

WOMEN'S REALM—SOCIAL and PERSONAL—FASHIONS—LITERATURE

The Housewife And Her Activities

A READING

For all things beautiful and good, and true; For things that seemed not good, yet turned to good; For things unnumbered that we take of right, and value first, when first they are withheld; For light and air; sweet sense of sound and smell; For ears to hear the heavenly harmonies; For eyes to see the unseen in the seen; For vision of The Worker in the work; For hearts to apprehend thee everywhere; We thank Thee, Lord."

—JOHN OXENHAM.

Two—On a Budget—Live Cheaply as One!



Budgeting Stops Leaks

By budgeting—not by hagging over nickels—the Youngmarrieds are making their modest income stretch—to get what they want most.

"That," says Mrs. Youngmarried, "is a good start for my husband in business. He must dress well, entertain friends—and I manage the budget so he can."

"For rent we pay a little less than 20 per cent of our income, for we need it for other things."

"Food I keep to one-fourth of our income. Before I knew how to plan meals, it was one-third."

"If I have an expensive meal, I have very inexpensive vegetables. And I have learned how to use leftovers in tasty meat pies, ragouts."

"Expensive clothes, such as winter coats, we buy at sales. Extreme styles we avoid."

You can solve your money troubles as simply! Our 32-page booklet shows you how to budget your income to get what you want—a house, a car—by wise spending. Gives ruled pages for a year's records.

Send 20c in coins for your copy of HOW TO BUDGET AND BUY FOR BETTER LIVING TO THE GUARDIAN HOME SERVICE. Be sure to write plainly your Name, Address, and the Name of booklet.

Name _____

Street Address _____

City _____ Province _____

YOUR INDIVIDUAL HOROSCOPE

Look in the section your birthday comes in, and find what your outlook is, according to the stars. (Copyright, 1939, King Features Syndicate Inc.)

For Wednesday, July 12, 1939

MARCH 21 to APRIL 20 (Aries)—Cautious responsibilities cheerfully. Generous indications for gains through work or friendships. De-liberation in proportion to needs and having the right attitude important. Show Aries' nobility of character this benefic day.

APRIL 21 to MAY 20 (Taurus)—You born before May 6 are under fewer restrictions, say you start, generous indications for gains through work or friendships. De-liberation in proportion to needs and having the right attitude important. Show Aries' nobility of character this benefic day.

MAY 21 to JUNE 20 (Gemini)—Exactness and promptness will help you born before June 5 to overcome this Wednesday's hindrances. You born after June 4 receive vibrations that are, on the whole, encouraging. Be thoughtful of your health.

JUNE 21 to JULY 23 (Cancer)—No matter the circumstances or surroundings, you can make definite headway, although that headway may not be purely material. Advance your mental outlook, and—more important—strengthen the will of your soul.

JULY 24 to AUGUST 22 (Leo)—Considerable activity. Exercise your natural powers of observation and be thorough, especially if starting anything new or if engaging in weighty matters. No day to be indefinite!

AUGUST 23 to SEPTEMBER 23 (Virgo)—Probably unimpaired regarding your particular diversions, Virgoan ... but this is just the sort of day for you to install fresh pep into you, and to let your capable mind reach out to fields of science and are new to you. Judge carefully.

SEPTEMBER 24 to OCTOBER 23 (Libra)—Don't keep doing that which drains the vitality, and if your day is one of hard work, relax properly during free time. Excesses are tempters, don't listen to them in any form.

OCTOBER 24 to NOVEMBER 22 (Scorpio)—If you start in with the determination to surmount whatever obstacles confront you, whatever obstacles confront you, today's rays are friendly. Your personality should be tops.

NOVEMBER 23 to DECEMBER 22 (Sagittarius)—Dramatic emotions will wreak havoc if you permit selfishness and being biased are likely to be the worst offenders. Give tolerance and thought-

The Riddle of the Riderless Horse

By JEAN & CYRIL CASALIS

Malcolm had hoped to establish an early lead, and to have slipped away unperceived towards Campsie at the first bend in the spruit, but he had underestimated the virility of the old farmer. And, moreover, van Stellen knew every inch of the ground. He was close on his heels, and Malcolm had put to it to evade capture, missed the turn and continued his flight down the spruit, helplessly handicapped by the huge boulders along its course. Slipping in scaling one of them, he felt his ankle grabbed in a vice-like grip while another man sprang bounding foremost on the far side of the rock, with van Stellen, on other side, still clutching his leg tenaciously.

There they hung for a moment, Malcolm unable to release himself, and van Stellen unable, without releasing his captive, to climb up in pursuit. But it was clear with whom the advantage lay. The spruit was always winding himself slowly up the rock, preparatory to leaping on Malcolm when he had reached the top. It was a matter of seconds now, Malcolm thought—and even less, for down the bank of the spruit another man came bounding, shouting encouragement to van Stellen, as he ran.

"Hou vas, Pa; ek kom!"

The newcomer crashed through the scrub between the boulders, seized Malcolm by the arms. Old van Stellen ejaculated, and let go his hold.

Malcolm rolled to the ground, but the newcomer dragged him to his feet and whispering: "Run, Baas," led the way up the bank, leaving Stellen poised on his rock, shouting encouragement to van Stellen, as he ran.

"Hou vas, Pa; ek kom!"

Once out of the spruit they increased their pace, making, for the sake of deception, for a meagre lead in the direction of the river, while behind them van Stellen, fooled by a cloudy night and a clever imitation of his son's voice, retted the allusion with a torrent of wrath and abuse.

A DEAD END

They did not slacken their speed until after they had crossed the meale field and passed Campsie, for Maraka, who set the pace, held no illusion as to the consequences that would follow discovery. The moment he dropped into a walk, Malcolm sat down and, breathless though he was, broken into laughter.

"Thank you, Maraka," he gasped. "A fine piece of work and well done. But how on earth did you come in, and what did you say to make him let go?"

Maraka sat on his haunches in characteristic Basuto fashion, steadily himself with the stick he carried.

"Maraka," he said deprecatingly, "him just say, 'Oho, my father, here is your lion son. Him will hold plenty fast.'"

Malcolm roared in silent laughter. "You should be on the stage. But how did you manage to get there? Did you know who Baas van Stellen had caught? Did you know it was I?"

A slow smile, revealed in the faint light by a row of shining teeth, spread over Maraka's face.

"Maraka, Baas, him hear about the Baas last night, and when him see the Baas put to him, he say: 'Baas van Stellen is in him house to-night, and Maraka him say: 'Maybe Maraka him see the Baas.' So when the Baas him gone, Maraka him follow. Him see the Baas go by the spruit, and him see the cave, so Maraka sit behind the stone on top of the spruit, and wait. By and by him see Baas van Stellen come, and him throw one, two three four little stones in him cave, but ach! him arm getting too plenty old—him throw no good no

Today's Short Wave Radio Program

(All Time is Eastern Standard)

WEDNESDAY, JULY 12

MOSCOW
4:00 p.m.—Broadcast in English. RAN, 9.8 meg., 31 m.

BERLIN
5:30 p.m.—Folk Music. DJD, 11.77 meg., 25.4 m.

BUDAPEST
7:00 p.m.—Hungarian Songs. HAT4, 9.12 meg., 32.8 m.

SCHENECTADY
7:00 p.m.—The Classics. W2-XAF, 9.53 meg., 31.4 m.

NEW YORK
7:15 p.m.—Rhapsody Hour. W3-XAL, 9.67 meg., 31.02 m.

SARAGASSA
7:30 p.m.—Viennese Orchestra. VV8RC, 5.9 meg., 51.7 m.

ROME
7:30 p.m.—Around Italy With Music. Light Music. Review of the Latest Recordings. ZRO, 11.81 meg., 25.4 m.; IRF, 9.83 meg., 30.5 m.

PHILADELPHIA
8:00 p.m.—Stadium Concert—Philadelphia Symphony Orchestra. W3XAU, 6.06 meg., 49.5 m.

TOKYO
8:15 p.m.—Japanes eSelections. JZJ, 11.80 meg., 25.4 m.

INDIOVEN
8:25 p.m.—PHOTO Program for America. PCJ, 9.59 meg., 31.2 m.

PARIS
8:30 p.m.—Gramophone Records. TPEF7, 11.38 meg., 25.2 m.; TPA4, 11.71 meg., 25.6 m.

LONDON
8:30 p.m.—"The Finest Stories in the World"—"Ruth." 15.14 meg., 19.8 m.; GSD, 11.75 meg., 25.5 m.; GSB, 9.51 meg., 31.5 m.

BERLIN
9:30 p.m.—Concert of Light Entertainment. DJD, 11.77 meg., 25.4 m.

BABY'S STOMACH UPSET?

BABY'S little "Tummy" is often easily upset. It is easily righted again, too, if you know just how to do it. Let Mrs. M. S. Alway, of London, Ont., tell you: "Baby's Own Tablets" are a great help at the first sign of upset stomach, during teething time or when a cold is coming on. It is a safe, reliable, and effective remedy that brings my baby's tummy back to normal. I have her Baby's Own Tablets, and she soon stopped crying—went to sleep and when she awakened was her own good self.

Equally effective for diarrhoea, colic, teething troubles, simple cold, constipation and indigestion. Sweet-tasting, easy to take, prompt in their action yet harmless. Analyst's certificate in every box. Buy a box today for your baby's tummy. Money back if not satisfied.

Household Scrapbook

Renovating Velvet

Velvet may be renovated as follows: Put a little water into a tea kettle, tie a piece of cheesecloth around the handle and boil vigorously. Hold the velvet in the steam shaking it gently, until the pile stands up. Be careful to keep the velvet from the flame.

Use the water in which mild flavoured vegetables have been cooked for the gravy, rather than plain water. The former will be the result, and it is also an economy, as the water contains valuable minerals.

Blistering Cream

Add a lump of soda, dissolved in a little hot water, to the bluing water on wash day. This will prevent the water from being absorbed in the clothes, and makes them perfectly white.

Dorothy Dix

Husbands and Wives Need a Clearer Picture of the Duties Each Performs and a Better Understanding of Their Responsibilities to Insure Happiness

The old saying that "one-half of the world does not know how the other half lives" finds its most vivid illustration in the family circle. For, curiously enough, no other two classes, not even millionaires and paupers, seem to have as little comprehension of the other's lot as do husbands and wives.

This brings about endless friction and jealousy between married couples, for each thinks that the other has gotten the soft end of the domestic bargain. The husband pictures his wife leading a life of Sybaritic ease, spending her days lolling on a sofa reading a love thriller, or going to the movies, while he toils to support her. And that makes him sore.

While the wife, on her part, sees green as she thinks of her husband going downtown of a morning, all dressed up to kill, to have an exciting and pleasurable time swapping risqué stories with good fellows and having a song and delicious luncheon. Neither one has any realization or appreciation of the trials and tribulations the wife that he wishes that he could take it easy, and stay at home, with nothing to do but to keep house and take care of the children as she does. And the wife retorts that, goodness knows, she doesn't know why she is always complaining of being so tired at night when he has had nothing to do but to go down to his office.

They are like the young woman who writes the following letter. She says: "My neighbors think it is very cruel of me not to arise at 7 o'clock to get my husband's breakfast, when he is perfectly capable of getting it himself. I see no reason why a woman should get up and cook her husband's breakfast, because a man has only to sit comfortably behind a desk all day, while a woman, once she does arise, must stay on her feet until she gets to bed again at night. For that reason I think it only fair that my husband bring my coffee to me on a tray."

No doubt there are many other selfish and lazy wives like this one who justify themselves in turning over and taking another snooze instead of getting up and getting their husbands a good breakfast, by kidding themselves into thinking that their husbands are going downtown to play while they have to stay at home and do the housework.

And it makes me wish that there was some good fairy who could wave a magic wand and for a day put husbands and wives in each other's places and let each see how heavy is the burden the other bears.

Suppose the husband had to arise in the morning, cook the breakfast, fix the baby's bottle, get the other children up and washed and dressed and combed and ready for school, clean the house, do the washing and cooking and mending, settle the lights between the youngsters, do the marketing and a million other tasks. Would he think that she was a winner when she complained of being tired at night? Or would he take her out to a night club with nervous prostration?

And suppose a wife could step into her husband's shoes for a day and, as she rode down to her office, read in the morning paper some dispatch that would mean the wreck of plans she had spent months of hard work formulating. Suppose she had to wrestle all day with the incompetent employees or a bullying boss. Suppose she had a note to meet at the bank and her heart turned to ice when she thought of the difficulty of getting it ready for the day. Suppose she saw her whole life work going to smash and was crazed with anxiety about the future of her wife and children. After a crazy day, when she went home worn and nerve-racked to the last degree, you see she think her husband unreasonable because he didn't want to take her out to a night club with nervous prostration?

A few feeling makes us wondrous kind. And if husbands and wives only knew how the other half lives they would show each other more patience, tenderness and understanding than they do.

Dear Dorothy Dix—I am a man 39 years old and have so far been unable to find the girl of my dreams. I do not use tobacco or alcohol in any form, nor do I frequent places catering to those who do. I naturally expect choice to do as I do, but all of those with whom I have associated seem to think it would be making too great a sacrifice to give up these habits to marry me. The girl I have been going with, cert, etc., but still she has taken to all the better shows, operas, comedians who take her to roadshows, beer parlors, etc., where she can drink and smoke. I feel that I must find my mate soon or it will be too late. Shall I keep after her until she gives up her habits and children. After all I consider myself out of tune with the world at large and marry any girl who will have me.

Answer:
A forty-nine is still youth for a man, and you have a long time before you to pursue your search for a girl who measures up to your requirements. I urge you to continue it until you find her. Do not just be a martyr, and don't marry a girl thinking that you can't be done, as many men who have tried it have found out to their sorrow. By the time a girl is old enough to marry she is set in her ways and it is just as hard for the leopard to change its spots as it is for her to develop a new set of characteristics. Even if you could induce a girl to give up cigarettes and the making too great a sacrifice to marry you, because you would know that she was sacrificing herself to you, and was really bored stiff.

So wait until you can find a girl who really feels as you do about things and who sees eye to eye with you about life. A man wants his wife to continue after marriage and enjoy the things that he enjoys and whose taste pleases his. Otherwise marriage is stale, flat and unprofitable to them both.

Not need you mourn as one without hope. There are plenty of girls who don't smoke nor drink, who never go to see anything but improving motion pictures and prefer symphony concerts to jazz. And you don't have to do the Diogenes act and go out to search for them with a lantern either. Just ask your mother or your maiden aunt and they will tell you the addresses of a dozen nice girls who will just be the girl of your dreams.

I judge your trouble is that it is the gay and frivolous girls who really attract you; it's the ones with the devil in their eyes instead of the way away their cigarettes and pour down their glasses and give up dancing to marry you. And so far you haven't been able to recognize your taste in girls. We always want the things we shouldn't have.

DOROTHY DIX.

How Can I?

By ANNE ASHLEY

Q. How can I wash lace properly?

A. Fill a Mason jar with hot soap suds and add a few drops of ammonia. Put the lace into the jar, screw on lid and shake it from time to time. Let it remain overnight. Use a new solution if necessary. Then rinse in the jar in same manner. Now spread a Turkish towel on ironboard, place lace on it, cover with another towel, and absorb the moisture. Do not iron.

Q. How can I prevent food burning on the bottom when baking?

A. A piece of door or window screen placed on the bottom of the oven is often a remedy for food burning on the bottom.

Q. How can I remove iodine stains from an article of clothing?

A. Soak the article in lime water.

Modern Etiquette

By ROBERTA LEE

Q. Is it good taste for a woman to wear eye glasses?

A. No. If she considers these "artificialities" to be alluring, she should reserve them for her social engagements.

Q. Is it all right for a bride to wear a veil if her wedding is to be very small?

A. Yes, a veil may be worn at any wedding unless it is a civil or a second marriage.

Q. Is it proper to say, "Mrs. Hudson, meet Mrs. Gibson?"

A. No. Say "Mrs. Hudson, this is Mrs. Gibson."

Morning Smile

WONDERFUL

Muggins was fond of reasoning things out. The other day at the club it was about the beauties of Nature that he wanted to bore his companions. Seems to me old Mother Nature has provided for everything," he said.

What prompts that reflection? asked one of those who had the misfortune to be near him.

Why, answered Muggins, look at the way she has placed our ears. Yet thousands of years ago she didn't know we were going to look spectacles over them."

THE COOK'S CORNER

Strawberry Surprise

3 eggs
1-2 cup sugar
1-2 cup cake flour
1-2 teaspoon lemon flavoring

Method: Make a nice rich pastry and pat it into a fairly deep pie pan. Fill this with strawberries which have been washed, hulled and sweetened to taste.

Separate the eggs and beat the yolks until they are thick and lemon colored. Add the sugar gradually and continue to beat until creamy. Add the flouring.

Beat the egg whites stiff and fold them into the first part carefully. Pour this over the strawberries in the pastry-lined pan and slip into a moderate, 375 deg. F. oven and bake until the pastry is done and the cake topping is firm, about 35 minutes. Cool and serve with whipped cream.

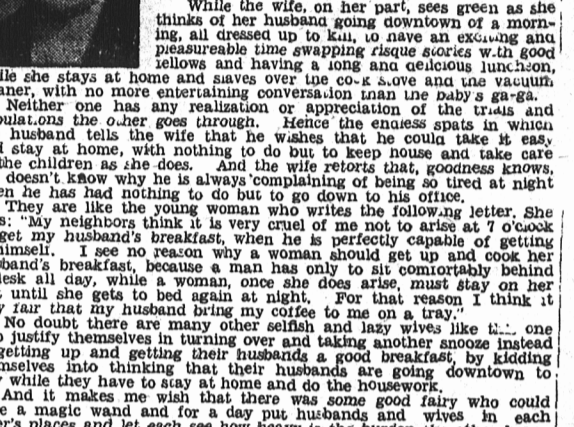
GET OUR 5th BIRTHDAY Souvenir 'QUIN' TEASPOONS!

EACH SPOON ONLY 10c PLUS BLACK BANDS FROM 2 CAKES OF PALMOLIVE SOAP!

Take this grand opportunity to get as many as you desire of these valuable Canton silverplate Quin Birthday Teaspoons! You're sure to want a complete set for the family. You get each spoon for only 10c in coin and the black bands from just 2 cakes of Palmolive Soap. Send for yours today.

Dr. D'Arche Palmer of the D'Arche Quin Teaspoons is made with Olive Oil and for that reason is gentle, more soothing to the tender skin of the Quin! Since their first soap and water bath, the Quins have used only Palmolive.

Why don't you try the new improved Palmolive? Buy Palmolive today and send for your Quin Teaspoons! Remember, they cannot be bought at any store. Use coupon.



SENSATIONAL OFFER

Colgate-Palmolive, Toronto, Ont.

Please send me, postpaid... "Quin" Teaspoons. An enclosing... in coin and black bands from... cakes Palmolive Soap. (Check spoons wanted.) I enclose and send 10c and 2 bands for each 10c spoon.)

Name _____
Address _____
City _____
Province _____
Country _____

TRY THE NEW IMPROVED PALMOLIVE.

ALCOHOL REMOVES LACQUER

When lacquered metals, such as copper and brass, begin to peel, the balance of the old lacquer may be removed with denatured alcohol. All old lacquer should be removed and the metal well polished, cleaned and dried, before refinishing with new lacquer.

NEW...a CREAM DEODORANT

which safely STOPS under-arm PERSPIRATION

1. Does not harm dresses, does not irritate skin.

2. No waiting to dry. Can be used right after shaving.

3. Instantly checks perspiration 10 to 15 days. Removes odor from perspiration, keeps armpits dry.

4. A pure, white, greaseless, stainless vanishing cream.

5. Arid has been awarded the Approval Seal of The American Institute of Laundering for being harmless to fabrics.

39¢ a jar
Also in 15¢ and 59¢ jars

15 MILLION jars of Arid have been sold... Try a jar today... at any store which sells toilet goods.

ARRID

Snappy Fashions For Home Use

Here is a dress that will take its place in town among silks and in the country among play clothes with equal grace. Gingham is so very popular this summer and makes a smart, wearable dress for the girl who commutes to the office or takes week-end trips. The flared skirt, simple button front dress topped by a pic-and-span white collar is just about the smartest thing a girl can wear. Checked seersucker or printed rayon are equally as practical for this charmingly simple dress. You must also have a frock made in the frilly, feminine manner that is so beguiling. This same pattern looks entirely different when the wide flounce is added to the skirt edge and dainty heading finishes the neckline and wide set-in belt.

Style No. 2872 is designed for sizes 11, 13, 15, 17 and 19 years. Size 16 requires 3 yards of 39-inch material, and 1-4 yard of contrasting.

Send fifteen cents in stamps (15c coin (coin preferred) wrap coin neatly), address to CHARLOTTE TOWN, N.S.

Style No. 2872 Size _____

Name _____

Street Address _____

HUSTLING HARRY
Rings the Bell

TAKE THESE GRAPE-NUTS OVER TO THE CARNIVAL... THEY'RE GIVING GROCERY PRIZES.

HERE'S YOUR GRAPE-NUTS MISTER... THE PEOPLE WHO WIN THEM SURE WILL BE LUCKY!

STEP RIGHT UP POLLS ONLY A NICKEL... AND YOUR CHOICE OF GROCERIES IF YOU RING THE BELL!

I CAN TASTE THOSE GRAPE-NUTS NOW!

AOI-IM RUMIN!

HOW'D YOU EVER GET MUSCLED UP LIKE THAT?

GRAPE-NUTS EVERY MORNING... THAT'S THE SECRET... COME ON... FONDNESS FOR TRAVEL... TREAT YOU ALL!

SAY OF GRAPE-NUTS SURE TASTE SWEETLY!

THEY'RE SWEET AS A NUT!

AND THERE'S NOTHING LIKE THEM TO GIVE YOU ENERGY!

THAT TASTING GRAPE-NUTS FLAVOR SURE IS GOOD!... AND JUST THE TABLESPOONFULS OF GRAPE-NUTS WITH WHOLE MILK OR CREAM AND FRUIT PROCEEDS MORE NEEDED... NOURISHMENT THAN MANY A BIG MEAL... GET SOME FOR TOMORROW!

Grape-Nuts
MADE IN CANADA IN THE BLUE AND YELLOW PACKAGE



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