Name of booklet.

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Living & Leisure

The Woman's Realm

NIGHT
Night in the Town's a noisy time, With restless folk and hooting cars, And street lamps blazing to put out The silvery sweetness of the stars.

Night in the country's very still, A sleepy chicken half-awake Clucks, and there's just a hollow clump That horses' hoofs can shuffling make.

And some of us are country folk, While some grow wedded to the Town, But oh, the sweetness of the night, On hills and fields, when dark comes down.

—Mary Eversley.

..SERVE WITH SOUP

If you have crusts of bread over put them in the oven when you have it on, then serve them with any soup. Some people prefer them crisp, others like breaking them up and adding them to the soup before eating.

Chalk white with colors looks new in British checked woollens.

WINDOW BOXES

Here is a hint for readers who have invented window boxes. When you renew the soil, while wash the inside of the box first and it will help to keep insects away from the plants.

The ancient Chinese, jealous of their discovery of silk, imposed a death penalty upon anyone seeking to export the eggs, worms, cocoons, or anything save the fabric woven from the fibre, which brought its weight in gold.

A new star-counting machine has been invented. Stars are counted on photographic plates, thus saving years of work, which will enable astronomers to throw much light on the distribution of stars and hence on the structure of the universe.

Look nice in town whether for lunching or for formal dining in black silk chiffon, the square neck of lace edged with chiffon ruchings. At the hem is a wide chiffon ruching.

In preparing peaches, do not pare first and then cut in half, but cut in half before paring. Then the pit may easily be removed without breaking the peach.

Because of a scarcity of flowers floral pieces are being stolen from graves in Durban, South Africa, and resold.

Almost pencil-slim is the featured Hartnell silhouette. Three shades of one color for a costume are interesting in his collection. Hartnell is doing much with violet tones, interesting in view of resort emphasis on the mauve-lavender range.

DON'T SHOP WHEN YOU FEEL LOW

Never buy a dress that seems a bit too tight with the thought, "I'll lose a few pounds before I wear it." Either lose the weight before you go shopping or else buy a dress which fits perfectly at the time, planning to have it taken in a little later on.

Correct whatever posture defects you have before you ask a saleswoman to show you a thing. Learn to stand tall with your feet flat, chest high and back straight.

Don't go shopping on a morning when you feel your worst, and look at your hair done and put on fresh makeup before you visit. And try to remember that shopping is fun for the good-natured customer, but a horrible ordeal for the bad-tempered one.

Canned milk keeps perfectly without refrigeration if the can has

not been opened. As soon as the can is opened, pour the milk into a jar, cover and store in the refrigerator. The milk will keep sweet about as long as fresh milk, so use it up accordingly.

FALL HATS FOR MEN STYLED FOR COLOR

Men's felt hats for Fall and Winter 1940 show a definite forward thought and planning for coordination with clothes and accessories. The best colors in suitings, blue and brown, are also found in the new hats. The wide variety of felt finishes makes it possible to carry out the entire ensemble in harmony.

Homburgs Popular

In step with the formal dignity of the town clothes, homburgs and off-the-face hats, making great strides in popularity. The derby is seen almost invariably with the velvet-collared Chesterfield, for olive-green town wear; but, it must be pointed out, the derby is never correct with formal evening dress.

For day wear, snap brims are popular, with the lower and more tapered crown. Suede finish felts are very good for casual town and country, as are the rough tweed and fur effect finishes.

Novelty Ribbon Bands

For Fall, a general increase is noted in the use of regular ribbon bands, followed several seasons of extreme novelty trims. Feather and brush ornaments, and novelty stitching are used to dress up the hats. A new use of colors is seen in many of the accepted Fall hats. This is found in the combination of off-shades of band and hat-body, for olive-green on tan body; brown band on green body; blue band on brown body.

Fur muffs and hats are prominent in the picture. It's smart to wear a fur hat and a muff, right now with Fall dresses as well as later on with a Winter coat.

BLAMED WHOLE CHURCH

EXETER, England — Falling to fix responsibility for lights showing during an air-raid alarm, a magistrate said police would consider bringing the whole church membership to court for offence.

USED SHELTER HELP

MANCHESTER — (CP) — Talk about enterprises — a restaurant owner moved his kitchen staff with the day's vegetables into a shelter during an air-raid alarm and with added voluntary help had the cabbages prepared in quick order.

Sore Feet?

You can soothe quickly the pain from sore, tired, aching feet or swollen ankles with soothing, healing ZAM-BUK.

The precious herbal oils in ZAM-BUK penetrate deep into these inflamed tissues bringing instant relief. Corns, bunions, and callouses are softened and the feet strengthened and made comfortable.

EXCELLENT FOR ATHLETES' FEET AND GENERAL SKIN AILMENTS

Use ZAM-BUK Nightly

A Morning Smile

ONLY THIS ONCE

An old man, evidently a stranger to London, stopped a youth hurrying along. "Young man," he said, abruptly, "I want to go to Hyde Park."

The youth seemed lost in thought for a moment. "Well," he said, at length, "you must go just this once. But you must never ask me again!"

FULL COMPLEMENT

The train, almost packed, particularly with men of the Forces on leave, was about to start when a young man with a high opinion of himself dashed to a door, opened it and cried, "I say, you chaps, is this Jolly old Noah's Ark full?"

"All except the ass," someone replied, wryly.

FEMALE PAIN

Women who suffer painful, irregular periods with nervous, moody spells due to functional causes should find Lydia E. Pinkham's Vegetable Compound very effective to relieve such distress. Pinkham's Compound is made especially to help such weak, tired women during difficult days. Thousands of women have reported remarkable benefits. Made in Canada. **WORTH TRYING!** Any drug-store.

MEDALLIONS THAT ARE QUICKLY MADE

Design No. 349



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DESIGN NO. 349

Crocheting individual medallions is one of the quick tricks in crochet work, because one motif takes only fifteen minutes. Pattern No. 349 contains list of materials needed, illustration of the design 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

To Charlottetown Guardian Needlework Department.

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Five-Year-Old Hero Saves Brother, Sisters From Flames



Two little sisters and a brother owe their lives today to five-year-old Lloyd Thompson (LEFT), who hurried them from a blazing haymow on their farm near Peterboro, Ont. Lloyd was badly burned about the face, hands and legs and his hair was a fire when he came from the barn after pushing the younger children through a hatchway to safety. At RIGHT is Mrs. Jack Thompson with the other children. Betty (LEFT) was burned about the hands and shins, received burns when she smothered the flames in Lloyd's hair. John, in his mother's arms, suffered only a slight bruise when Lloyd pushed him from the barn.

Needlecraft—

—For The Home

A suit to suit the smartest women this Fall. The new slimmer skirt silhouette and an action back jacket are combined to make this attractive suit, the most practical thing in your wardrobe. Planned for the jacket and plain for the skirt is also a wise investment. You'll wear this suit all Fall and all Winter, too, under your sport coat. You'll dress it up or down, according to the occasion, with blouses and sweaters.

Style No. 3465 is designed for sizes 14, 16, 36, 38, 40, 42 and 44. Size 36 requires 5-8 yards of 54-inch fabric for jacket; 1-2 yards for skirt.

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. 3465 Size _____

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DICKENS RECALLED

Memories of Dickens and Oliver Twist are recalled by the announcement that the oldest elementary school in London is to be reopened. It is Seventeenth-century St. Andrew's Holborn, designed by Christopher Wren. Nearly a year ago, the pupils were evacuated. Now on is to be a hostel. Dickens mentioned it in Oliver Twist. The workhouse where little Oliver "asked for more," is only a few doors away.

Name _____
Street Address _____
City _____ Province _____

3465
SIZES 14 to 44