

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

I'M WISE!
NO Wischy waschy
I'VE CHANGED TO
LIPTON'S
TEA for me!

Needlecraft— —For The Home



As new as the news is this gay young jumper, it's raised waistline gives you the most minute of mid-riffs and makes you look very tall and slim. The skirt is fitted just enough, and the shoulder straps are smartly novel. The good-looking tailored blouse with either short or long sleeves is included in the pattern. You can wear jumper and blouse together or team them with other sweaters and skirts you have on hand, to make your wardrobe go twice as far and give you clothes that much needed variety.

Style No. 3451 is designed for sizes 12, 14, 16, 18 and 20. Size 16 requires 3 1/2 yards of 39-inch material for jumper, 2 1/2 yards for blouse.

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. 3451 Size

Name _____
Street Address _____
City _____ Province _____

**ONE WOMAN TELLS ANOTHER!
YOU CAN HELP
WIN BACK
NATURAL LOVELINESS**

Smart women care for their skin with reliable Cuticura Soap and Ointment. Cuticura Ointment helps heal and clear up externally caused blemishes. . . . Mildly medicated Cuticura Soap soothes and cleanses. Give your skin the benefits of regular Cuticura care—see how it helps freshen, clear up and protect. Buy 50TH Cuticura Soap and Ointment today. All drug counters.

I'M A PENNY-PINCHER



says Mary Blake

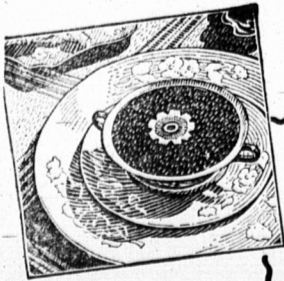
Of course, in a wise way. For example, I use Carnation Milk a lot. And that is the wisest kind of economy—lower cost AND better results.

I save money in two ways—Carnation Milk costs less than milk in its ordinary form, and it often takes the place of cream at much less cost.

And as for results! Until you have tried it, you just can't imagine the difference Carnation Milk makes in rich flavour and creamy smoothness. That's because Carnation Milk is double-rich to start with, and because homogenization makes every drop of Carnation as rich as every other drop.

Carnation is just whole milk with part of the natural water taken out; sterilized so it keeps on the pantry shelf indefinitely; irradiated for extra "sunshine" vitamin D. As in cream soups, Carnation adds flavour and smoothness, saves money, in cooking, in coffee, on fruits and cereals. And noted baby specialists prescribe Irradiated Carnation Milk formulas for bottle-fed babies.

There are glorified recipes of all kinds in the beautifully illustrated Carnation Cook Book—15¢ (postpaid), Carnation Company, Limited, Toronto.



CREAM OF TOMATO SOUP
I can tomato soup; I tall can Carnation Milk. Heat the milk and the tomato soup separately, watching carefully to prevent scorching. When both are piping hot (not boiling) pour the hot tomato into the hot Carnation. Be sure to pour the tomato into the milk. Serve immediately.

RADIO—listen to the "Contented Hour" every Monday night. See your local newspaper for stations and time.



Carnation Milk
A CANADIAN PRODUCT

THE COOK'S CORNER

BAKED PEACH MARMALADE

12 medium-sized peaches
2 medium-sized oranges
1 lemon
Sugar by measure
Method: Dip the peaches in boiling water for a minute or so and then place in cold water. Now peel the peaches, cut in halves and remove the stones, then cut in slices. Wash the oranges and the lemon, then cut these in pieces and put through the food chopper, using a fine blade.

Combine the sliced peaches and the chopped oranges and lemon. Measure and then measure an equal amount of sugar. Add the sugar to the fruit and place the mixture in a shallow pan and bake in a moderately slow oven (300 deg. F.) for 2 hours. Stir occasionally while it is baking and at the end of the 2 hours, remove from the stove, pour into hot, sterilized jars, and seal at once.

THESE LAMB CHOPS TENDER AS CHICKEN

For Lemon Smothered Chops you will require two pounds pork or lamb chops cut thick. Place chops in a large covered skillet and cover with two unpeeled lemons, sliced, one large sweet onion, cut in rings, and one green pepper, cut in rings. Pour over all: two cups tomato juice, and dot with flakes of fat. Cook 1 1/2 hours on top of stove or until done. The meat cooked this way acquires a chicken texture and color.

Free NEW SENSATIONAL RECIPE BOOK!
BUTTERSCOTCH BISCUITS?

It's one of the amazingly delightful recipes given in this new Recipe Book, "52 Baking Secrets" . . . created by Mrs. H. M. Aitken, Famous Cooking Authority . . . and issued by the Canada Starch Home Service Department.

Here's a real gold mine of the simplest, most delicious recipes for Hot Breads, Cookies, Biscuits, Meats, Fish and many other types of foods. Write now for this FREE Recipe Book. Send your request with a label from any Canada Starch product, to Canada Starch Home Service, Dept. DW, Box 129, Montreal.

For Better Cooking Results insist on **CROWN BRAND CORN SYRUP**
THE CANADA STARCH COMPANY, LIMITED

Learn in Home Lessons the Art of Cartooning



Charts Guide in Comic Drawing
Do you like to draw funny pictures? Perhaps you are a "doodler"—amusing yourself in off moments—and it's never occurred to you to do anything about your knack.

Cartooning is one of the most fascinating and profitable professions. With right training, you may be able to succeed in any of its branches—comic strips, gag cartoons, caricatures, movie or advertising cartoons.

At least your first steps in this training can be taken at home. From charts and diagrams you can learn how to build comic figures. The professional way to go about it is to draw first "a matchstick man", as in our diagram.

Use single lines, attempt to draw only the essential action. Then substitute double lines for the single ones and you are ready to draw in features, clothing.

As you proceed use whichever cartoonist's trick you need for humor—perhaps giving your figure popping eyes, checked pants, a professional cartoonist gives step-by-step instruction, with charts and diagrams, in drawing cartoon people and animals. Shows how to draw clothing, features, explains composition, perspective. Has advice on different cartooning fields. Size of book 7 by 10 inches.

Send 20c in coins for your copy of Simple Cartooning to The Guardian Home Service. Be sure to write plainly your Name, Address, and the Name of booklet.

Name _____
Street Address _____
City _____ Province _____

MUMMIE SAID...
"ask for the ones in 'CELLOPHANE'"

WHY? Simply because Joan's mother knows that candy sold with this new transparent protection not only looks good—it is good. She knows that "Cellophane" seals out dust, dirt and germs, seals in freshness, keeps candy clean.

No longer do candy displays have to be exposed to all the impurities in the air.

In "Cellophane", chocolates, toffee and other sweets can be seen but they can't be touched—the "Cellophane" wrap is your assurance of cleanliness in candy.

Cellophane
TRADE MARK
C-I-L CELLULOSE FILM

Your Individual HOROSCOPE

By Frances Drake

For Thursday, October 17th

MARCH 21 to APRIL 20 (Aries)
—A quiet morning but this afternoon and evening are filled with enervating vibrations. You should be able to accomplish a great deal of good today. Don't entertain pretensions.

APRIL 21 to MAY 20 (Taurus)
—Here is a period most receptive to your talents and for the activities in which you excel. Business and personal affairs are equally favored. Gains indicated in industrial, mechanical and manufacturing lines. Financial deals also favored.

MAY 21 to JUNE 21 (Gemini)
—You may find today restricting, especially the A.M. period. However, you should go right ahead with plans and know that constructive effort on your part will meet with success eventually. Patience very necessary.

JUNE 22 to JULY 23 (Cancer)
—Up to 3:30 P.M. stars suggest moderation, particularly in amusements and social activities. You'll have to be attentive to occupational and financial duties. More chance for expansion and benefits indicated after 3:30 P.M.

JULY 24 to AUGUST 22 (Leo)
—You will get results if you inject your initiative and ingenuity into your work. Things won't happen of themselves—you've got to promote your job and your own ability. It should be a profitable day for a hustler!

AUGUST 23 to SEPTEMBER 23 (Virgo)
—Conventional and practical lines of art, the most essential industries of today, household duties, care of children and making improvements in established matters are favored for attention and benefits.

SEPTEMBER 24 to OCTOBER 23 (Libra)
—Law, medicine, chemistry, matters pertaining to the theatre and other forms of entertainment and the everyday practical industrial lines are among the many favored this beneficent day.

OCTOBER 24 to NOVEMBER 22 (Scorpio)
—No matter how simple or humble your position or work may be you are an important integral in your community and country. Let your example and work always reflect the fitness of your character.

NOVEMBER 23 to DECEMBER 22 (Sagittarius)
—A splendid time for personal and general improvement and achievement. Forge ahead in new plans; make repairs on old projects; renovate, rebuild, accomplish.

DECEMBER 23 to JANUARY 21 (Capricorn)
—Will be a favorable period if you, with your cleverness and diligence, make it so! Quality and an aggressive will to succeed will turn the tables in your favor.

JANUARY 22 to FEBRUARY 20 (Aquarius)
—Advantages to be found—hurry them up and do something practical and forthright about them! Too strong a tendency for amusement should be curtailed.

FEBRUARY 21 to MARCH 20 (Pisces)
—You can make up for lost time this peppy, generous day. Follow through prearranged ideas and plans. Meet opposition with faith in your own ability. YOU can make good.

A CHILD BORN ON THIS DAY has qualities that if rightly developed will mark it as an outstanding, likeable, clever individual. Has both mechanical and artistic ability. Sound judgment, intuition and an even disposition are inherent gifts. Fallings: susceptible to flattery; stubbornness.

New Under-arm Cream Deodorant safely Stops Perspiration

- Does not rot dresses, does not irritate skin.
- No waiting to dry. Can be used right after shaving.
- Instantly stops perspiration for 1 to 3 days. Removes odor from perspiration.
- A pure, white, greaseless, stainless vanishing cream.
- Approved Seal of the American Institute of Laundering for being harmless to fabrics.

25 MILLION jars of Arrid have been sold. Try a jar today!

ARRID
At all stores selling toilet goods (also in 16¢ and 2¢ jars)

PUREX
Super-Crepe Tissue

It's the fleecy softness

PUREX is super-refined and sterilized especially for women and children and is soft enough for use as a facial tissue.

3 25¢
FOR

Distributors: MacGregor Paper & Bag Co., Inc.

PUREX Super-Refined Tissue

The girl with the HOE says—

Winter protection in the garden will soon occupy attention. On the whole, probably more harm than good is accomplished by mulches. But where they are intelligently applied, they can lessen winter hazards considerably.

Rarely is a mulch called for to protect a plant from low temperatures, because few gardeners attempt to keep outdoor plants that are not resistant to freezing. The notable exception to this is in the case of tender roses, which can be killed by subzero temperatures and should be protected from them.

In most other cases, winter damage is done by the heavy action of alternate thaws and freezes, by standing water, not due to dampness, injury from ice and snow, and in the case of evergreens by excessive drying out from the winter sun and winds.

A mulch which is applied to the ground after it has been frozen will prevent unseasonable thaws, and thus serve to reduce heaving, dampness and standing water. But the nature of the mulch should vary according to the plants protected. There are some plants which do not die down to the ground when winter sets in, but retain a crown above the surface which should be protected. Foxgloves and Canterbury bells are examples. Any perennial which on examination after freezing weather is seen to have top growth still alive belongs in this class. It is important that such plants shall not be smothered by a mulch which shuts out air, since this will usually result in rotting and death. In such cases a mulch of corn stalks, evergreen boughs, or even an untanned basket-weave material will shade the ground without shutting out the air, should be chosen. Plants of this class should be in the high spots of the border where surface water drains quickly.

For plants whose tops disappear entirely in winter, a mulch of leaves, straw or manure is satisfactory. But when such plants are well established they do not need a mulch. If newly planted in wellpacked soil, heaving action will be exaggerated and there will be a lack of roots to anchor the plants so that a mulch the first season is desirable. The need is greater, the later planting has been done. This same rule applies to fall bulbs, which need protection only when planted somewhat late in newly settled soil. A rule which should not be forgotten is that mulches should never be applied to the ground until it has frozen.

Don't burn your leaves! Pile them up to decay. There is no substitute for humus, or decayed vegetable matter, for the lawn or garden.

Scatter portulaca seed in the cracks in crazy paving. It will come up next spring and give a gay picture in midsummer. It will not germinate until the weather is warm.

A dibber is a good tool for sowing plants. Learn this knack of sowing a seed in a hole, by pushing the bottom of the hole round so the bulbs will not be "hung" with air space under them. You will get it with a little practice.

Lily of the valley plants which have been chilled in cold storage will develop flowers in fits and starts if placed in moss and water in a shallow bowl. They are the most fragrant of the early forced bulbs.

It's Quick and Easy to make jams and jellies with CERTO

RESULTS ARE SURE!

3 out of 4 Jam and Jelly Champions use CERTO

Writes Mrs. R. J. Lunn of Oxford, N.S.—Prize-winner at Oxford Exhibition: "I feel, when making jams or jellies with Certo, that I am sure of good results. . . . Several times I have taken the special prize for the most points in this class at our fair."

Why Certo
Jams and Jellies are made so quickly—taste so fresh and wholesome—cost so little

Much Quicker—Less Work
Jam and Jelly is made so much more quickly with Certo. For jam you need only a one-minute to two-minute full rolling boil—for jelly, only a half-minute to a minute. Mrs. Curtis Sawyer, Prize-winner at Sherbrooke Exhibition (Que.), writes: "I find the Certo method much easier as it saves so much time and fuel."

More Jam or Jelly
In this short boil very little juice has time to boil away. So you get up to half again more jars from the same amount of fruit. "I find Certo gives me nearly again as many jars of jam or jelly," writes Mrs. H. L. Johnson, Prize-winner at Oxford Exhibition (N.S.).

Fresh Taste—Bright Colour
In this very short boil, you retain all the fresh, natural taste and colour of the fruit itself. Mrs. P. Milligan, Prize-winner at Shannonville Fair (Ont.), says: "I get more jam or jelly and it has a better flavour and colour."

Sure Results
If you follow exactly the easy-to-follow recipes given free with Certo, you can be sure of splendid results. Writes Miss L. Miller, Prize-winner at Vermilion Fair (Alta.), "I follow directions and have perfect results."

FREE BOOK OF 72 RECIPES
Under the label of every bottle of Certo there is a book of 72 tested recipes for jams and jellies. Different fruits need different handling, so Certo gives you separate recipe for each fruit. . . . Be sure to follow each recipe exactly.

ORDER CERTO FROM YOUR GROCER TODAY