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

Happenings Of The Week

A newspaperman's impression of the Duchess of Windsor is that she is small and demure with deep, sparkling blue eyes and warm brown hair. Her complexion is fair and she is, of course, immaculately groomed. She does her hair with a centre part with an upswing movement on either side with soft curls in back of the neckline. If the Duchess wore lipstick it was so adroitly used that it could not be seen. The same goes for make-up. No red nail polish, just naturally tinted nails. Her voice is very sweet and she is vivacious in a natural manner. Both she and the duke look younger than their pictures, and the duchess is much smaller than her pictures make her appear. At the reception given by the newspapermen for the duchess, she wore a pale blue blouse with a high V-neck, and a narrow black skirt that reached just below the knees. Biege hose, black pumps, long black gloves halfway to the elbow, and a tiny velvet hat with a blue veil completed her outfit. That was one of four costumes she wore the day she arrived in Washington. She arrived at the railroad station in a severe black suit, relieved by gold buttons and velvet trim. For the visit to the White House to see President Roosevelt she changed to Wallis blue, and to evening clothes last night for the embassy dinner. The duchess shook hands with each member of the club, and then she spoke briefy, but off the record. She joined Mrs. Esther Van Wagoner Tuftf, the cub's president, at the tables where cocktails and tea were served. But the duchess sipped only a glass of water. Among the guests were Mrs. Herman Rogers, in whose home near Tours, France, the Windsors were married, and Mrs. Buchanan Merryman, the duchess' Aunt Bessie. The duke called for his wife just before 6 p. m. Grasping her hands he greeted her: "Cheerio, darling."

* * * *

Regretful farewells were said this week to Miss Lena McLure, A.T.C.M. who left yesterday to resume her teaching activities in Toronto, after spending the summer with her parents Mr. and Mrs. W. C. S. McLure, Bonnehinley.

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On Monday at lunch hour Mrs. H. S. Henderson entertained at the Charlottetown Hotel for Miss McLure.

* * * *

Following Miss McLure's fine recital at St. James Hall on Tuesday evening Mrs. W. R. Aitken invited Miss McLure and other intimate friends to her home for a social hour.

* * * *

Mrs. Harry Cudmore entertained at a pretty luncheon at her home Wednesday, honoring Miss McLure.

* * * *

Mrs. Rols Sylvertsen of Hanover, N. H., and Miss Flora Gordon of Concord, N. H., arrived last evening on a holiday visit to their parents Mr. and Mrs. H. J. Gordon, 127 Fitzroy Street.

* * * *

Mrs. (Dr.) J. A. MacMillan received on Tuesday afternoon for the first time since coming as a bride to Charlottetown at her home 183 King Street. She was assisted in the pleasant duty of receiving by her husband's mother Mrs. T. M. MacMillan and her own mother Mrs. J. H. McQuaid. The visitors were welcomed by little Miss Mary Farmer, who daintily gowned, opened the front door. To Mrs. Helen Thompson fell the duties of ushering the visitors to the dining room in which colorful dalhias and softly shaded tapers added to the attractive tea table which was presided over by Mrs. (Dr.) W. J. P. MacMillan and Mrs. (Dr.) F. E. Smallwood. Dispensing hospitality were Mrs. Kenneth Cody, Miss Mary Moran, Mrs. Albert Hanway of Halifax, who is here with her husband Pilot Officer Hanway, R.C.A. F. Lovely gladiolii were attractively arranged in the living room.

* * * *

Miss Edith Shaw who has been spending a month with her parents Dr. H. H. and Mrs. Shaw, Upper Prince Street, leaves Tuesday for Montreal where she will spend a few days with her sister Mrs. Kenneth Franklin before proceeding to Victoria, B.C. , where her marriage to Mr. John C. MacLean formerly of Charlottetown takes place on Oct. 15th.

* * * *

Miss Shaw, who will carry with her happiest good wishes, has been the center of several social gatherings among the friends during the past few weeks On Thursday evening Miss Betty Holl and Miss Gwen Rogers had a miscellaneous shower in her honor at the latter's home and many lovely gifts were received.

* * * *

On Tuesday evening Miss Marjory MacLean entertained at Miss Martha Poole's home for Miss Shaw, and on this occasion a linen shower added many more attractive articles to her "Hope Chest."

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Mrs. D. J. Riley entertained at two tables of bridge at her home Monday honoring Mrs. McNichol of St. David's, Philadelphia and Miss Beatrice McDonald, R. N., of New York.

* * * *

Mr. E. W. McKinnon, Supt. C.N.R. Charlottetown, with Mrs. McKinnon and Mr. Charles McKinnon left yesterday by motor on a visit to Boston.

* * * *

Mr. and Mrs. H. A. C. Scarth have gone up to Sherbrooke, Que., for the winter months.

* * * *

Mrs. A. B. Warburton who has been visiting her daughter in Saint John, N. B., arrived home Tuesday evening accompanied by Miss Helen Hobkirk.

* * * *

Mrs. J. Victor Stewart of Clethme, York County, Ont., Miss Delia Chapman and Mr. Gordon Forbes were visitors to the Province this week. On Thursday they were the guests of Miss Lena McLure at Bonnehinley and in the afternoon had the pleasure of meeting some of Miss McLure's friends at the tea hour, when Mrs. W. R. Aitken presided over the tea-cups.

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Mrs. S. A. Fulton of Truro, N. S., and her guest Mrs. J. A. S. Bayer left Truro Monday on a motor trip around the South Shore and Annapolis Valley.

* * * *

Miss Beatrice McDonald, R. N., of New York, who has been visiting her sister Mrs. W. D. Gillis and Mr. Gillis for the past several weeks, left on return Thursday. On Wednesday Miss McDonald was hostess at a smart luncheon bridge for her friends at the Charlottetown.

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Dr. and Mrs. W. F. Tidmarsh were among the visitors in Montreal this week.

* * * *

Miss Florence Owen, Miss Jessie McLeod and Miss Jean Boulter were joint hostesses this week in honor of Miss Gertrude Vaughan. The pleasant affair was held at Miss Owen's home and the popular bride-to-be received numerous trappy and useful articles for the kitchen of her new home. Miss Vaughan is marrying Mr. J. F. Dickieson of Halifax formerly of Charlottetown who is being transferred to Toronto.

* * * *

Mrs. Gordon Hutcheson had a prettily arranged afternoon tea and shower for Miss Vaughan at her attractive home 42 Ambrose Street.

* * * *

Miss Isabel Storey had a delightful personal shower when she entertained for Miss Gertrude Vaughan at Miss Martha Poole's home. The gifts were accompanied by smart verses presented before supper was served by the hostess.

* * * *

Mrs. William Scott and her son Mr. Walter Scott of Chatham, N.B., motored over to spend the week-end with Mr. and Mrs. James Tait. Mrs. Crosby who accompanied them was the guest of Mr. and Mrs. Clive W. Currie, Balmoral Apartments.

* * * *

Mrs. Margaret Miller returned home Tuesday from a very pleasant holiday with her sister Mrs. McKay in Toronto and her niece in Ottawa.

* * * *

Mrs. R. H. Rogers is recovering from the effects of an accident several days ago, which confined her to her home, much to the regret of her many friends.

SECTION OFFICER B. MARTIN

In Ottawa, to assist in instructing an administrative course for potential officers, and N.C.O.'s for the C.W.A.A.F., Section Officer Bridget Martin, and Flight Officer Jean Hime, W.A.A.F., are spending a short time in Ottawa.

* * * *

Mrs. Earle Baker left yesterday morning for Barrie, Ont., where she will spend some time with her husband Lieut. Earl Baker.

* * * *

Mr. and Mrs. Theodore Holder and son Bobby arrived in O'Leary this week from Hampton, N. B. Mr. Holder has been appointed Manager of the Bank of Nova Scotia at O'Leary and is being cordially welcomed.

* * * *

Miss Katherine Maclennan was visiting in Quebec this week on her way to Montreal to attend the Nurses Convention.

* * * *

Regretful farewells were said to Private Dunstan McNichol son of the late Senator McNichol and Mrs. McNichol of Philadelphia, who left Tuesday for Camp Borden after completing his training at Beach Grove. Private McNichol drove down with his mother Mrs. McNichol from Philadelphia on a brief holiday to Cardigan and while here decided his country needed him and following family traditions he joined up. Mrs. McNichol leaves next week on return to her home.

* * * *

Congratulations were forwarded by home friends on Tuesday last to Rev. Emmett Dougan of Halifax on the occasion of the 25th Anniversary of his Ordination as a Priest. Members of his family going over to Halifax for the memorable event were Dr. and Mrs. Charles Dougan, Miss Marion Dougan, Mr. and Mrs. Frank Dougan.

* * * *

The tea hostesses at the Golf Links this afternoon will be Mrs. R. E. Sutherland, Mrs. H. C. Bohaker, Mrs. Kenneth Cody, Mrs. Joe McMillan.

* * * *

Mrs. P. W. Turner has returned from visiting in Moncton and Saint John, N. B.

* * * *

Miss Beryl Edgar and F. Gordon Spencer, who has a wide circle of friends in Charlottetown, and whose wedding will take place soon, were the honor guests at supper when Mr. and Mrs. J. Gilmour Armstrong entertained at their residence, Carmarthen Street, Saint John, N. B., on Sunday evening. The rooms were adorned with snapdragon, dahlias and larkspur and in the diningroom the table had an embroidered cloth and was centred with a crystal bowl of roses. Covers were laid for 22. Mrs. George A. Edgar, mother of the bride-elect, presided over the coffee cups. Those present were Miss Edgar, F. Gordon Spencer, Mr. and Mrs. F. G. Spencer, Mr. and Mrs. G. A. Edgar, Mr. and Mrs. J. A. Melick, Mr. and Mrs. A. E. Stephenson, Mr. and Mrs. Ronald S. Kerr, Mr. and Mrs. Gerald R. Spencer, Mrs. S. L. Kerr, Misses Blanche, Dora and Helen Edgar, Arthur, Edgar and Leslie Kerr.

* * * *

The pastry cooks in London have become particularly war-minded, a reporter says after a recent tour of the better-known shops. "Confectioners are not content with making sham white icing covers for their wedding cakes," he writes, "but they are producing all sorts of ornaments such as silver balloon barrages, white bomber and fighter planes, tanks, anti-aircraft guns and other war kit to replace the sugar doves and gilded Cupids of peace-time."

* * * *

A marriage has been arranged and will take place in October of Pilot Officer Robert Stewart Hyndman, son of the Hon. Mr. Justice and Mrs. James Duncan Hyndman, of Ottawa, and grandson of the late Sir Louis and Lady Davies of Ottawa, and Miss Joan Blakslee, daughter of Dr. and Mrs. Arsdale Blakslee, of Belleville.

* * * *

In honor of her daughter Helen, who left Saturday for Summerside, P. E. I., Mrs. F. Solski entertained Thursday afternoon and evening at a trousseau tea says Monday's Winnipeg Free Press. Mrs. F. Solski received with her daughter. The table was centered with a silver bowl of pink snapdragons, offset by matching tapers. Mrs. J. Powers and Mrs. J. Havelock poured tea. Those assisting were Mrs. L. F. Sickman, Mrs. C. Back, Miss Stella Jansen and Josephine Knight.

* * * *

Mr. and Mrs. Wallace W. Thomson of Winnipeg are spending a delightful vacation on the Island and are being welcomed by their relatives and friends. They are at present the guests of Mr. and Mrs. John E. Andrew, Belmont Lodge.

* * * *

King George VI and his brother the Duke of Windsor would be amused if they could visit to-day one of London's best known golf clubs where at one time they played a great deal of their golf, says a London correspondent to the Ottawa Journal. Club servants have been called up, and there is an acute shortage of labour. But members rise loyally to the occasion. Even the domestic servants and the waitresses have gone into the munition factories or are occupied with some other form of war work, and during the luncheon hour, while other members were feeding, a distinguished ex-captain of the club might have been seen emptying the ash-trays in the lounge and busily "tidying up" with a broom and a housemaid's scoop.

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Mrs. W. H. Harding has as her guest, her daughter, Mr. Lyman Marlott of Worchester, Mass. Recent guests of Mrs. Harding were her nieces, Mrs. Wm. Cann of Halifax, and Miss Bertie Myers, a missionary recently returned from India, they returned to Halifax on Thursday.

* * * *

Miss Betty White of Bridgewater, N.S., is spending a few days in Summerside, the guest of Miss Marjorie Mollison. Miss White is the daughter of Mrs. White and the late Rev. Dr. White for many years Archdeacon of the Anglican parishes of Prince Edward Island and Rector of St. Mary's Church, Summerside.

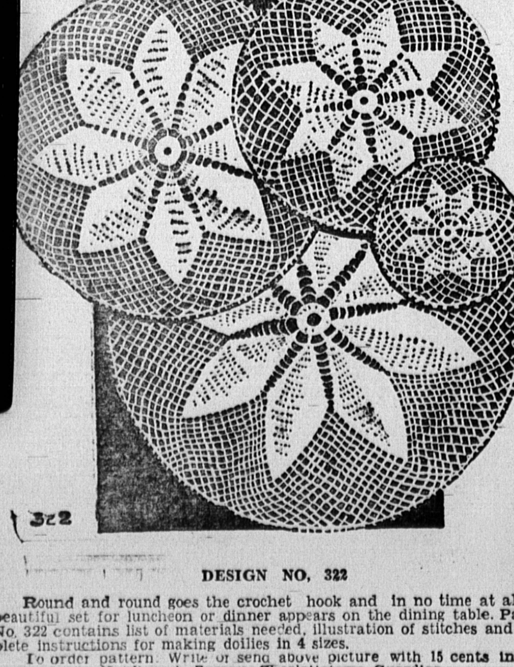
* * * *

Lieut. Commander J. J. Connolly, R.C.N. was the guest of honour at a charming dinner party at the home of Miss Margaret MacNeill, Summerside this week. Lieut. Commander Connolly has been spending a short leave with his wife and was cordially welcomed by his many friends.

* * * *

That London tailors have devised a standard suit for men, a single-breasted, waistcoatless affair that is designed to save cloth, is a rumour reported by a London writer, who believes that the scheme has little chance of general adoption. Men are intensely conservative in regard to clothes, and the bulk of them would prefer wearing their present suits till they were threadbare to the donning of garments containing radical changes in style. What is often forgotten is that it is not the great tailors of Savile Row and Sackville street that dictate the fashions in male garb; it is the members of the leading service and other social clubs in the Pall Mall and St. James' street area. And what they lay down holds sway throughout the civilized world. Paris as the arbiter of women's fashions has trivial authority compared with that which London holds in all that pertains to men's attire. Even Goering, in spite of the shortage of leather in the fatherland, flaunts a Sam Browne belt.

STAR DOILIES IN FOUR SIZES



DESIGN NO. 322

Round and round goes the crochet hook and in no time at all this beautiful set for luncheon or dinner appears on the dining table. Pattern No. 322 contains list of materials needed, illustration of stitches and complete instructions for making doilies in 4 sizes.

To order pattern: Write or send above picture with 15 cents in coin or stamps to Needlework Bureau, Charlottetown Guardian.

To Charlottetown Guardian
Needlework Department

Design No. 322

NAME ——————————————

STREET ADDRESS ————— CITY ————

Dorothy Dix Says—

A GIRL'S IN LOVE WHEN SHE BEGINS MOTHERING A BOY

Also When She Shows Tendency To Be Easy On Your Pocketbook, And Interest In Domesticity, She's After You

Dear Miss Dix—How can a boy tell whether a girl loves him or not? ARTHUR.

ANSWER—Well, you can't always tell. There are times when all signs fail and there is no man so clever, so discerning, so sophisticated that a woman cannot fool him if she sets her mind to doing it. Still there are various straws which show which way the winds of a girl's affection blow and, if you want to know whether one is really in love with you or not, observe these points:

(1) Is she willing to sit at home of an evening with you or not? If she comes down with her hat on to receive you, or if she always wants to step out somewhere, you have not touched her heart. She regards you merely as a Good-Time Charlie and any other youth who had the price would do as well. But things have got serious with her when she proposes to spend the evening at home. That shows that she has begun to live a romance with more thrills to it than anything in the movies, and that she thinks that Clark Gable is an also-ran at love-making compared to you. Also, it indicates that she desires to isolate you from other cities. So long as a girl wants to go in crowds there is nothing doing with her in the love line. Lady Cupid is the world's greatest monopolist.

Watching Your Pocketbook

(2) Observe how a girl treats your pocketbook. If she gets everything out of you that she can if she has three birthdays a year and lets you know beforehand that she is dying for a wrist watch; if she suggests orchids when flowers are mentioned; if she picks out the most expensive places to dine and dance and the highest-priced dishes on the menu, she has no serious intentions concerning you. You are merely the manna that a merciful Providence has ordained for her sustenance.

But when a girl begins to talk economy to a boy; when she suggests going to the movies instead of somewhere to dine and dance; when she orders a hamburger instead of guinea breasts and mushrooms under glass, it is an unmistakable sign that she is regarding your bankroll as her own and is commencing to save up for furniture for her future home.

The Acid Test

(3) And this is an acid test, talk to a girl about yourself and observe her reactions to it. Monologue along to her by the hour about the grocery trade. Tell her what you said to the boss and the boss said to you. If she yawns in your face, or if she gets up and walks around the room, or turns on the radio, you may as well abandon hope. There are only two women in the world, a man's mother and his wife, or the woman who hopes to be his wife, who want to hear him talk about himself.

(4) Take note of a girl's attitude toward you: As long as she regards you as an intelligent, husky, ablebodied man, capable of taking care of yourself and with enough sense to come in out of the rain, her regard for you is merely platonic.

Of course, there are other signs of love, such as a girl developing an acute attack of domesticity, and especially when she begins dragging a man to church with her, that are not to be ignored. But the never-fail indications of love in a girl are her mothering a boy and thinking it is more fun to stay at home with him than it is to go to a party. They are the real danger signals. Watch out for them.

* * * * * *

Divorce Etiquette Changes

Dear Miss Dix—I am indeed a perplexed mother. Am I wrong in objecting to my grown-up children going around socially with my divorced husband's present wife? Some years ago when they were little it became necessary for me to leave their father because of his philandering. For 11 years I worked hard to keep a home for my children. Do you not think that the least they can do is to turn deaf ears to the insidious advantages offered them by my prosperous successor? ANNA S.

ANSWER—I am afraid, dear lady, that the children of today are hard-boiled, and that they are looking out solely for what may be to their own individual advantage. Therefore, instead of being fierce partisans of yours and feeling resentment against the woman who has taken your place, they consider only that it is pleasant to go to her parties and ride in her cars and wear the pretty clothes she gives them.

But in their excuse you must remember that they probably take the modern young person's attitude toward divorce — that it is a mere incident, hardly worth considering, and they have no reason to be prejudiced against their father, or his second wife, because you and he failed to hit it off together.

Anyway, there is a new etiquette of divorce now, and it is the proper thing for former husbands and wives to meet on terms of perfect friendliness. At least, that is the way it is done in our best society.

DOOTHY DIX.

Your Individual HOROSCOPE

By Frances Drake

For Saturday, October 4th

MARCH 21 to APRIL 20 (Aries) —Carry home your convictions with decisive yet wholesome action. Today calls for support to aid more specifically worthy undertakings and causes. Business can be successfully carried on

APRIL 21 to MAY 20 (Taurus)—Aspects indicate less restrictions for you born after May 5th than for you other Taureans, favoring especially confidential matters, investigations, secretarial work, conferences, research, law, psychiatry, astronomy and astrology.

MAY 21 to JUNE 21 (Gemini)—Financial deals, immediate profits or quick monetary returns from investments or work are not as favored as are making improvements and generallyy achieving in a lasting, substantial way. Build now for future security. Health recreation approved.

JUNE 22 to JULY 23 (Cancer) —You'll probably find by nursing things along today you'l get better results than by forcing or straining. Should be a responsive time for fitting in odds and ends to complete the pattern you-ve planned. Romance? Okayed.

JULY 24 to AUGUST 22 (Leo)—Entertainment, sports, travel and the many usual week-end activities are favored above unnecessary business. However, be guided by present demands and those of your position regarding how much time can be spent on fun.

AUGUST 23 to SEPTEMBER 23 (Virgo) — Sane moderation no matter what your activities, is important. Worry (and an over-dose of work not essential) should be taboo. Enjoy yourself but don't indulge a spending binge.

SEPTEMBER 24 to OCTOBER 23 (Libra) — A friendly period, especially for homey affairs, attending to personal needs, correspondence and social duties. Wholesome sports and hobbies also approved. Good fortune will follow your sincere efforts.

OCTOBER 24 to NOVEMBER 22 (Scorpio) — An agreeable period, particularly for professional pursuits, outdoor actiities, entertainment, correspondence, domesticity. Don't neglect important tasks. Be prompt.

NOVEMBER 23 to DECEMBER 22 (Sagittarius) — Take things calmly and without strain. Don't undertake more than you can reasonably do. Minor matters, familiar issues more favored.

DECEMBER 23 to JANUARY 21 (Capricorn) — Undue haste or worry can get you into mischief this compex day. Jog along comfortably, doing your best. Even small achievement is not to be snubbed. Don't be easily irritated.

JANUARY 22 to FEBRUARY 20 (Aquarius) — More favorable aspects for completing unfinished matters, attending to odd jobs, improving your favorite hobby and enjoying social affairs than it is for launching new projects that could be better handled next week.

FEBRUARY 21 to MARCH 20 (Pisces) — Self-control will be your safeguard. Don't reach for the Moon and you won't be disappointed not obtaining it. It's a so-so day, neither stimulating or very favorable.

A CHILD BORN ON THIS DAY will be a sturdy soldier; clever in dealing in land and produce. If rightly educated and encouraged, he or she will be a useful, good citizen. Soldiery, training youth, managing large corporations and acting are among its possible accomplishments. Should be a convincing and delightful conversationalist. Success lies ahead.

Plane Jane

By ROBERTA COURTLAND

CHAPTER XI

When, at last, Jane's plane swooped down and came to rest at the edge of the field, Sam strode toward it, his eyes blazing. Aleck Randall and the other men followed him curiously.

Jane lifted herself out of the cockpit, dropping lightly to the ground in front of Sam.

He roared at her furiously, "What the blankety-blank blazes do you mean by looping, after I've told you that you mustn't until you've had at least twenty more hours in the air? And that was as rotten a landing as I've seen in many a day——"

"I'm sorry, Uncle Sam — honestly I am," Jane pleaded. "I didn't mean to—honestly I didn't. Only it was so glorious up there. I wondered what the world would look like upside down. And I know it was a rotten landing. I guess I was excited — I'll go back and do it over again——"

"You'll do nothing of the kind!" bellowed Sam. "You're grounded, young lady!"

Jane cried out in sharp protest, "Oh, Uncle Sam, you couldn't be so mean! I won't do it again, honestly, not until you tell me I can. Oh, please, Uncle Sam—"

"You're grounded," stated Sam firmly. "And you're not to come back to the field for a week. You're—you're a disturbing influence. If you flout my authority, how can I expect the other students to obey me? It's bad for discipline. Now get away from the field and stay away!"

Jane stood still before him. There was such utter woe, such misery in her eyes that the other student pilots muttered among themselves.

Sam, as though he knew that he could not hold out against her woe, turned and went swiftly across the field to his little office and banged the door hard behind him.

It was not until then that Aleck Randall stepped forward where Jane could see him and said pleasantly, "That was a very nice loop, Miss Andrews, for a beginner. And I think Stephens is a brute to ground you——"

"He's not a brute!" snapped Jane hotly. "He's a swell guy, and I had it coming to me. An airfield is one place where discipline is vitally important, and anybody who gets out of line has to have his ears smacked down. Well, I got mine smacked down. But I had it coming—and I can take it——"

She brushed past Aleck, heading for the Go-Cart.

(Continued on page 12, Col 6)

THE COOK'S CORNER

PUMPKIN PIE

(1 one-crust 9-inch pie)

One and one-half cups canned and mashed pumpkin (or cooked and mashed fresh pumpkin), 1 1-2 cups sugar, 1 1-2 teaspoons cinamon, 1-2 teaspoon ground ginger, 1 1-2 teaspoons ground nutmeg, pinch mace, 1 teaspoon salt, 1 1-3 cups milk, 3 eggs, well beaten.

Combine pumpkin, spices and sugar. Slowly add milk, then beaten eggs. Mix thoroughly and turn into pastry lined pie plate. Bake in moderately slow oven (300 degrees F.) for about one hour. Serve with whipped cream and chopped nuts.

Smartly Styled Curtain Any Beginner Can Make

Swag Tacked To Valance Board

So patrician, these draperies topped with a graceful swag!

You may make them yourself—combining just the colors for your room. Rayon damask in dusty rose for the draperies, rayon satin for the swag, brown fringe for trimming—that's one stunning choice.

To have your draperies hang beautifully, correct measuring is necessary—but easy.

For length, measure from top of window casing to floor, adding 10 or 15 inches if you wish your draperies to extend on floor. Lined draperies need another 2 inches for a single-turn hem and for top turn-in 4 to 7 inches.

For width, just measure the space the curtain will cover and add 50 per cent. for folds.

The swag starts as a straight piece a little wider than your window. Slant ends and curve bottom edge as the diagram shows. And, when the swag's lined and trimmed, tack it to valance board.

Our 32-page booklet has exact diagrams and directions for making many attractive styles of draperies, drapery-curtains and glass curtains. Tells how to trim; make swags, valances.

Send 20c in coins for your copy of "New Ideas in Making Curtains and Draperies" to The Guardian Home Service. Be sure to write plainly your Name, Address and the Name of booklet.

Name

Street Address

City Province

Living & Leisure

—The Woman's Realm

"You may think
That you are
Too heavily
Laden;
That you will never
Weather the storm;
Of course you will—
God never loads
His ships
Above the Plimsoll line".

Solvents used in dry cleaning must be recovered for re-use, says a chemist, in order to make the operation economical.

WANDERER

No one knows just why the cotton moth leaves its warm home in the south and goes north to meet the winter, there to end its days. Although they breed only in tropical climes, they have been found as far north as Canada.

WALK MORE

Prominent medical men have been heard to say that one of the reasons why so many busy executives in the present age die in their early fifties is that they ride too much in automobiles. Some have been known to get out their car to go a few hundred yards to get a newspaper or a cigar. The result is the physicians state, that their organs become fabby, soft and unable to battle against the disease germs that are always in the human system. In fact partial atrophy sometimes follows.

Walking—not too long or too far—every day, with deep breathing as an accompaniment to the swing of arms and the measured movement of legs, does more than strengthen muscles and sinews. It puts the blood into vigorous circulation, fills the lungs with the properties that are in the free air and tones up the nerves.

In addition to these values for the body, walking does a great deal for the mind and the spirit, if one lets himself get the pleasure out of it. As a matter of fact, the person who becomes a habitual walker must derive these benefits.

A lump of camphor in the chest or drawer where silver is kept will keep it free from tarnish; or rub a little olive oil over it. When needed, wash in warm soap and dry thoroughly.

To prevent the risk of silk garments and stockings catching on pieces of cane in the clothes basket, line the basket with a piece of oilcloth. The lining can be wiped with a damp cloth.

Coffee grounds are good for cleaning. Put a good spoonful into a dirty bottle, add water and shake well, pour them down the sink to take away grease.

Don't overlook ammonia in your housework. A desertspoonful in a basin of water, brushed over the carpet, does wonders for the colours, and if your grocer has run out of washing-up powder or soapflakes, spill a few drops of ammonia into the washing-up water and whisk the grease off plates and pans in the twinkling of an eye.

USE GOOD PAINT

Since two-thirds of a paint job on buildings is the labor cost, it is time and money wasted to use a low grade, short-lived paint. Cheap paints may cause cracking, peeling, or scaling, and result in such a surface that the old pant will have to be completely removed before repainting can be done. "This removing of paint costs almost as much as a two-coat paint job", says one authority. "If cracking or peeling paint has to be removed, a good three-coat paint job will usually have to be put on instead of the two coats necessary for an average paint job.

TYPICAL FARE FOR REDUCING

Capes, peplums and tiered skirts are important this fall — are you slender enough to wear them? If not, waste no time in self-pity. There's an answer in your diet, whatever your weight is now. There is a spectacular reminder of that fact in a sedate scientific journal.

A woman of 35 has reduced her bulk by 300 pounds! She did it solely by dieting under medical supervision. It took her twenty months—but, girls, that's losing 16 and 2-3 pounds a month. The story is in the current Journal of the American Medical association. The doctor in the case declares that anybody can take it off, and be healthier and happier for doing so. I'll take his word for that, for his report concerns the woman who began with exacty 479 pounds. She came down to 175.

Cut Down Food

So if your hips, thighs or shoulders are heavy, why not count your calories? That's safer than trying out some friend's pet scheme or a "magic" paste or potion. Exercise will help, but the basic business is what you eat. When you consume more food than your body needs, you store up fat—it's as simple as that.

Of course, don't starve yourself. Before you begin cutting down, be sure you know your proteins, vitamines and minerals, and how much of each you need daily. It's best first to get some scientific advice on your own reducing problems from your physician.

Slight reductions can be obtained simply and quickly by dieting. Eliminate fat and starchy foods, and you have a leaner menu all at once. You can be perfectly adequately fed on 1,200 calories a day — the woman mentioned above, who stayed in bed, got only 600 to 900. Just to start you thinking, here's a typical day's fare for an active reducing regimen.

For breakfast, one orange, an egg, half a glass of milk, and either one slice of buttered whole wheat bread or oatmeal with one teaspoon of sugar.

Lunch includes a small serving of lean meat and potato, three portions of vegetables, one slice of bread with one pat of butter, and a portion of fruit. And you get the same portions of the same kinds of food at dinner except that instead of potato you have another half a glass of milk.

A Morning Smile

TOO MUCH FOR HIM

Bill wanted to slip out of barracks— unofficially — to see his girl, and he went to the sentry and stated the case.

"Well," said the sentry, "I'll be off duty when you come back, so you ought to have the password for tonight. It's 'Idiosyncrasy'."

"Idio what?"

"Idiosyncrasy".

"I'll stay in barracks", said Bill.

EXPECTATIONS

"Now children", said their mother, "don't bother your father. If you want anything wait until he gets through driving that nail".

"We don't want anything, ma", her cherubs replied cheerfully. "We're just waiting to hear what he says when he hits his thumb"

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There's more to college than the studies. The campus is going to be the center of your social activities for many months to come, and you want to be dressed not only suitably, but fashionably as well. Here's a dress that strikes the happy medium. It's simple and wearable, yet its long torso gives you those wonderful long, lean lines, besides being ever so style-minded. A warm plaid or mannish stripes should be your fabric choice and mark you definitely as your sorority style leader.

Style No. 3111 is designed for sizes 10, 12, 14, 16 18 and 20. Size 16 requires 4 1-2 yards of 39-inch fabric, 1-4 yard contrasting.

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. 3111 Size ....

Name

Street Address

City Province

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