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Living & Leisure

-The Woman's Realm

SWEETS OF THE YEAR

My Granny has a cupboard, and it's very deep and wide; Granny smiled at me and Pamela. When we asked what was inside, And she said: "It's full of sunshine, Soft grey mist and sparkling dew, Whispering winds and rippling raindrops, Fashioned into something new.

All the warmth and glow of sunlight, Autumn's richest tints are here, For I gathered in my cupboard, See! the sweets of the year.

Granny took a key and opened These wide doors to me and Pam, Granny's cupboard shelves were filled with Jars of fruit and pots of jam.

—ELIZABETH GOULD, in *Kid-dies Magazine*.

French flying nurses are trained in the use of parachutes to enable them to reach the scene of disaster when there is no landing field nearby.

In point of value, wheat stands first among Canada's exports, wheatprint second.

OLD REMEDY

In the 16th century it was believed that the curling flower spike of the forget-me-not was an antidote for the sting of a scorpion, because it resembled the scorpion's tail.

OLD FELT HATS

If you have a very old felt hat, cut pieces from its size of your table and chair-legs and glue them on to the bottoms. This prevents them scratching your oilcloth when moving them about the floor.

FOR EVERY WOMAN A LOVELY JEWEL

Every woman should have at least one beautiful jewel. The value of the jewel is unimportant, writes H. P. Wapnick, and gems are not reserved for queens and princesses and millionaires.

"The stone may be a semi-precious one, and only cost \$10, but if a woman selects it with care, learns something about its composition, source, and cutting, and loves it for its color, it will give her vastly more pleasure than the masses of precious stones worn by women who merely want to show off."

WRONG IMPRESSION

Whitlock, Curator of Geology and Mineralogy in the American Museum of Natural History, attempts to correct the impression that beauty is to be found only in rare and expensive stones—the diamond, emerald, sapphires, and ruby.

"Carat for carat," he says, "I

believe there is more beauty in a chrysoberyl cat's-eye than in any other gem. Alexandrites are a leaf green in daylight and raspberry red in artificial light. Perfect stones can be bought for about \$100.

Other stones both beautiful and inexpensive and about which most women know little are the tourmaline, the zircon, and the peridot. These stones known as "sleepers" can be had from \$8 to \$15 a carat.

The zircon, sometimes called by jewelers "jargon" or "hyacinth" in its pure white form is often difficult to tell from a diamond. It is also found in golden yellow and deep leaf-green. Peridots run from dark green to bottle green, and are sometimes known as "evening emeralds."

WOODWORK CAN HAVE WEATHERBEATEN EFFECT

A method by which an old weather beaten effect can be achieved on new knotty pine woodwork has been developed by paint authorities.

To produce this appearance, paint experts advise the sponging of the surface with a fairly strong solution of ammonia or soda. If a dark finish is desired, make a stain of raw umber thinned with turpentine and add enough varnish to bind it. Prepared varnish stains are available for the purpose if preferred. A thin coat of redwood shellac or dull varnish may then be applied, followed by a coating of wax.

BOILED CUSTARDS

To prevent boiled custard lumping cook slowly in a double boiler over a low fire. Scalding the milk before combining with other ingredients helps to avoid curdling. To keep a tough crust from forming over the top, cover almost immediately after removing from the fire.

WORRY IS BAD

Worry distresses the hair frightfully. It is no stretch of the imagination to say that hair goes grey with anxiety—it does. Give your hair food your system cannot supply, help it on its way. At least you can see that brushes and combs are scrupulously clean. If you cannot spare much time for brushing, then buy a harder brush. These famous brushes—brushes whose bristles go right through the hair and do not tear it or harm it in any way, but bring new vigorous life to it—are what you need.

A Novelty at the Philadelphia Centennial in 1876, bananas were sold in tin foil, at ten cents apiece.

Chops can be baked in the oven on ironing day when it is desired to keep the top of the stove clean.

The last of these is a shrimp mixture served on cocked rice.

Dorothy Dix Says—

BEGIN EARLY TO PREPARE FOR YEARS THAT ARE COMING

Elderly People Are Disliked And Unwanted Often Because They Grow Careless In Dress And Manners

Since the only way we can escape is by dying young—which is the last thing that any of us wish to do—is it not strange that so few people even give a thought to preparing themselves for their inevitable fate?

All about them they see old people who are such bores that every one fices from them as they would from a man-devouring wild beast. They see old people who are repulsive to meet about because they look as if they need to be disinfected and run through a steam laundry. They see grumpy old people in whom the milk of human kindness has turned to clabber; ill-mannered old people, all the 97 different varieties of disagreeable and disgruntled old people who make the problem of what to do with aged parents one of the most heartbreaking riddles in the world. And yet, seeing how unhappy most old people are and how much grief they can cause young ones, how seldom does it occur to any man and woman in the thirties to begin to cultivate the graces of mind and character that will make them attractive at their seventies and eighties. How many look at an old person whom everybody dreads and shuns from now if I don't reach my step

and say to themselves: "There, but for the grace of God, go I 50 years from now if I don't reach my step."

The necessity of old people making themselves desirable if they expect to be wanted has been borne in on me very forcibly recently by three cases which have come under my personal observation. Two old women and an elderly man have lost good homes, which they sadly needed, because they made themselves so unpleasant that not even the generous hosts who had taken them in out of the cold could endure them any longer.

Refuses to Change

One of the old women is an un-reconstructed Victorian who believes that every one should dress and act exactly as she did when she was young. She forgets that the privileges of a guest do not include criticizing the children of the household and telling their mother that her gowns are too short, and it is outrageous to let Mary stay out until 12 o'clock at night at a party, and that she can't stand what the world is coming to when parents will let a boy of 16 have the use of the car on Friday nights.

The result of Aunt Martha's scolding of course, that she and the children are always in a row, and in one of the is suggested that she would be happier somewhere else.

Another old woman is a religious fanatic who believes that she has a sacred duty to save everybody with whom she comes in contact by converting them to her particular faith. And after the people who have invited her to make her home with them because she had nowhere to go, have stood being preached at, she says as human nature can endure it, she also has to move along.

And the old man is unwelcome in his children's homes just because of his appearance that are ashamed of him. His hair always needs cutting. He always needs a bath. His clothes are filthy. And he eats like a pig. He is a bad influence on the children whose table manners their mother is trying to form. And he

WOMAN'S GROOMING

Nothing else in the world is so pathetic as an old, unloved, unwanted old age, but 99 times out of 100 when old people are unloved and unwanted it is because they have allowed themselves to become unattractive to their own creatures by their own fault.

Because it is easier and more convenient to be so slowly they would make the effort to be well groomed and well dressed. Because they enjoy the social life of their own kind, and the same takes a hundred times and never give anyone else a chance to say a word.

Because they get lazy and self-indulgent they go on mind their manners even as the table. And because they know they can get away with it on account of their age they become mercurious tyrants in their families and snap and snarl at every one like a vicious dog.

And then they wonder that nobody loves them, nobody wants them. And that is the kind of old people we all will be, if we don't watch out.

DOROTHY DIX

AIDS FOR MOTHER IF SHE WERE M. P.

MELBOURNE, Nov. 2.—(CPI)—I took a woman to win the "If I Were M. P." competition a though more than 1,600 Australians, including many men, entered their letters on the subject.

War problems in Australia are apparently very similar to those of Canada. Mrs. E. A. Patterson of Geelong won the two guinea prize and this is what she would set out to accomplish if she were a member of parliament.

"Thorough organization of saving and waste collection and conservation of such commodities as gas and electricity. Increase growth, storage and preservation of all food stuffs to alleviate post-war world famine. Give child endowment to sustainance and basic wage earners with more than two children.

Organize trained home assistance for all mothers of more than two children under school age. Housing plans on a nation-wide scale to prevent post-war scarcity and slum, constructive work absorbing soldiers as they return. Legislate to make electricity a rated commodity."

Special prizes of half a guinea each were awarded to two men contestants.

MILK LICENSING

LONDON.—(CPI)—A new order by the ministry of food—the condensed milk (licensing and control) order—requires condensed milk manufacturers to make and sell their products under license only.

It's all in the point of view. Spading a garden isn't labor if you're looking for bit.

I Work Like a Horse ...and what does it get me?

IT'S YOUR OWN FAULT! USE MY SOAP... THE NEW 1940 "TOP-SPEED" RINSOL. IT BURSTS INTO LIVELY SUDS THAT SOAK CLOTHES SNOWY WITHOUT HARD SCRUBBING OR BOILING.

IT'D LOVE TO GET A WHITE WASH WITHOUT SCRUBBING

WILL WONDERS NEVER CEASE. THE NEW SPEEDY RINSOL SOAKS OUT DIRT AND GETS CLOTHES A DAZZLING WHITE WITHOUT BACK-BREAKING WORK.

I SOAK CLOTHES CLEAN—END HARD SCRUBBING!

I DISSOLVE IN A JIFFY AND I GIVE UP TO 3 TIMES AS MUCH SUDS AS OLD-TYPE SOAPS—EVEN IN HARD WATER.

MY CLOTHES LOOK WHITE AS SNOW NOW THAT I'M USING THE NEW RINSOL. THE COLOURS ARE SO BRIGHT AND GAY, TOO. THE RICHER, FASTER-WORKING RINSOL SUDS ARE SO EASY ON MY HANDS—RINSOL'S MY CHOICE FOR THE WEEKLY WASH, DISHES AND ALL CLEANING.

New 1940 Richer Rinsol Rescues Women from Washday Slavery

Your Individual HOROSCOPE

By Frances Drake

For Monday, November 4 MARCH 21 to APRIL 20 (Aries)—The calendar of the month to those in authority and in business transactions, entering financial obligations. After 6 P.M. restricting vibrations clear and evening becomes favorable for business and financial gains.

APRIL 21 to MAY 20 (Taurus)—Advantageous for you Taurus. Literary pursuit, social and community interests, consultations, making plans and agreements, cooperative measures for government and personal advancement especially favored. Care advised in building, handling tool.

MAY 21 to JUNE 21 (Gemini)—An opportunity for you to exploit your ingenuity and versatility. Concentrate on one or two definite projects rather than scatter your energies too widely. Plan, create, accomplish.

JUNE 22 to JULY 21 (Cancer)—Personal care in the conduct of your affairs will bring gratifying results. Enterprise and initiative are your valuable allies. Don't forget that your likeable personality can also be an asset.

JULY 22 to AUGUST 21 (Leo)—Important changes likely. Be prepared to meet eventualities with your own clever judgment and sterling endurance. Don't let opposition bluff you from making the progress you can and should make.

AUGUST 22 to SEPTEMBER 23 (Virgo)—A.M. especially favorable for industrial, mechanical and building interests. Late afternoon and evening excellent for investigations, written matters, agreements, reporting, and the artistic and professional pursuits. Romance tops.

SEPTEMBER 24 to OCTOBER 23 (Libra)—Activities that are practical and necessary at this time should be pushed with all possible speed. A fine day for constructive efforts and resourcefulness.

OCTOBER 24 to NOVEMBER 22 (Scorpio)—Be circumspect, thoughtful, and conservative for right results.

KEEP FRIENDS ENTHRALLED BY TELLING GAY FORTUNES

Suspense as Each Card Turns Up

Yes, telling fortunes, you have your crowd in the hollow of your hand. What a thrill as each card turns up! Will it mean a lucky break—a fond wish coming true?

You can easily learn the card meanings, tell an exciting story. Are a Six of Hearts, a Jack of Clubs followed by a Five of Spades? That looks as if the fortune seeker would go to a party, meet a brown-eyed young man who'd pay ardent court, and then, alas, there'd be a quarrel.

Quick—to the next card. It may be the Five of Clubs, saying marriage will be the happy ending, or a Nine of Hearts—that dearest wish comes true! Let's hope it won't be the Eight of Spades, a broken engagement.

You can have fun telling fortunes in other ways, too! In the "Mystic Circle" you toss three dice on a card-board circle, then add numbers on tops of dice.

"Eleven, a knave with deceitful heart, Twelve, a letter: 'twill joy impart." For the rest of the "Mystic Circle" rhyme, see our 32-page booklet. Tells all the card meanings, has a horoscope for each month. Explains fortunes in tea-leaves, dominoes, the "crystal." Also fortune games.

Send 20c in coins for your copy of Fun With Fortune-Telling to The Guardian Home Service. Be sure to write plainly your Name, Address, and the Name of booklet.

Name _____

Street Address _____

City _____ Province _____

Name _____

Street Address _____

City _____ Province _____

Stentations display of emotions or undue smugness will thwart your purpose and limit the progress you can make.

22 NOVEMBER 23 to DECEMBER 22 (Sagittarius)—Agricullarists, dealers in leather, millers, masons, plumbers, shoemakers; you interested in economics and organization and you in positions of responsibility. Irregular stars encourage your effort.

DECEMBER 23 to JANUARY 21 (Capricorn)—Benefits indicated in industry, government matters, educational and scientific pursuits. Engineers, draftsmen, weavers, you employed in the manufacturing of motion pictures, optical lens and tools necessary to armaments are in the favored list.

JANUARY 22 to FEBRUARY 23 (Aquarius)—Endeavors and trades listed as approved for Capricornians and Sagittarians are also favored for you Aquarians. Give full freedom to your mechanical ability. Step ahead!

FEBRUARY 24 to MARCH 20 (Pisces)—Matters connected with property, leasing, building, mortgages indicated for benefit to you. Progress may be slow in other lines of business, but the outlook is good.

A CHILD BORN ON THIS DAY possesses the unusual combination of strength and subtlety, great inner force and initiative, creative ability, keen mental powers. Aggressiveness and a tendency to egotism must be intelligently controlled. Teach it to take as well as give orders and criticism. Tolerance and graciousness its greatest needs.

WHAT A PITY!

Guide—This picture is two hundred years old and is worth \$25,000. Visitor—Oh, dear! One can just imagine how much it would cost if it were new!

THE EGOTIST!

Garbed in leather jerkin, plus four, studded shoes, and gold glove, the stranger strolled from the clubhouse and engaged a caddy to carry his bag of many clubs.

Selecting his driver on the first tee, he addressed the ball club, denigrating a mighty swing, and gazed far ahead to discover the ball's flight. But he looked in vain for the ball had not been disturbed from its calm repose at his feet. Again he tried, and again he failed. After his third attempt, the golfer turned to the poker-faced caddy and remarked: "Dashed difficult course this, isn't it?"

NEURALGIA

Cooling, soothing Mentholatum instantly relieves the stinging pain, jars and twinges.

MENTHOLATUM

Gives COMFORT daily.

Needlecraft—

—For The Home

Good companions for Fall and Winter are this trimly tailored jacket and wellcut skirt. You'll wear them together or slip the jacket on over your wool frock, top the skirt with your new sweater and blouse. Mix plaid with plaid for an interesting combination, but if you would appear taller, make both pieces of one material. The pattern may also be developed in silk or sheer wool to make a good-looking all-occasion frock with short sleeves and a small shawl collar.

Style No. 3212 is designed for sizes 12, 14, 16, 38 and 40. Size 16 requires 1 3/8 yards of 54-in. material for jacket; 2 yards for bias skirt.

Send Twenty (20c) coin in preferred for pattern. Write plainly your Name, Address and style number. Be sure to state the size you wish.

Style No. 3212 Size _____

Name _____

Street Address _____

City _____ Province _____

Radiotelephone service has been established between Chungtu and remote Sikang, in China.

FEMALE PAIN

Women who suffer painful, irregular periods with nervous, moody spells due to functional cause 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.

3212 SIZES 12-40

Help the Young People To Health - Happiness

What a common sight to see a young person whose bloodless face and feeble frame are evidences of poor circulation and weakness where bounding health and rosy cheeks should reign.

Young people in such a condition are generally of an anemic nature and require a preparation containing iron to improve the blood content.

Milburn's Health and Nerve Pills meet this requirement, as they contain three concentrated forms of iron of an easily assimilated nature together with other valuable ingredients indicated for building up the system and helping to improve the blood content.

Price 50c a box, 70 pills, at all drug counters. Look for our trade mark "Red Heart" on the package.

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

ADD THIS NEW SWEATER TO YOUR FALL WARDROBE



The good looking sweater of rope wool is easy to knit and in a short time you'll have just what you've always wanted. Pattern No. 829 contains list of materials needed and complete instructions for making sizes 32 to 42. It may be made sleeveless or with short sleeves.

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

To Charlottetown Guardian Needlework Department

Design No. 829

NAME _____

STREET _____

PROVINCE _____

BLACKHEADS

—EXTERNALLY CAUSED

Also pimples and rashes of external origin relieved with usually effective

CUTICURA SOAP AND OINTMENT

THE COOK'S CORNER

CHOCOLATE MERINGUE PIE

One and one-half squares cooking chocolate, 1 2-3 cups scalded milk, 2-3 cup powder sugar, 1-2 tablespoon cornstarch, 1-2 teaspoon vanilla, 4 eggs. Fry.

Melt chocolate over hot water, then add hot milk and cook together until blended smoothly. Add sugar sifted and cornstarch and stir until boiling point is again reached. Cook slightly, pour over 1 whole egg and 3 yolks mixed together, stirring constantly. If this filling is to be poured into baked pastry shell it must be returned to double boiler and cooked, stirring, until eggs thicken mixture sufficiently to stiffen it. If the filling is to be poured into unbaked pastry shell, it may be done so at this point, and baked.

In either case use the remaining whites, mixed with 1-2 cup sugar to make a stiff meringue, then cover pie and return to oven to bake meringue slowly for half hour. Do not decorate this perfect filling and meringue by using anything but your flakiest and best pastry.

TOASTED WALNUT SANDWICHES

2 tablespoons oil
1 tablespoon vinegar
1-4 teaspoon salt
1-8 teaspoon paprika
1-2 cup white cream or cottage cheese

1 loaf graham bread
6 tablespoons walnut meat
Mix oil, vinegar, salt, paprika and combine with cheese.

Cut graham bread in quarter-inch slices and spread with cheese mixture. Sprinkle with chopped walnuts meat. Put together in pairs and remove crust; cut in fingers or diamonds, and toast.

HAM AND WALNUT SANDWICHES

1 cup finely-chopped cooked ham
1-2 cup finely-chopped walnut meats

1 teaspoon mustard
4 tablespoons thick, sweet cream or salad dressing
Salt, pepper

Bread, butter

Mix the ham, walnut meat, mustard and cream or salad dressing. Add salt and pepper to taste and spread between thin slices of buttered bread.