

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

YOUR INDIVIDUAL HOROSCOPE

By FRANCES DRAKE

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 Friday, August 4th.

March 21 to April 20 (Aries) - Less energetic than yesterday but favorable for minor matters, shopping, dealing in flowers and produce, publishing. Gains through children's affairs, sports and the arts.

April 21 to May 20 (Taurus) - Forget yesterday's worries and hindrances. Today tops all in fine vibrations for heavy subjects, business in general, industrial matters, building, office work, domestic and social harmony. Favorable for courtships, weddings, christenings, journeys, sports.

May 21 to June 20 (Gemini) - Discretion in spending and in making promises and agreements is important. Recklessness will lead to regret. Think BEFORE you speak and act and avoid mistakes.

June 21 to July 23 (Cancer) - Today is crowded with encouraging influences. Tackle with vim the hard tasks; have faith in yourself, in your ability to overcome obstacles and to meet your keenest competitor with as good as he has to offer, if not better. Earnest efforts will be fruitful.

July 24 to August 22 (Leo) - Fair indications. You'll have to take responsibilities cheerfully, do your work or whatever your duties with a little more precision than usual and show only good examples to associates. You won't attain without concentrated effort.

August 23 to September 23 (Virgo) - Dollars and cents have to be checked, friend! Pay your debts. Don't incur unnecessary ones and only make the very sure investments. Don't neglect to enjoy some time with your family in healthful diversions.

September 24 to October 23 (Libra) - If you use your natural shrewdness and diplomacy here, you'll come out on top. Your stars'

vibrations are most favorable for you who will do your share (and the true Libran always does his share). Exert your leadership ability.

October 24 to November 22 (Scorpio) - Friendly vibrations for you, too, but you'll have to be particular about maintaining a steady, unruffled pace. Meet your obligations with a smile and they'll not seem half as difficult. Relax the mind with some good reading during free time.

November 23 to December 22 (Sagittarius) - Bigger and better in every way! Meet your obligations with a smile and they'll not seem half as difficult. Relax the mind with some good reading during free time.

December 23 to January 21 (Capricorn) - Try new ways for increasing your prestige. Ask advice sensibly. Today is friendly to the time with family and good friends. Take the day and people with a philosophical outlook.

January 22 to February 20 (Aquarius) - Slow up and check to see if you are making needless mistakes or skipping the little details that are really important to the success of the whole. Indulge only the wholesome.

February 21 to March 20 (Pisces) - Pay attention to instructions the first time and you won't have to waste time asking for them again. Eat sensibly. Today is friendly to the lover of honesty and integrity.

A CHILD BORN ON THIS DAY will be a world of fun if its talents are developed properly and its best disposition cultivated. Teach it not to overlook its soul's welfare, reaching her material gains, ability for sketching, painting, mechanics that have a subtle nature, law promotional activities. Next three years may be somewhat trying but offer unusual benefits.

THE COOK'S CORNER

Gooseberry Conserve

6 cups gooseberries
1/2 cup water
2 cups shredded pineapple
2 cups sultana raisins
5 cups sugar
1 cup chopped nuts

Method: Wash the berries and remove the stems and tails. Cook with the 1/2 cup water until the skins burst. Add the pineapple, and if you are using the canned kind, don't get too much juice in and also cut down a little on the sugar.

Cook for about 15 minutes, then add sugar and raisins and cook until conserve is thick and clear. Add the chopped nuts just before removing from the fire. Pour into hot, sterilized glasses and cover with a thick layer of paraffin.

Gooseberries spiced or made into sort of a relish are very excellent with meat, particularly with wild fowl or game.

Every child has a right to demand that it have two parents. One isn't enough. A mother can't do it alone. Neither can a father. It takes a mother and a father, working together, to form a child's character into what it should be and give the child the chance for a good constitution. Worse than murderers are the fathers and mothers who make a helpless child pay with a deformed body or a diseased mind for their own selfishness.

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Dorothy Dix

Babies do not Ask to be Brought Into the World, so They Have the Right to Expect Decent Care, Health, Proper Rearing, Congenial Homes

The greatest moral responsibility that a human being ever assumes is to have a baby, yet how few people ever consider what they owe to the child upon whom they thrust the burden of life.

Half the parents in the world should be down on their knees begging the forgiveness of their children for having brought them into a hard and cruel world for which they were not fitted. And yet, ironically enough, they expect them to be grateful to them and to spend their own lives in cherishing and supporting them.

Unfortunately, there is no Bill of Rights for children. If there were every baby would demand its inalienable right to be born of clean and healthy parents and to have as its inheritance a good constitution. Worse than murderers are the fathers and mothers who make a helpless child pay with a deformed body or a diseased mind for their own selfishness.

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FOR ACHING TIRED FEET

Don't be a martyr to tired, aching feet! Soothe them with Zam-Buk's penetrating herbal oils. Every night bathe your feet in hot water. Dry carefully. Then gently massage Zam-Buk into toes. You will be amazed how quickly you get relief. Don't suffer foot-torture another day.

Get Zam-Buk from your druggist at once and enjoy perfect foot comfort.

Use ZAM-BUK Nightly

Memoirs of A Child

(Edith Fisher)

RED RIDING HOOD

I wonder how many children love the story of Red Riding Hood because of the bear and the dear old Grandmother, or like myself are fascinated with Red Riding Hood's bright red hood. The cover of my fairy tale book did justice to this costume if it was scarily painted in a bright red and this outfit grew on me so much that I prayed night and day for just such a red cloak and hood.

One day I confided my wish to Mother. She looked at me picture carefully and promised to have the same costume for me on my approaching birthday. The world of little people is made up of dreams that must be realized in order to satisfy an inner hunger. I counted the days nervously until the great day came again. I arose early for I wanted to wear my new red cloak and hood as soon as possible. I waited; still there was no costume. I was getting quite cross and irritable when mother suddenly remarked with a smile, "We are going for a long walk today." I dressed quickly and then, lo! and behold, mother opened the wardrobe door—the holy place where mysterious things hung. She took out something wrapped in a white sheet. I was breathless. The sheet was unfolded and there was my Red Riding Hood affair—a cloak and hood of bright blue silk; imagine BLUE. I stood spellbound. "Why don't you kiss and thank Mama?" The tears glistened in my eyes and flew down in streams on my cheek and then I sobbed loudly that I felt my heart would give way. "It's not red; it's blue!" I shouted. "But, darling, look at the lot of backs and frills and mother tenderly smoothed the cape with her hand. "It's not real; it's too fancy." Wildly I ran for my coveted fairy tale book. "See, that's how it ought to be, plain and Red, Red, Red. There, Mother remonstrated. "But child, Mother remonstrated. "Your is the latest style and much finer. There is so much more work on the collar." I sobbed louder and louder. "Ungrateful child" and when Mother said that my heart softened and I stopped crying. I had offended Mother dearest and I was truly sorry.

I don't know how I ever endured this outfit. I hated it and showed my dislike in every fold and seam for there were so many stains on it that Mother often refused to have me wear it at state occasions. However my greatest joy was when the silk started to give way from constant cleaning and Mother consented it to her patch work bag.

Years later I had remorse and quietly shed tears when I learned that the cloak and hood was made

Snappy Fashions For Home Use

Make your own "undies" in the new beruffled manner, trimmed with lace or eyelet embroidery. Cotton batiste or lingerie crepe makes panties and petticoats with cambric tops like grandmother wore... like you want to wear... rum with dainty pink or blue ribbons. These new old-fashioned slipp and panties are just the thing to wear under your summer dresses, sheer or otherwise. The lace ruffles look so quaint and smart peaking out from under your full skirts, and you don't care if your petticoat is showing, you want it to. Hand made, lace trimmed lingerie need no longer be luxury when you can make it yourself with so much enjoyment. Style No. 2958 is designed for sizes 14, 16, 36, 38, 40, 42 and 44. Size 36 requires 2 1/4 yards of 39-inch material. Style No. 3335 is designed for sizes 12, 14, 16, 36, 38 and 40. Size 16 requires 1 1/4 yards of 39-inch. Send FIFTY-FIVE CENTS (15c), (coin is preferred) for PATTERN. Write plainly YOUR NAME, ADDRESS and STYLE NUMBER. BE SURE TO STATE SIZE. Style No. 2958 Size

Name _____

Street Address _____

City _____ Province _____

Children must have their hungry hearts satisfied and when there is a pang for something that can never be realized, the hunger remains for life.

I heard a very pathetic story the other day of a little woman of eighty who sat down on a bench in Central Park and satisfied a heart pang of seventy five years standing. She looked around her cautiously and when she thought no one was watching, she opened up a bag and took out a bright pair of red kid slippers. Fondly she smoothed the leather then her face wreathed in smiles, she put them on her feet. She sat for the longest while dangling her little feet like a child, back and forth. She performed this ritual daily. When she was questioned, she remarked that her reason for bringing the slippers to the Park was because her daughter with whom she lived was a very modern woman and could not understand the sentiment. "My daughter may think I am in my second childhood. Seventy five years I was a child and was hungry for a red pair of kid shoes but we were too poor? I used to lay awake nights and see myself dancing with my red shoes? The hunger lasted all these years and now, before the close of day, I want to satisfy this hunger and you cannot imagine how happy it makes me feel" and tenderly she patted the red leather.

And when I see old ladies dressed in strange young fashions; bedecked in lace and ribbons, the tears swell up in my eyes and I feel sorry and understand. They too were hungry years ago for some little bit of finery and at last in the sun of their lives the hunger is being satisfied at the expense of ridicule and scorn.

Who can tell? Perhaps when I am ninety, I will sit on a bench in the park and wear the little red cloak and hood that I so dearly wanted thirty years ago.

The Riddle of the Riderless Horse

By JEAN & CYRIL CASALIS

"In addition to serving the purposes already mentioned, Miss Cynthia's abduction was the opportunity of giving Lotus the opportunity of insisting on her taking a holiday at the coast, so as to get her out of the suspecting line. You will agree that it was an artistically planned scheme when I add that it had, as a corollary, my own and Cornelle's abduction. Not that you were to come to any harm, you were merely to suffer a temporary disappearance in case, as was already strongly suspected, you might try to interfere with the dispatch of that last and vital series of consignments.

"You must know that we all fully realized the relationship between Miss Cynthia and Cornelle, and that the sudden disappearance of the latter would compromise the scheme if the former were to know of it."

"So that's how it was done," said Cornelle as Malcolin folded up the letter. "Can you wonder that I have no feeling about? No, I had rather a thousand times that you and Maraka had found out about it than that I, and especially Cynthia, should have gone on being the dupes of such callous swines."

MARAKA'S BLOOD

"Yes, a cold-blooded, callous crowd. But Maraka was always right when he emphasized their efficiency. They were devilish efficient. You should see how their cunning lay out was put down. Maraka took me over it just after you had left, and one couldn't help admiring it. Everything seemed to lend itself so well to the scheme, that you'd say it had been specially built for it. The cask into which Tom dumped supplies from the whey cart was built into the side of Channing's reservoir, quite near the surface. At the bottom it had a half-inch pipe connection, and the line ran straight as a die to the Campsie cave. The inlet on the cask was a heavy copper tube fitted with a stop cock, and housed in a little concrete box, just beside one of the iron standards making up Channing's famous barbed-wire entanglements round his water supply. When the horses were bedded, watered at the trough the whey cart stood handily just over the whole bag of tricks, and all Tom had to do was to join up the tank with his rubber tube, open two little cocks, and in a few minutes his job was done. I doubt that anyone standing by could have told that he was up to any game.

"But why go in for such a complicated system?"

"To have an alibi in drink, as you might say. Boome in bulk arriving at Campsie might have aroused suspicion, and supplies were evidently arriving in bulk with a vengeance. I measured the secret tank in the whey cart and precious little whey Channing must have been getting—twenty gallons of 'dop' a time, my 'ad. That would have taken some

Morning Smile

REMOVING THE CAUSE

"Good morning, madame," said the waiter, looking up at the lady who had called. "I represent the Society for the Suppression of Profanity. It is our object to take strong language right out of your life. We—"

"Come here, Dad," called the lady of the house. "Here's a man wants to buy our old car."

UNFORTUNATE

Why is the letter E the most unfortunate of letters? Because it is never in cash, always in debt, and never out of danger.

Housewife And Her Activities

MY HABITANT BLANKET

Fashioned of wool in colours gay. Tint of the wildrose, on ground of grey, Bit of yellow red and blue, As if rainbow had strayed through. This, then, is my blanket, soft and warm. This speaks to me of fingers worn. Weaving with tender, infinite care This work with a pattern delectable.

Of the old grandmere who sings again While her loom keeps time to the refrain; A sunbeam touches her silver hair; I'm thankful and breathe a silent prayer, That a thing so fine should come my way. Woven to the songs of Normandy; Fashioned of wool in colours gay. Tint of the wildrose, on ground of grey, At a sky on a summer morn, Or rosy mist at break of dawn. Marie Nelson Jefferson

Serving Spinach Raw

Raw spinach makes delicious sandwiches. Use only the tender leaves, salt to taste and place between thin slices of bread and butter.

A Flavoring

A sweet geranium leaf put in the bottom of pan in which a sponge cake is baked will give a flavor that lovers of sponge cake will enjoy.

Steaming in Double Boiler

Has any busy mother put her pudding to steam right into the well-greased top of the double boiler. It will turn out such a nice shape and the remains can be put in the boiler again the next day and re-steamed.

Reheating Puddings

When a cottage pudding, such as a waning pudding, second day, reheat it by taking a paper bag pouring water into it and wetting on all sides then after emptying out the water put the pudding in the bag, place on a pie tin and put in the oven. This will steam the pudding as though it were fresh.

Preparing A Chicken

When preparing a chicken for roasting, instead of basting up the ventouse safety pins. These can be flipped off with a fork, washed and made ready for next time.

Next time you wash your linoleum, dry it with a cloth wrung out of a little boiled starch. This will put a glossy shine on the floor which will last for some time. The cleanliness of the linoleum also lasts longer after this treatment.

How Can I? ? ?

(By ANNE ASHLEY)

Q. How can I relieve tired feet?

A. When the feet are over-tired, try exercising them, using a little cold cream as an unguent. Bend the toes, move the ankle, and rub the feet under the arch. This treatment will be very beneficial.

Q. How can I make cauliflower salad?

A. Cauliflower pulled to bits and served cold with mayonnaise, or some other preferred dressing, makes a delicious salad.

Q. How can I remove fly specks from bread?

A. Put a tablespoonful of kerosene in a quart of water, and rub with a damp sponge.

Try this NEW DELICIOUS BREAKFAST!

MUFFETS

WHOLE WHEAT BISCUITS

Delicious as they are Nutritious

ENJOY DELICIOUS, NOURISHING

QUAKER PUFFED WHEAT and QUAKER PUFFED RICE

AS MILLIONS DO!

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Modern Etiquette

(By ROBERTA LEE)

Q. Is it necessary to give a dinner or any other form of entertainment to announce an engagement?

A. No. The news of the average engagement usually travels by word of mouth.

Q. When a man offers his seat in a street-car or a bus to a woman should he lift his hat?

A. Yes; it is the polite thing to do.

Q. What does carte du jour mean on the menu card?

A. "Today's menu."

Household Scrapbook

(By ROBERTA LEE)

Oil Stains on Carpet

When you find oil stains on the carpet, the best way to remove them is to dampen a cloth with gasoline and begin rubbing around the edge of the stain, working toward the middle and changing to a clean portion of the rag as one part becomes soiled.

Sweet Potatoes should be kept separated from each other so that they do not touch. This prevents their becoming soft and rotted.

Hallbut Steak with Tomato Sauce

2 pounds hallbut steak 1 egg
1 tablespoon Heinz Dry bread crumbs
14 teaspoon salt Butter
Dash of pepper Tomato Sauce

Spread the steak with Mustard, sprinkle with salt and pepper and allow to stand for 10 minutes. Dip in butter egg and then in bread crumbs. Fry in butter to a golden brown and serve with Tomato Sauce. Garnish with slices of Cucumber and sections of lemon.

New Taste Thrills For All The Family

No merely good pickle can ever give you the downright eating enjoyment you get in Heinz Fresh Cucumber Pickle. The crisp, green, tender slices give you a taste that's called a treat by millions. Give this old homestead delicacy a star part in your menus, and guest and family will praise your choice.

Heinz Prepared Mustard, too, is in a class by itself. Mustard fans everywhere taste it and give thanks. Get Heinz Fresh Cucumber Pickle and Heinz Prepared Mustard at your dealer's today.

There's real salad sorcery in The Heinz Book of Salads and Meat Recipes, 100 pages of recipe lore, salads, dressings, appetizers, meat dishes. Price 25c or only 10c if you send labels from any three Heinz products. H. J. Heinz Company, Dept. N, Toronto, Ont.

HEINZ MUSTARD

HEINZ FRESH CUCUMBER PICKLE