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Living & Leisure —The Woman's Realm

"Shut up your shutters and stay within doors. Be sure that in daylight you finish your chores. It's Halloween Night and spooks are about. They're sure to make mischief, so you'd better watch it out."

HALLOWEEN BORN IN OLD COUNTRY

Canadian editors may remind themselves that the British Isles are a "ghost" country. They have long been in the celebration of Halloween tonight.

Observance of the ancient Druid and Christian festival is not general in the old land, but it is not likely the Canadian, wherever they are, will forget to carve a Jack O'Lantern, if they have an opportunity.

Samhain and Welshmen once lit bonfires on the eve of Nov. 1, the day dedicated by the Druids to the harvest and by Christians to All Saints. The Irish called the day on Oct. 31, for on that night, Samhain, the lord of death, was paramount, and he would bring the earth to head reapers. The Druids held that the night of the evil spirit, Halloween celebrations have been largely eclipsed by Guy Fawkes' Day, coming in a month later. The English had a confused, with traditions of the day deriving from the Druid feast and from the Roman tribute to Pomona, goddess of the trees.

Varied Methods

In Canada the methods of Halloween's observance vary. Maritime youngsters will disguise themselves and challenge neighbors to recognize them. As a forfeit for their failure to identify the real thing, householders will feed candy apples and nuts. Quebec children will follow a similar procedure. Ontario children are more aggressive in their demands and will gather to chant outside stores until tribute is yielded in copper or tin kind.

The apple is king of the prairie Halloween, but the "candy-apple" motif of the eastern festival is insidiously challenging the supremacy of the rich red fruit in the celebration. And Pacific Coast juveniles add their own touch, with firecrackers, which seldom appear in cities of eastern Canada.

MY CAKES GRADUATE WITH HONOURS



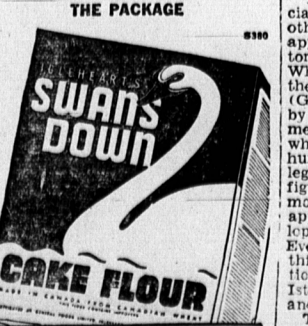
IT'S GRAND TO HEAR SUCH GLOWING PRAISE ABOUT ALL YOUR CAKES

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Swans Down is different from ordinary flour. Made only from choicest Canadian soft wheat, ground extra fine and sifted through silk, Swans Down gives every cake added touches of perfection. The unvarying high quality of this special cake flour makes it easier for anyone who follows the tested directions to bake light, delicately tender cakes, which always command respect and praise.

BUY AT TO-DAY'S LOW PRICE

RECIPES FOR THE 9 MOST POPULAR CAKES ARE ON THE PACKAGE



HALLOWEEN THE WINTER FESTIVAL AND ITS OBSERVANCES

Christmas has not always held the most important place in the calendar, for in pre-Christian times Halloween was the outstanding winter festival. The Church, however, has tolerated, and absorbed this old feast of the "Saints' Day" falls on November 1 and the preceding night — its eve or vigil — is Halloween or All Hallows.

DRUIDICAL OBSERVANCES

Quite unconsciously the simple country people are influenced by the wild religion of their ancestors. Ancient Irish history tells of an open assembly of the provinces held once every three years, at about the time of Halloween. The Druids of Ireland offered a solemn religious sacrifice to all the gods before the event, and the dressing up in animal skins still performed in some remote villages, is a survival of this and similar practices. There is a village in the Hebrides which is peopled on All Hallow's Eve, by a youth disguised as a cow's hide. He brings a blessing to each household where man and beast inhale the fumes of the pease of burning hide he carries.

The Celtic year was divided into two seasons: the winter which began on Halloween (Samhain) until the summer returned again on May-Day (Bealtaine). In Ireland the festival took place at Samhain because the fruits were ripe then. This shows that harvesting was connected with Halloween. As well as marking the end of the summer in cold climates where the season is late it is the close of the harvest.

In the Highlands the last sheaf was left to be cut on Halloween. Nobody liked to be the one to cut it. In Wales the reapers would form a ring and throw their sickles at the solitary sheaf. The female suggested prosperity and plenty to come, so the sheaf was supposed to represent a woman; also the remembrance of the days when most of the harvesting was done by women, may have started this idea.

OMENS AND FORECASTS

All Hallow's Eve is famous for attempts to force the future. Large bonfires were made in this country and in Wales, into which people threw white stones especially marked. When the fire died away, a stone to find their own stones meant ill-luck, but if the stone was found good fortune was expected. Maidens who looked in a mirror at midnight were said to see the image of the man they would marry standing behind them.

Candles played an important part in the aged ceremonies, and when the fires were put out, candles were lit. Some of the Halloween games still make use of candles; a stick, with an apple at one end and a string at the other, is swung round to see which end is caught in the mouth of someone who is blindfolded.

Special cakes are baked for All Hallow's Eve called "fear" cakes. These are said to have been heaped on a board, lying in layers, like shrewbread mentioned in the Bible. Peasants girls would go a-souling, and sing outside the different farms:

"Soul, soul, for a soul cake, Pray you, good mistress, a sole cake"

THE SUPERNATURAL

The beginning of the winter season was associated with terror and fear—the cruel months ahead might bring cold, sickness, and poverty. Therefore on Halloween it was reported that many supernatural happenings took place.

This was the night when spirits returning to earth, were abroad. The rooms were meticulously swept for them, and all obstacles were removed from the passages. If water was thrown out of doors, spirits, who might be lurking about the house, were first warned. In Brittany the so-called "feast of the dead" was left for the spirits. It consisted of warm pancakes, curds, and cider on a table spread with a white cloth.

All fairy-haunts were open on Halloween. The dead and the fairies were closely related in the minds of superstitious people, the latter were supposed to be the spirits of an earlier race. At the fairy raths the dancers were dead human folk out for their revels. Alas for those lonely departed ones! Not until a whole year had passed and the mysterious eye returned, could they escape from the imprisonment of their graves again.

HALLOWEEN GAME

In this game one of the players leaves the room. While he is gone, another hides the broomstick, which may be represented by a rod or short stick. The player outside is called in and told to hunt for the witch's hidden broom stick. When he hears the object of his search, the other players clap their hands loudly; when he moves further away from it, they clap softly. As soon as he finds the witch's broomstick, he chooses another player to leave the room, and the game goes on as before.

APPLES AND HALLOWEEN

The apple is more closely associated with Halloween, than any other fruit or vegetable; indeed, the apple is interwoven with the history of mankind since the creation. When Adam was appointed to dress the Garden of Eden and to keep it (Genesis II, 15) the apple, (reputed by tradition to be the first fruit mentioned) was fated to be of overwhelming importance to the whole human race. In this connection, the legend of the Apples of Paradise figure in the lore of ancient Egypt more than 5000 years ago. These apples were said to show in their lopsided shape the outline where Eve had taken a generous bite. In this Egyptian lore there was mention of other apples, the apples of Isthakar, all sweetness on the one side and bitterness on the other.

There are special reasons why the apple is closely linked with Halloween. In pagan times at the festival of Pomona apples played an

Barbour's FLAVORING EXTRACTS ARE BETTER



IT IS TASTE THAT COUNTS IN COOKING Taste tells the Tale

important part and were distributed as gifts. Children went from house to house asking for Pomona apples in the same way as children in Canada ask for Hallowe'en apples today. Pomona was the Italian goddess of fruits, particularly apples (pomona) and at her festival the ducking for apples in tubs of water was a distinctive feature of the celebrations in the lakes. At the same time, the eve of the 31st of October, and the preceding days around the end of the month were the occasions of harvest and other ceremonies in various countries particularly in Britain and other countries under the sway of the Druids. When Christianity was established and the 31st of October named as All Hallow's Eve or Hallowe'en or All Saints' Day, it was only natural that many of the pagan festivities which were in accordance with the Christian religion were adopted or continued in the Christianized form. The customs, particularly the merry indoor customs associated with the apple, and in these times at Halloween it still is the principal association in the festivities for the occasion.

FIND YOUR PARTNER

Some of the games at least will require partners. There are some novel ways of selecting them. A large yellow moon is pinned on a curtain or drapery. On the festiveness had placed the heart of every man present, these masculine hearts being black and bearing the owner's initials in yellow chalk. Each girl is provided with a yellow witch blindfold and is given a string to the moon and pin her with on some man's heart, or as near some heart as she can. That heart and the girl's which are then taken off the curtain and the rest of the girls try their luck at pinning down men's hearts. Of a double paper pumpkin is suspended in the doorway. Through the mouth of the pumpkin a string is given to the girls. As many strings are drawn as there are people present, so that half of each string will be on one side and half on the other. When the time for choosing partners has arrived, each man takes hold of a string on one side, and each girl takes one on the other side. A signal from the leader is given and all pull down, tearing the pumpkin, then straightening out their strings without letting go, find out who has the other end. The "ends" become partners. Or as each guest enters the party he is given a small piece of hard finished paper, black ink and a blunt pen. He is to sign his name on the slip boldly, and then fold the slip without letting it be seen. "Ghost signatures." When it is time for choosing partners, the men's names are given to the girls and the girls try to find the name of the man they wish to partner.

TWO-THREAD MACHINE

When stitching on a two-thread machine, instead of cutting the thread at the end of a finished seam turn, the stitch back again for an inch before cutting the thread. The seam will never rip and the task of tying the ends is avoided.

ONE WAY TO TREAT DIVORCED HUSBAND

Dear Miss Dix—My happily married to a wonderful man and have had two years of wedded bliss, but this problem has come up: I have two children 12 and 14 years old, by former marriage and my husband is generous and good to them. Once every week their father is allowed to visit them and

READ ABOUT THE FREE OFFER BELOW

Advertisement for Edwardsburg Crown Brand Pure Corn Syrup, featuring a bottle image and promotional text.

Dorothy Dix Says— DAUGHTERS SHOULD NOT BE SLAVES TO THEIR MOTHERS

After They Marry Their Duty is to Their Husbands and Own Homes — Firmness is Often Necessary

Dear Miss Dix—My father died very suddenly two days after my marriage and in order to give my mother a chance to get rehabilitated I made arrangements to have her board with us until she got over the first shock. She seems a very comfortable small home and it was our thought that she would go back to it and we would help her financially to maintain it, but she has made no attempt to go home. Her presence in our home has caused unhappiness due mostly to the fact that she never gives us any privacy, and when I saw that her being with us was beginning to break up my marriage I made arrangements to have her board with a very nice family living nearby where she would have a beautiful, large, comfortably furnished room and would be treated as a member of the family. This I thought would give her the companionship she sought and which she did not receive in my home because both my husband and myself are in business. Because of the fact that I insisted on my husband and myself being self-sufficient because I have made arrangements for my mother to board out, I have been condemned by practically all but one of my friends. I have been accused of being cold and heartless. Have I been wrong? Must I sacrifice so that my mother may have hers? As long as I provide for her so that she has everything for her comfort, am I expected to do anything more when it will wreck my marriage to a man I love very dearly? My mother was never comfortable when she was with me. She has been spoiled all her life. My father was a slave to her. Must I continue on? F. J. D.

pay me their support money. Now my husband's business takes him away for five weeks at a time and it irks him to have me entertain my former husband while he is gone. Also, if he happens to be at home when the boys' father comes, he is much displeased if their father corrects the children in any way. I can understand my husband's point of view about disliking having him here when he is away, but the father is in his rights to correct his children. What shall I do? ANXIOUS.

Answer—Divorce is always a pretty complicated business, isn't it? Especially when there are children. But it seems to me that you can settle your problem easily enough. Have your ex-husband understand when he is coming to see the children and you get off of the premises. Probably he would like to have the children to himself for a little while without either you or your present husband being around.

COMPPLICATIONS IN CHILD MARRIAGE Dear Miss Dix—A girl got married to a college student when she was 18 and her mother had the girl thought so. The couple went their separate ways and the girl married another young man whom she divorced. Now the girl is very much in love with her first husband and wants him to come back and live with her, but he has fallen in love with another girl and is contemplating marrying her but firsts that the supposed school girl and boy marriage hasn't been annulled and that he is still married to her. The question is: Does he? And does the girl have grounds for divorce? JOSEPHINE.

Answer—Maybe they know the answer in Reno but—I don't. DOROTHY YDIX.

A Morning Smile SMILE AWHILE When a very pompous farmer was made a justice of the peace, the village was too small to contain him. As he swaggered along the road he walked into the barrow of an old woman. "Be careful where you're going, man!" she cried. "Woman," replied the angry farmer, "I am no longer a man; I'm a magistrate."

OBEDIENCE ORDERS A newly-appointed colonel gave a dinner to his regiment. Addressing the men he said jovially: "Now fall upon the food without mercy. Treat it as if it were the enemy." The question is: Does he? And does the sergeant sneak away with two bottles of wine. "What are you doing?" he asked. "Obeying orders, sir," was the reply. "What will the enemy do when you take them prisoners?"

Advertisement for 'A Morning Smile' featuring a musical score and a woman's portrait.

Learn in New Home Course What a lot playing the piano can do for a girl! The centre of the fun, she fairly blossoms. And you can teach yourself to play. With a guiding chart you soon become familiar with keys and notes and, following a shortcut method, you can quickly learn popular tunes, have quite a repertoire. Your chart is the exact size of the main part of the keyboard. With each key (numbered) is the note which its symbol on the music staff. When you place this chart behind your keyboard you see at a glance which key to strike for each note. Then you learn to play frequently used chords in this easy way. The keys for each chord are indicated by numbers, as in our diagram, and you just play the like-numbered keys shown by your chart. Now to play lively tunes—simply following the melody line with your right hand, playing harmonizing chords with the left! Entertain on dates and parties by playing the piano. Our new 24-page instruction book includes the keyboard chart and a table of chords. Explains elements of music. Gives three favorite airs for practice. Send 20c in coins for your copy of Quick Course in Piano Playing to The Guardian Home Service. Be sure to write plainly your Name, Address, and the Name of booklet.

THE RIGHT The proof of a thing's being right is that it has power over the heart; that it excites us, wins us, or helps us—Bushman. A whole group of different soft leather or fabric colorful play shoes are planned to accompany leisure costumes. Three feet of sugar cane are required to make a single lump of sugar. To boost cotton crops Honduras is distributing cotton seed to its farmers.

DON'T COVER UP A POOR COMPLEXION

Let the popular medicated cream that's aided thousands help clear up your complexion

Don't let a poor complexion cheat you of a lot of life's fun... Don't go around "covering up" a skin that's rough-looking or marred by generally caused blemishes! Let snow-white, greaseless Medicated Noxzema help restore your natural skin beauty!

Here's a beauty aid that's not only an effective Night Cream—it's a grand Pimple Balm, too. Day and night Noxzema helps reduce enlarged pores with its mildly astringent action... softens skin... soothes irritations and helps heal externally caused blemishes.

Advertisement for Noxzema cream featuring a woman's face and product packaging.

Advertisement for Maxwell House Coffee, featuring a woman's face and a coffee pot.

Advertisement for 'Your Individual HOROSCOPE' by Frances Drake, listing various zodiac signs and their characteristics.

WARNING to Mothers of Growing Children

WHEN COLDS STRIKE... Relieve Misery the Improved, Home-Tested Vicks Way... Perfected for Children

No matter what you have tried in the past to relieve misery of colds—treat your child the improved Vicks way—with a "VapoRub Massage". Then notice how swiftly it starts to quiet coughing, ease muscular soreness or tightness and bring comfort.

With this MORE THOROUGH treatment (developed by Vicks staff of Doctors) the poultice-and-vapor action of Vicks VapoRub more effectively... PENETRATES irritated air passages with soothing medicinal vapors, inhaled deeply with every breath. STIMULATES chest and back like a warming poultice or plaster.

Needlecraft—For The Home

For school or play, there's nothing like a blouse and skirt. It's not only a practical one as well... economical, too, for the blouse will top any skirt in your daughter's wardrobe, and the skirt makes an ideal complement for her other shirts and sweaters. The blouse may have either long or short sleeves, and can be made with or without the Peter Pan collar. Why not make both versions and be assured of always having a clean one on hand? The skirt would be attractive in either a monotone wool or a dashing clan plaid.

Style No. 3192 is designed for sizes 4, 6, 8, 10, 12 and 14. Size 8 requires 1 3/8 yards of 39-inch material for blouse; 1 1/4 yards 54-inch for jumper. Send Twenty (20c) coin is preferred for pattern Write plainly your Name, Address and style number. Be sure to state the size. Style No. 3192 Size.....

Form for requesting the pattern, including fields for Name, Street Address, City, and Province.

A Pimple Covered Face Kills Many a Romance The lives of many young people are made miserable by the breaking out of pimples, and you probably know of cases where a promising romance has been spoiled by those red, white, itching and pus filled sores on the face. The trouble is not so much physical pain, but the mental suffering caused by the embarrassing disfigurement which very often makes the sufferer ashamed to go out in company. The quickest way to get rid of pimples is to improve the general health by a thorough cleansing of the blood. Burdock Blood Bitters helps to cleanse the blood and with the blood cleansed the complexion should clear up.

Advertisement for Burdock Blood Bitters featuring a woman's face and a bottle of the medicine.

The T. Milburn Co., Limited, Toronto, Ont.