

Success in Tweed



BY TRACY ADRIAN

Lightweight tweed with classic lines is the material used for these handsome separates which are combined to present a perfect fall suit, trim and chic.

The jacket is boxy with large patch pockets, a four button closing, long cuffed sleeves and a pert little collar. It is shown with a slim skirt with a kick pleat in front. Under the coat is worn a jersey suit-er blouse. Naturally the three items may be mix matched to form many different outfits.

Beef Liver Loaf

- 1 lb. of beef liver.
- 1/2 lb. of fresh pork.
- 1/2 lb. of salt pork.
- 1 onion.
- Juice of 1/2 lemon.
- 1 cup soft bread crumbs.
- 1 egg.
- 1/2 tsp. salt.
- 1/2 tsp. pepper.
- 2 tbs. tomato catsup.

METHOD

Simmer liver 15 minutes in salted water. Put liver fresh pork, salt pork and onion through food chopper. Add egg, seasoning and bread soaked in as much milk as it will absorb. Mix thoroughly. Put in a buttered mould and bake in moderate oven 350 degrees for 1/2 hour.

Honeycomb Cream

- 1 quart milk.
 - 1/2 oz. gelatine.
 - 1/2 tsp. vanilla.
 - 2 oz. honey.
 - 3 eggs.
- Dissolve the gelatine in a little hot water. Beat the yolks of the eggs till light and whisk the whites to a stiff froth.
- Boil the milk, stir in the honey and add the yolks of eggs and dissolved gelatine and boil up, stir in the whites of eggs as lightly as possible.
- Add vanilla and turn into a mould previously rinsed with cold water.
- Turn out when firm and serve with fruit or boiled custard.

WANT TOUR CANCELLED

TOKYO (AP)—A Diet committee Friday adopted a resolution calling on Prime Minister Shigeru Yoshida to cancel a world tour scheduled to start Sept. 26. The committee action has no legal, binding power.

Anne Adams Patterns

VERY VERY EASY!

ONE YARD WONDER! Yes, you can make this new-fashion skirt of just one yard 54-inch fabric in ANY size given! Note the dramatic side slant and the jutting hip pocket. This is bound to become your favorite costume-maker. And it's SEW-EASY!

Pattern 4514: Misses' Waist Sizes 24, 25, 26, 28, 30, 32 inches. All given sizes: 1 yard 54-inch.

This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.

Send Thirty-Five Cents (35c) in coins (stamps cannot be accepted) for this pattern. Print plainly Size, Name, address, Style Number.

Send order to ANNE ADAMS, care The Guardian, 60 Front Street, West, Toronto.

RHEUMATIC PAIN

GET RELIEF WITH **ASPIRIN**



Only One Yard 54"

4514 WAIST 24"-32" by Anne Adams



Frosting recipes are always sought by homemakers and this week, Rosebank W. I. have selected one for you to try. It calls for both brown and icing sugar. It's a

FROSTING-THAT-WON'T CRACK

- 10 tbs. brown sugar
 - 3 tbs. butter
 - 3 tbs. cream
 - 1 cup icing sugar
- Flavor.

METHOD:

Boil brown sugar, butter and cream, until sugar is dissolved. Remove from fire, and add powdered sugar and flavoring. Beat until easy to spread.

—Mrs. MacLean Horne, Rosebank W. I.

84-Year-Old Takes Up Painting Hobby

AMHERST, N.S. (CP)—Mrs. Martha Goodwin, 84, has painted so many rural landscapes in the last year that she's lost count. This accomplished octogenarian doesn't lean toward expensive canvases, either. Her brush has left pictures on saucers, old plates, the glass from the face of a clock, a child's lantern slide, the cardboard top of an old ice cream carton and a soap box.

Mrs. Goodwin returned to a youthful hobby last year when she was scouting around for something to do in spare time left over after hooking rugs and making quilts.

Men Originated Nail Painting Centuries Ago

TORONTO (CP)—With the first cool breezes of autumn women look forward to the winter's social activities, and among other things sales of nail polish go up.

The fashion of nail painting originated with men centuries ago. Manicuring is one of the oldest of the cosmetic arts. From the royal tombs of Ur in southern Babylonia scientists have unearthed a solid gold manicure set of as long ago as 3000 B.C.

Cleopatra used the juice of henna plants for nail color jobs and she mixed up a color range varying from smoky rust to robin red.

WORE THEM LONG

But China had the strangest nail customs of all. Nails to them were a measure of social status. It was obvious that a long-nailed man never stooped to manual labor.

Ten inches was not unusual for nails which grew and wound around each other like tendrils on an ivy plant. Chinese colored their nails with gold, purple and black dyes.

By the 19th century women were writing treatises on cosmetics. In 1875 to soften hands women were directed to wear large cloth mittens, filled with oatmeal, overnight; to remove calluses, holding the palm to a revolving grindstone.

But it took a beauty operator in New York before the First World War to stage a revival. Peggy Sage, now a hearty 70 and still head of her own cosmetic firm, produced a tinted polish for a theatrical friend appearing in a Metropolitan opera production of Carmen. The fad spread like wildfire.

Nail coloring then was timid and confined to evening wear.

Today there are creams for colorless nail polish and a whole new range of shades from pearl tones to harmonize with jewelry to the "iridescent look" a silver or gold base polish for glittering evening wear.

HEAVY "CANDY"

A candy in Bombay is a unit of weight, equivalent to about 560 pounds.

How To Make Fish Chowder!

Lillian Mosher is one of the many hardy Nova Scotia housewives who marry men of the sea—and her cookery is equal to that of any professional chef. Her kitchen is always warm with the aroma of a fish chowder cooking on the range. In The Standard this week you will see her recipes for six delicious fish chowders that are out of this world. See these recipes in The Standard — on sale now, complete with Picture Magazine, 12-page novel and 20 pages of Comics. Get The Standard. Only ten cents!

The Standard

Gillis - Cook Wedding



Shown above is the wedding party of Mr. and Mrs. Wilfred Gillis (the former Evelyn Thelma Cook) following their recent wedding in Summerside, P.E.I. The bride is the daughter of Mr. and Mrs. Fulton Cook, Cape Wolfe, P.E.I. The groom is the son of Mr. and Mrs. J. J. Gillis of Melville, P.E.I. Miss Myrna Cook, sister of the bride, was bridesmaid, and Mr. Malcolm Campbell, best man.

MARY HAWORTH'S MAIL

Immature Reactions of Husband

DEAR MARY HAWORTH: My husband is a good worker. He won't take a day off and has received several pay-rises. But I think he has an inferiority complex which is beginning to make me uncertain and careless too. Something has happened to our marriage. The thrill is gone. We are getting on each other's nerves. What can we do?

Our expenses are such that I have to be a job-holder. Jim has a pleasing personality to outsiders, but at home he accepts so little responsibility; he acts like a roomer. He handles his money. I handle mine; and he won't cooperate with me on a budget. His salary should amply cover his share of expenses, but I always have to help him out; and my tiny savings will soon be depleted if this continues. I can't let the rent go.

I want a man, not a mouse, for a husband. Yet I determine three-fourths of our social activity. I buy my own clothes — Jim never suggests anything new. He never kisses me or tries to woo me; sex is almost dead at our house. He never offers to scrub floors or porches; never says "Now you take it easy; I'll do this or that." He seems to have no understanding that woman is somewhat delicate and wants to be cherished. I have tried being the weak dependent wife, to no avail.

Occasionally he lends a helping hand—to empty trash, pick up papers, make a salad—but mostly at my request. We didn't houseclean this year because I didn't want to worry him about helping me. I don't understand a man—why I want a demonstrative husband, not one with a ring in his nose. Jim swears he won't be henpecked, and stays out until 3 or 4 a.m. to prove it. Can you decipher the problem and help us? V.Y.

NEEDS, RESENTS WIFE'S STRENGTH

3. The aggressive reaction, characterized by the familiar chip-on-shoulder attitude. Such a person is trying to prove something to himself; his roughness behavior is a shield, worn by a frightened soul. His all-out resistance to domination conceals an unconscious wish to be ruled and protected. His need of approval is often distorted into a demand that others agree with his opinions.

4. The emotional instability reaction, marked by excitability and disorganization under minor stress. Also by perplexing, exasperating instability in relationship to other people. Although families tend to impute this condition to inherited "poor nervous endowment", there is strong evidence that any native defect was given a big assist by an unhealthy emotional climate in early childhood.

It appears that your husband's behavior is a blend of Immaturity Reactions No. 1 and 2—and that, in effect, you are the sturdy oak in his scheme of things, to whom he clings resentfully. Which means that he brings to marriage a set of emotional habits that are a continuation of behavior-patterns appropriate to some phase of thwarted childhood.

In my opinion, first-hand psychological counselling is indicated, to give you insight into your conjugal conflicts, and show the way to mature responses—on your part, at least. The state university medical center in your city has a psychiatric clinic, where specialist help is available.

M. H. Mary Haworth counsels through her column, not by mail or personal interview. Write her in care of The Guardian, Charlottetown.

EXPERT SLANT ON IMMATURITY

DEAR V. Y.: In the current issue of The Psychiatric Bulletin (Texas University) a quarterly address, tried being the weak dependent wife, to no avail.

Four major classifications of immaturity reactions are discussed, to wit: 1. The passive-dependent reaction, characterized by a child-like clinging to others, avoidance of responsibility, and a proneness to anxiety and ineffectual behavior in situations requiring personal initiative.

2. The passive-aggressive reaction, exemplified in the Ghandi

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LET'S EAT

Double-Roasted Coffee Adds Flavour, Cuts Costs

By IDA BAILEY ALLEN

"KEEPING UP-to-date on trends in foods is so interesting," said the Chef, "that it can turn the usual chore of three meals a day into a fascinating pastime."

"Par example, one of the most interesting products recently to achieve national distribution has been used in Italy for generations but is new to many Americans. I am referring to the double-roasted Italian demitasse coffee. Everyone who has enjoyed eating in an Italian restaurant will remember its strong scintillating flavor."

Twice the Flavor

"I understand that laboratory analysis shows it has twice the flavor rating of the usual brown-roast breakfast coffee."

"That is the reason, Madame, why a blend of double-roasted Italian coffee and all-purpose grind brown-roast coffee can be mixed at home, cutting costs and still keeping that fine flavor of the coffee."

Homemaker's Method

"Here is what the homemaker can do: For each cup of coffee measure in half the amount of regular coffee, and mix in just one teaspoon of double-roasted coffee. "You'll save considerable money, and have more flavor in your cup."

TOMORROW'S OVEN-DINNER

- Tomato Juice
 - Lemon Wedges
 - Baked Lamb or
 - Pork Shoulder Chops
 - Potato-Vegetable Escallop
 - Apple Crumble Pie
 - Coffee
 - Tea
 - Milk
- Potato-Vegetable Escallop: Drain

In-a-Door Bed Returns To the Decorating Scene

By ELEANOR ROSS

PLENTY of equipment, once considered quite the thing, then later discarded, is staging a comeback, but in modified, contemporary form.

Remember the in-a-door bed which dropped down from behind massive, telltale doors? It was considered standard sleeping equipment for many apartment dwellers until it went out of fashion. Today it is enjoying a revival, but with a brand-new look.

Saving Space

Houses are being built smaller today and every inch of space is likely to be utilized. So rather than choose between having, say, a guest room or a study, homemakers are discovering that they can have both, in the same room, simply by utilizing a modern version of the in-a-door bed. Installed under a bookcase or in some other inconspicuous place, such a bed does not diminish floor space nor even give indication it is there. Folded down, it converts the study or den into a guest room in a matter of seconds.

Hiding the Bed

The week-end carpenter who prefers to install his own recessed bed may construct an enclosure for it which he can close with the in-a-door bed. Installed under a bookcase or in some other inconspicuous place, such a bed does not diminish floor space nor even give indication it is there. Folded down, it converts the study or den into a guest room in a matter of seconds.

We admire another convenient and quite attractive arrangement which we are told, is achieved without too much labor. It is a floor-to-ceiling enclosure of raised-grain plywood which, closed, looks for all the world like a wardrobe cabinet, but

Herman N. Bundesen, M. D.

School Child's Health

EVERY child should have a complete physical examination early in the school year. The child's body is a fine instrument, but it is subject to wear and tear, and it is important that we be sure that our child is in good health.

Promotes Academic Success

Although children may seem perfectly well, a routine check-up may disclose impending diseases or defects that can and should be corrected. This type of preventive medicine not only spares the child from unnecessary suffering throughout his life, but it may contribute vastly to his success in learning.

A child with an unnoticed hearing or vision defect may do poorly at his studies through no fault of his own. Correction of the problem means that the child can operate on a normal level.

A Medical Shock

A recent study in a large city revealed some shocking facts. Seventy-five per cent of the children examined had cavities or caries in their teeth, and almost every child had defects in the biting mechanism. Many youngsters had bone disorders, were underweight or overweight, or had some visual disturbance. Many had diseased tonsils. Others had hearing and breathing defects, while a small group had heart disease.

Every parent has a responsibility to see that his own boy or girl of school age has this thorough physical check-up now. Good health is certainly among life's greatest blessings, and medical care can help the child attain it. This examination should include the necessary injections to prevent certain contagious diseases; it should also include tetanus toxoid injections for the prevention of lockjaw following injury.

QUESTION AND ANSWER

Mrs. P.: Can a cataract be re-

Newly Weds



The Bishop's Residence, Charlottetown, was the scene of a pretty double-ring ceremony when Helen Grace Waters became the bride of Archibald Joseph MacDonald (above).

The bride is the daughter of Mr. and Mrs. Clarence Waters, London, Ont., and the groom is the son of Mr. and Mrs. V. A. MacDonald, South Winsloe, P. E. I. Msgr. P. C. McMahon officiated.

Given in marriage by Augustine MacDonald, the groom's brother, the bride chose a waltz-length gown of white net over satin. The gown was styled with a bodice of lace and net and was worn with a matching lace jacket. Her finger-tips were held by a small cap of nylon tulle and rhinestones and she carried a cascade of garnet Sweetheart roses.

Miss Mabel MacDonald, sister of the groom, was maid of honor, gowned in ice blue net over satin with a matching headdress. She carried a hand bouquet of white, rose and blue carnations.

Miss Sue Anne MacDonald and Miss Valerie MacDonald, also sisters of the groom, were junior bridesmaids. They were gowned identically in mauve net over taffeta with matching headresses and carried small bouquets of white and yellow carnations.

Mr. Harold Mulse, brother-in-law of the groom, acted as best man. A reception was held at the Queen Hotel, Charlottetown, when the bride's mother, gowned in Alice blue nylon lace over satin with navy accessories and corsage of white carnations, received guests, assisted by the groom's mother, gowned in navy lace with navy accessories and corsage of white carnations.

For a wedding trip to New Brunswick and the Eastern United States the bride donned a white line suit with navy accessories and corsage of red carnations.

Mr. and Mrs. MacDonald will reside in London.

ELLEN'S DIARY

by an Island Farmer's Wife

"You might have had more to look for than just an old tree blown down and a few flowers lost, Ellen," James reminded me yesterday morning when the dawn brought us to the yard to view the destruction left in the wake of the week-end gale. . . . How good then was the stillness prevailing, the exquisite calm-after-storm—and a new day ray with promise breaking upon the Sabbath fields of the farmhands!

And electrical power missing, though it was returned to our delight surprisingly soon, Rob was off to the spring for a pall of water so that we could prepare breakfast to bolster our spirits after a night which had given only fitful rest.

"Yes," James said, stopping to survey the scene about the barns and buildings little the worse for the night-wind's blow, "we fared pretty well. There's a shingle or two lifted from the piggy-roof—he nodded. . . . "It's likely too there are fences down in the fields. But we can't complain, can we," he commented, the light of thanks-giving in his eyes. "No" soberly, "we can't complain."

And hearing later as news of the night began to flow of the devastation left Island-wide, we mentioned in the presence of the children the dismay we had experienced at the sight of a barn-roof at Alderlea which had been partly

carried away one night in a wintry December gale. "I can remember that time," Gage offered. "We came down to see it—Daddy to help mend the place—the next day. Mother was with us to, and Jamie and me? We looked at it together. . . . She held my hand. That's why I can remember it." A discouraging day at Alderlea was that one? Looking back, it was better then than we knew.

There were fences down. And friendly old trees rent or uprooted in the orchards, and in hedgerows about a linden, it took in toll from the lawn at Alderlea, a pretty tree treasured by older and young, especially by the children who liked to play in the low-hanging leafy branches.

"It would cut down some of those trees about the lawn," someone suggested not long ago to the younger farmer, "the place would look better from the road." He shook his head, this man who much admires homes that nestle amid groves and trees. "But it wouldn't look nearly so good to me" he smiled.

In the grain-fields the hurricanes left some wind-tost stocks, but all were well weathered for the threshing today. How busy the farmers were all this day! And how good for us to come again as a Family to the demands of that rite of the harvest!

Until tomorrow — — — Diary
— — — Good-night — — —

Alice Brooks Designs

FOR CHILD'S P. J.'S

Into the happy clown's tummy go the children's pajamas every morning! Such fun! Such a clever way to teach youngsters to pick up, put clothes away.

Use Pattern 7239: pattern pieces, cutting guides, directions.

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 thirty 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.

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Household Hint

Angora sweaters or collars will be fluffier and shed less if put in the refrigerator for a few hours before wearing.

7239 by Alice Brooks

