

Woman's Realm Social and Personal Fashions Literature

Dorothy Dix's Letter Box

LEARN TO BE CONTENTED AND YOU WILL BE HAPPIER The World Has Little Use For Those Who Are Always Complaining and Berating What Fate Hands Them

There is no escape and no cure for the trials and tribulations of life but we can find what the doctors call a palliative in accepting our troubles as just part of our fate and bearing them with serenity and courage.

Or you can just accept the fact that you are not Miss America and say: What of it? Looks aren't everything. And you can make yourself such a good dancer, and so interesting and sympathetic to

Don't Harp on Your Health Suppose you have had health. That is a real trouble. But you only raise your temperature and decrease your chances of getting well if you insist on a special demand to know why you should be cured upon to suffer.

TO BE POPULAR, JUST BE NATURAL Dear Miss Dix—John is in his late 20s, is well educated, but is of a very shy nature and has quiet, reserved manners.

Envy Is Bad Trait Or you can just accept being poor and make yourself content with what you can do. You will find that the people who are successful are those who are not envious.

URGENT! Message To Women Who Suffer FEMALE PAIN Girls and women who suffer from irregular periods (headaches, cramps, etc.) should find relief in Pinkham's Compound.

Don't Berate Family You can spend your life berating your husband for his shortcomings. You can weep over the dissimilarity of marriage and pity yourself as a

A HUG-ME-TIGHT THAT IS ALWAYS USEFUL. This crocheted hug-me-tight is easy to make and comfortable to wear.

DESIGN NO. 826 To order this pattern, send 15 cents in coin or stamps to Needlework Bureau, Charlottetown, Guardian.

Design No. 826 NAME STREET PROVINCE

King Cole TEA Old English Blend Living & Leisure - The Woman's Realm

So many little faults we find. We see them, for not blind is love. We see them, but if you remember them, perhaps some by and by.

Remembrances to bless." Mint with lamb apples with pork cranberries with turkey and jelly with duck—this is the rule, varied to suit the housewife and pantry contents.

ECONOMY IN SHOES A strong pair of beige or other light-colored shoes will serve for several outfits if you buy a pair of cuffs to fit each of your outfits or accessories.

FASHION FLASHES Navy blue, dark as midnight (sometimes, or with a shade of light that suggests, sapphire, is the "dark horse" revelation: this fall—for both day and evening.

A Morning Smile Mrs. Gayboy had some of her friends to tea. Among them was the professor's wife who prided herself on her correct use of the King's English on every occasion.

GOOD SPEECH HELPS GIRL WIN BETTER TYPE OF MAN "Oh dear, what I right to say THOSE KINDS?" wonders the girl, uncertain of her English.

For Wednesday, October 23rd MARCH 21 to APRIL 20 (Aries)—Not permit your attention to be attracted to business transactions. Get as much of your important MUSTS started during the morning when vibrations are most favorable.

APRIL 21 to MAY 20 (Taurus)—Try not to be easily provoked and angry. Go sailing through your essential duties. Today favors usual routine matters, business transactions, hard work. Exercise moderation and discretion in pleasure pursuits.

MAY 21 to JUNE 21 (Gemini)—A very rosy outlook for you genial ambitious folk. Highly favored: New ideas, inventions, improving antiquated methods and extending your activities where you can to add to your income.

JUNE 22 to JULY 23 (Cancer)—Not particularly auspicious for literary and artistic matters or attaining personal aggrandizement but all sound projects and urgent business are favored and should have your full cooperation.

JULY 24 to AUGUST 23 (Leo)—There may be sudden moves and changes in plans, perhaps difficulty in making financial connections or deals, but this should not deter you from forging ahead with your scheduled duties. Reward and recognition will come in due time.

AUGUST 24 to SEPTEMBER 23 (Virgo)—Ideal indications for your special interests. The unusual, progressive and intellectual equally favored with routine affairs, substantial enterprises, domesticity.

SEPTEMBER 24 to OCTOBER 23 (Libra)—Your stars advise against becoming involved in legal difficulties or labor disputes. Don't give cause for complaint and you'll find the day agreeable for solid achievement.

OCTOBER 24 to NOVEMBER 22 (Scorpio)—Personal aims may have to take second place to more general issues. Work for improvement in all worthy causes. Manufacturing, selling and transporting useful commodities; building; writing matters first favored.

NOVEMBER 23 to DECEMBER 22 (Sagittarius)—Before 5:30 P.M. the period holds best vibrations for speeding business and industrial interests, making sales, agreements, contracts and other important transactions. Care and discretion urged after 5:30 P.M.

DECEMBER 23 to JANUARY 21 (Capricorn)—You'll need to use initiative and ingenuity to get the results possible in today's offerings. Step up and compete; try for new business! Literary and newspaper work especially approved.

JANUARY 22 to FEBRUARY 20 (Aquarius)—Not auspicious for asking favors but you can and should accomplish a great deal on your own. Maritime interests, original and inventive apparatus and tools are under fine rays.

FEBRUARY 21 to MARCH 20 (Pisces)—Mining matters familiar work and all urgent business are favored before artistic and frivolous entertainment. Discussions, interviews, signing agreements appreciated.

A CHILD BORN ON THIS DAY will learn to the scientific and literary; unusual ability for mathematics; unusual ability for mathematics; independent and intuitive somebody, capable of noteworthy achievement. Higher education will mean much to its advancement. Should be taught to respect the rights of others.

BABY'S GOLDS Relieve misery fast—externally. Rub on VICKS VAPORUB

THE COOK'S CORNER

MARMALADE CUP PUDDING One cup flour, 1 cup milk, 1 egg, 1-2 cup sugar, 1 teaspoon baking powder, a pinch of salt, and flavoring if desired.

MOLASSES PIE One and one-third cups (1 can) sweetened condensed milk, 1-4 cup molasses, 2 eggs (separated), 1-2 cup shortening, vanilla water pie crust.

Vanilla Wafer Pie Crust Cover bottom of pie plate with 3-4 cup vanilla wafer crumbs. Cut five whole wafers in halves and stand up around edge of pie plate.

DARK FRUIT CAKE 1-1/2 cups raisins, 1-1/2 cups currants, 1-4 cup mixed peel, 1-4 cup cherries.

KEEP OLD CUSTOM IN WARTIME TIVERTON, England—Folk of his Devon town didn't let Hitler interfere with the centuries-old custom of perambulating the town "leat" (watercourse).

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PALMOLIVE HAS KEPT COMPLEXIONS LOVELY ALL OVER For 3000 years PALMOLIVE HAS KEPT COMPLEXIONS LOVELY ALL OVER Of course they didn't call it Palmolive then. To those beauties of ancient days, it was a simple mixture of the costly, oriental oils of Olive and Palm.

two keys to a cabin by Lida Larrimore The memories of her which he liked best to recall went back to the time they had spent at the cabin. He found himself skipping over the visit to New York. There was, at that time, a certain amount of thought, deliberation beneath that apparently subconscious evasion.

How to Make a Splendid Cough Remedy at Home A Big Saving, and It's So Easy! No Cooking! Cough medicines usually contain a large quantity of sugar syrup—a good ingredient, but one which you can easily make at home. Take 2 cups of granulated sugar and 1 cup of water, and stir a few moments until dissolved.

Needlecraft—For The Home For important Fall and Winter festivities and for very special dates, you want a frock that not only smart, but that does things for you as well. This little frock will fill the bill admirably. Its high pointed waistline gives you the slimmest of midriffs, and makes you look very tall, very thin, while gay bows are a feminine touch destined to catch the eye of the other sex.

BABY NEED NOT GET YOU UP YOU and your baby both need sleep. There is a sure and easy way to get it. Let Mrs. B., Jr., of Winona, Ontario, tell you. Her own words: "Night after night, as soon as we would get settled in bed, Baby would start crying. . . . Baby's Own Tablets changed all this. What a blessed relief!"

NEW YORK, Oct. 21 (CP)—The Canadian dollar was one of the few gainers on the foreign exchange market today closing 1-8 of a cent higher at a discount of 13 3-8 per cent in relation to the United States dollar. (Ottawa foreign exchange control board rate 9.09-9-8 per cent discount.) The Swiss franc dipped 00 1-2 of a cent to 23.19 1-2 cents and the free Argentine peso 1-20 cent to 23 5-6 cents. The free pound sterling was unchanged at \$3.04.