

Synthetic Fabrics A Boon To Everyone

By ELEANOR ROSS

SOME people still can't quite accept synthetic fibers and blends. Department store personnel continue to report some customers who feel that a lady wears only cotton, linen, silk or wool.

Everyone, nowadays, however, should realize that some synthetic fibers are so much improved that all of us can benefit from the judicious use of them.

Particularly in so many modern homes are these materials valuable. It's a mad world for most people. Many wives work and run their homes, too.

Vacations may often be taken in the winter months.

Up-to-Date
Clothes, like upholstery fabrics, foods and kitchenware, reflect the impact of the 20th century.

Convenience, comfort and style are the goals. Certain artificially constructed fabrics blend beautifully with wool. Such mixtures take well to luscious frosted or angora effects. Stripes may be featured, making the fabric a natural for pleated skirts.

Washable wool fabrics take on a high polish with special effects, resembling satin and broadcloth in both appearance and feel.

Texture is the thing in the new fabrics.

Getting Fashionable
Even humble cotton flannellets, formerly reserved principally for the nursery, have novelty motifs, all-over embroidery and have become quite stylish.

Speaking of cotton, there's a cotton and synthetic fiber blend that is interesting. The combination is beautiful in basketweave and batiste type fabrics which need little or no ironing after they drip dry. The cotton content, of course, makes for comfortable absorbency, while the synthetic fiber makes for more crease recovery, less tendency to soil, and longer wear.

ANCIENT IDIPE
Remains of a cathedral built in AD 1030 are seen at Spire in Bavaria, Germany.

Since no smart shopper looks at

MARY HAWORTH'S MAIL

"Going Steady" Problem

DEAR MARY HAWORTH: I am glad my guy came out of the Army the same wonderful person—except with more self-confidence. But he appeared to be worried about something and I felt that it was about us. I am 24, Pete is 26, and he said he wasn't ready for marriage now.

He said he would return to his old job (selling, which he hates), if I want him to stay in town. But he wants to go to college before he settles down. He knows I would rather he stayed here. But when I explained that I am happy only when I make him happy and would always regret it if I held him back from doing what is best for him, he praised me for being a wonderful person. That was three months ago.

We have known each other for 10 years, and have been steadily dating for about a year. We came from the same class of people, belong to the same church, have mutual friends and share the same interests.

FEELS FORLORN AMONG COUPLES
Our interests are so varied, and so congenial, that we seem never to tire of each other. But the problem is, all our friends are married, and in their company I feel left out. I really yearn for a home of my own, but I don't talk to Pete about this because he has told me he wants to finish college, which means four more years' waiting.

How can I broach the subject in a roundabout way, so that Pete will know I am not hounding him on the subject of marriage? Should I leave well enough alone? Or should I begin to use the tricks some women use to get their man? I want Pete to love me, and I wouldn't be happy knowing I'd had to give him several pushes to the altar. I want to stay interesting to him through these four years—so will you offer suggestions, if there are any. C. F.

HER ANXIETY IS JUSTIFIED
DEAR C. F.: The problem is, you aren't sure of Pete's intentions toward you in the future, if and after he gets his college diploma. You aren't sure he will want to settle down with you, ever; and your uncertainty on that score seems justified.

Pete may love you after a fashion gratefully and companionably, having nobody else in mind at present. But somehow he doesn't figure you as his wife. Maybe because you've been around so long, an old acquaintance since teen-age years; whereas he had supposed his great romance would be shared with somebody brand new to his experience.

His worried attitude, about "us" when coming out of the Army and his apologetic disclosure that he wasn't ready for marriage then, indicate that he felt he owed you a partnership, in response to your expectations—that he knew you were yearning for, and counting on it. So he tried to be square, and at the same time ease himself off the spot, and stay in your good graces too.

LOOK PROBLEM IN THE FACE
The net result is, you are drifting without insurance, and you know it. That is why you feel so out of things amongst married friends. They've got security of sorts, a mutual acceptance pact, legally certified, that you haven't got with Pete—not in promissory form. The contrast causes you to feel especially anxious and forlorn—shut out of his future, actually.

I think you feel, as I do, that you might be the loser if you challenged Pete's evasiveness. You hardly dare risk a polite showdown; that's why you've struck the heroic note of caring only about his happiness—which is a poetic untruth. You are secretly miserable, trying to live up to this honest lie.

My advice is to be more honest and realistic, all around. Let Pete know, in many graceful ways, how very much you care. But at the same time, don't put all your eggs in one basket (a fable tells the folly of that). If Pete is going to be off at college, you should stay in social circulation at home, having casual beaux, on the general understanding that you're not engaged. There is no better spinster formula for staying vitally feminine—which is the essence of being a perennially interesting woman.

A Country Garden
and snow comes means the difference between a good garden and a poor one. It is possible to see where changes should be made now and anything can be moved carefully with soil attached to the roots if possible, water well and renew earth and add manure or much from henhouse when busy at the cleaning. On farms it is possible to get odd moments when this can be done.

This year I have noticed more than any other the value of late-planting in spring as the late-planted dahlias, annuals and other things are very lovely late in the autumn, when they are so much needed. In the garden here, because of the spring rush many plants were very late going in, but now we are glad it was so.

Do FALSE TEETH
Rock, Slide or Slip?
FASTEETH, an improved powder to be sprinkled on upper or lower plates, holds false teeth more firmly in place. Do not slide, slip or rock. No gummy, goopy, pasty taste or feeling. FASTEETH is alkaline (non-acid). Does not sour. Checks "plate odor" (denture breath). Get FASTEETH at any drug counter.

Newly Weds



Pictured above are Mr. and Mrs. Roderick MacKenzie. Lower Montague, P. E. I. The wedding took place Sept. 1, at the home of the bride in Murray Harbour. Mrs. MacKenzie was the former Barbara Jean Penny.

SPRING PARK SCHOOL (September Report)

Grade X — 1. Phyllis MacLeod; 2. Edwena MacLeod.
Grade VIII — 1. Joyce Meek; 2. Garth Gillespie; 3. Charles Gillespie.

Grade VI — 1. Marilyn Paynter; 2. Allan Meek; 3. Laura Jollimore.
Grade V — 1. Norma Meek; 2. Brenda Pidgeon; 3. James Brander.

Grade III — 1. Ruth Pidgeon; 2. Roy Campbell; 3. Richard Paynter.
Grade II — 1. Douglas Meek; 2. Carolyn Paynter; 3. Wallace Brander.

Grade I — 1. Donnie Cole.
Perfect Attendance: Phyllis MacLeod, Edwena MacLeod, Joyce Meek, Laura Jollimore, Marilyn Paynter, Allan Meek, Norma Meek, Richard Paynter, Jackie Cole, Douglas Meek, Carolyn Paynter.

Teacher: Mrs. Ruby Cousins.

Incentive Is Reducing Aid

By Ida Jean Kain

Inspiration is just as necessary as information when it comes to reducing. True, with the science of nutrition applied to daily meals, excess fat can be lost quite satisfactorily. But the inspiration given by other overweights and passed along through the letters seems to be just the incentive so many of you need to start your reducing.

Morale lifting letters also renew your enthusiasm to stay on the slimming course.

The first letter gives a refreshingly frank reason for taking action against overweight.

"A year ago, I was wearing a size 22½ dress. I'm a shortie, and admittedly middle-aged. Suddenly I began to notice that the mirror was beginning to 'look them over.' Of course, we know all men do that. But, I said to myself after taking a good look in the full length mirror, 'I don't blame him a bit!'"

"Then and there I set out to do something about my weight and figure . . . and that's where you came in with diet help. In six months' time, I was wearing a size 16 and feeling good in the bargain."

"At first my new figure didn't make too much of an impression on the man of my life. However, the big day was the annual Ladies Day of the large trade association of which he is president. All his associates were telling me how wonderful I looked. They asked me as information when it comes to reducing. 'Only 26 pounds,' I replied. My man pricked up his ears, and from that point on really began to take notice at home. So again, I say 'thanks!'"

As a very happy afterthought, she continues: "P.S. It's been fun, too!"

My hat is off to this spirited daughter of Eve. She saw the challenge, accepted it gaily and ended up streamlined.

In the second letter, it was the doctor who jolted an overweight into taking action.

"Will power is a wonderful thing to have. For a good many years I intended to lose weight and always put it off — until I reached 248 pounds and was told by my doctor that I would become an invalid. I started immediately and haven't gone off the diet once."

Since January, I have lost 54 pounds, and have about 40 more to go. Your articles have been of great interest and help to me. I am happy to say that I feel much better now."

Hearty congratulations to you, too. With your new food habits, you will never let the pounds get out of control again.

There you are, dieters. Pick your own incentive and start to reduce. Well begun is half done.

Alice Brooks Designs

DRESSER SET
7089
Dress-up your bureau for Fall! Make matching dolls to cover vanity boxes — lampshade cover to blend. Perfect for gifts!
Pattern 7089: Transfers for 2 doll faces, pattern pieces, directions for lampshade cover, "doll" box covers. Use gingham, chintz!
Send TWENTY-FIVE CENTS in coins for this pattern (stamps cannot be accepted) to Alice Brooks designs c/o The Guardian, 60 Front St. West, Toronto, Ontario. Please print plainly NAME, ADDRESS, PATTERN NUMBER and SIZE.
Brimful of thrifty gift ideas — our Alice Brooks Needlecraft Catalog—82 of the most popular embroidery, crochet, sewing, color-transfer designs to send for. Plus 4 patterns printed in book. Send 25 cents for your copy. Ideas for gifts, bazaars, fashions.

POPULAR DEER
The white-tailed deer was an important food animal in Canadian pioneer days, besides providing buckskin for garments.

by Alice Brooks

HIGHFALUTIN' Lemon Pie

Make it with Jell-O Lemon Pie Filling!

All the true flavor of fresh, fresh lemons! Turns out smooth as cream — so perfect in consistency every time you make it! You'll make it again and again!

NOT A LEMON JELLY

JELL-O BRAND Lemon PIE FILLING

No grating or squeezing of lemons
Use only a spoon, a cup and a pan
Sure success every time!

Jell-O is a registered trade-mark owned in Canada by General Foods, Limited

YOUR FAVOURITE POTATO CHIPS CAN WIN YOU A NEW CCM BICYCLE!

Each month Marven's is giving away 2 streamlined CCM bicycles...and YOU can win one by saving Marven's Potato Chip bags and 4 oz. boxes!

Just by saving the bags your favourite potato chips come in, you've got a chance to win a shiny new bicycle! It sounds terrific, doesn't it? Well . . . that's all you have to do!

Your empty potato chip bags are worth points. One empty 5¢ bag is worth 3 points, one empty 10¢ bag—or one 4 oz. package—is worth 5 points. Each month you send your empty bags to Marven's Limited, Moncton, N.B. Marven's will total up the points of each contestant, and the boy and the girl having the highest number of points each get a brand new CCM Bicycle!

A new contest starts each month for the rest of this year, up to and including December. So, even if you haven't enough points to win the first time you try, you'll still have plenty of chance to try again.

Start saving now! Get all the family and your friends to help you. Marven's Potato Chips are so crispy and good to eat, everybody loves them—just remind everyone to save the bags and not throw them away! Get to work on it right away, kids, and earn yourself a wonderful Christmas present —before Christmas!

Winners will be announced in this newspaper the first week following the close of each contest. Marven's employees and their families are not eligible to enter this contest. Ask your grocer for full details.

Marven's LIMITED