

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

## Lenten Meditations from The London Times

### FACING DIFFICULTY

That "difficult days lie ahead" is the safest prediction about the years after the war. The prospect fills many people with gloom and resentment; the return of peace, they feel, must lead to a settling of accounts which will be a settling of the strain hardly less severe than those of war. In all good faith they pray to God for a settling of ease and tranquility in the years to come. Yet such prayer is not readily reconciled with the teaching of our Lord, whose mission was to give not outward comfort but inward strength, and insisted that to struggle against difficulty is the one means of moral progress.

The fact that the days to come will be "difficult" should be viewed not with gloomy foreboding but with sober exaltation. The difficulties are God-given opportunities, and prayer of the right kind will ask not that they may be removed but that they may be welcomed, faced with unflinching courage, and mastered by human effort drawing its strength from divine power. Only in this way can our own nation or others win through to a higher standard of life. The same principle holds good for the individual. Without continual and painful struggle against the baser elements of his character he can make no spiritual progress. Shelter and retreat may safeguard innocence; virtue does not begin until wrong has been met and mastered. It is in middle life and later that the temptation to relax effort becomes seductive. Then too readily the average man unconsciously slips backwards, and take life more easily; he has fought and conquered often, he has kept himself free from the graver sins, he has attained at least to a respectable level of goodness. Any belief that he can remain where he now stands is an illusion; from the moment when he ceases to struggle forward in his spiritual life he will begin unconsciously to slip backwards.

He will brace himself most effectively for facing this and other new difficulties of his inner life by studying again the example of our Lord. In Gethsemane, within a few hours of the Crucifixion, He spoke of the "temptations" which the companionship of His disciples had aided him to overcome, and Gethsemane itself brought what was perhaps the severest of all. Then he would not be taken down from the Cross till evening fell, and his disciples who have to be cross-bearers must be willing to support their burden in old age and to the end. And because they are disciples they will not fall; those who follow such a leader must needs be valorous.

The chemical and allied products industry during 1944 had an output double that for 1939 on a valuation basis, and 19 per cent greater than in 1943.

## Dorothy Dix Says—

### AIDING LONELY WAR WIVES

#### Women Should Improve Selves For Home-Coming Of Husbands

DEAR MISS DIX: I have been reading so much about the bored and restless war wives. I believe that now is their opportunity to start improving their minds and personalities and make themselves better qualified to teach and rear their children, and to plan the kind of life and home they will make for their returning husbands. If one man can live alone for 31 months on the island of Guam, using only his resourcefulness to keep him alive, then certainly we war wives should begin to use our resourcefulness for entertainment.



So let's forget the gay lights and gay times that we used to have and do not have now. Let's read more books, study more courses, attend more lectures and concerts. It will work. I know, for I am a Navy wife. I know that if I become bored it is my own fault.

#### COMMENDABLE PROGRAM

MRS. R. L. R. ANSWER: I commend this fine, brave, intelligent letter from a war widow to all the other war widows who are bemoaning their fate at the dull lives they are forced to lead while their husbands are away on duty.

No one will deny that to be separated from their husbands, and in many cases to be crowded in with ungenial relatives, or to be tied down with babies, makes a dull and boring existence. But it makes it worse for them to rebel against it, instead of meeting the situation with courage and humor and intelligence.

And this wise Navy wife offers them a definite program of what to do to make their waiting profitable to them. She tells them to prepare themselves to meet the life that they are going to face after the war. To read and study so they will be better companions to the husbands whose minds will have been broadened and stimulated by all they have seen and done. To learn to be better managers and housekeepers and cooks so that they can make more comfortable homes for their families.

And to these suggestions I would add two others. Two possibilities confront every woman whose husband is in the war. One is that he may come home sick, nerve-shocked, or injured, and so every woman who possibly can should take some course in nursing that will fit her to take care of him and help him to regain his health. The other suggestion is that every wife put in her spare time in preparing herself to be a money-earner in case it should be needed for her to support the family.

DEAR MISS DIX: Do you think it fair for the husband to have all the say about the home? My husband never asks my opinion about anything. He pays the bills, buys the groceries, does all the shopping, buys all the bonds in his own name, spends money when he feels like it, but he never gives me a cent that I can spend as I please, and I have to tell him to the penny what everything I buy costs. I do all of the housework and laundry. Do you think he treats me fairly?

A WIFE. ANSWER: I certainly don't. Every wife is entitled to a fair share of her husband's income because her work in the home is just as valuable as his on the outside. You have no reason to be an unpaid slave. But the remedy is in your own hands. Demand a fair adjustment of the income and if your husband refuses it, go on a sit down strike. When there are no good meals, no beds made up or floors swept, you can name your own terms.

DEAR DOROTHY DIX: I was recently married to a lieutenant in the navy and was very content until about a week ago I got a letter from an unknown person saying my husband married me only to spite another girl. What should I do about it?

S. G. ANSWER: Do nothing. Don't even tell your husband about it and don't worry over it. People who write anonymous letters are contemptible cowards who try to wreck other people's happiness, but who have no evidence to go upon their charges and so are afraid to sign their names. Ignore them.

## "When you're tired and not regular - it's your liver"

Take **Fruita-tives** LIVER TABLETS

As animals are not allowed in public air raid shelters in England, at the height of the London raids, 7241 animals which had been buried under debris were rescued in a single week.

Whole scallions, with the tops neatly trimmed to allow about three inches of green, make a tasty vegetable. Steam until tender but not too soft. Serve as you would asparagus with melted butter, cream sauce, or Hollandaise.

Ten years of experimentation preceded the release to the public by the United States Department of Agriculture of the first hybrid onion variety which greatly increases the yield per acre.

Calcium, magnesium, sodium and iron chlorides are used to speed up the binding and hardening process in concrete; they decrease the influence of organic impurities in concrete sands.

## ELLEN'S DIARY

By An Island Farmer's Wife

You could easily tell this morning that Jamie had spent part of her day at the school. By a rubber ball that had rolled away from her other toys, and was hidden behind a door, by a square blue cushion on James arm-chair and by a covered under a rug. Not that he really played with any of his toys yesterday, only bringing them with him in a paper-carton and then dumping them on a rug near the corner of the kitchen, as if he delivered a familiar part of his home surroundings. You felt that way doubtless, when you were only one year old. Perhaps the first hybrid onion variety which greatly increases the yield per acre.

## HINTS ON ETIQUETTE

When rising from a dining table one need not push one's chair back in place unless it is in someone's way. It is considered better to leave the chair where it is when one rises.

Victory gardens should be spaced as soon as the soil is fit to work.

Costumes colors should be worn to complement your hair. Blues are most flattering if the eyes are blue. Browns are best if you are a brown-eyed red-head. Greens, of course for green eyes. All other shades listed will be becoming to your hair no matter what the color of your eyes, grays, greens, browns, blues, yellows, pinks, or purples. Remember if you have a yen to wear red, go ahead; wear it just for a change. But be sure to change your make-up accordingly.

## HOUSEHOLD SCRAPBOOK

By Roberta Lee

Fresh and Salt Meats

Salt meat should be put in cold water, while fresh meat should be put in boiling water, except when making soup; then fresh meat should be put into cold water and brought slowly to the boiling point.

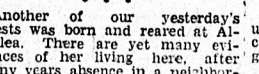
Gum Arabic

Gum arabic applied to a turn will stop the pain immediately, as its effectiveness is in keeping the air from reaching the turn.

Grease Stains

A cloth moistened with sulphuric acid and rubbed on a coat collar is excellent for removing grease stains.

HERE'S A SENSIBLE WAY TO RELIEVE cramps, headache, backache OF "CERTAIN DAYS" of the month



This Medicine Helps Nature!

If you suffer this way due to female functional periodic disturbances, try Lydia E. Pinkham's Vegetable Compound to relieve such symptoms. This time-tested formula DOES MORE than relieve such monthly pain. It also relieves tired, cranky, nervous, blue feelings of such days—when due to this cause.

Pinkham's Compound is what is known as a uterine sedative because it has a soothing effect on one of woman's most important organs.

This medicine helps nature. It's one of the most effective medicines of its kind. Follow label directions. Buy a bottle of Lydia Pinkham's Compound today at any drug store.

AN UNEXPECTED VISITOR

LONDON (CP)—Mrs. Grace Franke finished cooking dinner and went upstairs to change her dress. A moment later an R.F.C. fighter crashed in the back garden and demolished the kitchen. She was not hurt and the pilot parachuted safely.

## Living & Leisure THE WOMAN'S REALM

### FRIENDSHIP

It isn't the gift. It's the way that it's sent. It isn't the words. It's the way that they're meant. It's the smile behind it. It's the person who signed it. It's not what you write. It's the way that it's read. It's not what you say. It's the way that it's said. It's just being you. That makes you so grand. And I hope that you know, that you will understand, that, starting right now, from beginning to end, you're leaving what I want—My kind of a friend.

### COAL HAS OTHER USES BESIDES BURNING

Diamonds sparkle, perfume sends the gentle fragrance through the room and nylon stockings are engaged in a New York locked display case. The label in these is "coal."

Since diamonds are made of carbon, one of the principal elements in coal, brilliant cut stones highlight the "black magic" on exhibition here today. A pair of real nylon stockings, made of coal, water and air is marked, "Authentic nylons, circa 1938."

A perfume bar gives guests an opportunity to compare the odors of roses, carnations, geraniums and violets while a chemist shows how they are mixed individually. Lilacs and lily of the valley perfumes as well as the woody and bouquet types all result from the chemist's utilization of coal tar to reproduce nature's product about twice a week to be sanitary.

### HOW CAN I!!!

By Anne Ashley

Q. How can I clean the sink drain?  
A. Take 2 quarts of boiling water and 1/2 can of strong lye, or potash. Pour this into the sink wastepipe at night when leaving the kitchen. This should be done about twice a week to be sanitary.

### BETTER ENGLISH

D. C. Williams

1. What is wrong with this sentence? "They have raised four children."  
2. What is the correct pronunciation of "magazine"?  
3. Which one of these words is misspelled? Cartilage, calculation, caseroll.  
4. What does the word "avies" mean?  
5. What is a word beginning with "am" that means "willing to yield or submit"?

### MODERN ETIQUETTE

By Roberta Lee

Q. When a bride is writing notes of thanks for gifts to friends who do not know her husband, should the notes be signed with both names?  
A. The signature may be her name only, but the note should say, "Howard and I deeply appreciate, etc."

### COOK'S CORNER

By Roberta Lee

Q. In what way should a woman present a letter of introduction?  
A. She should always mail a letter of introduction, whether it is addressed to a man or to a woman.

### MORNING SMILE

JUST MEMORIES

He: "Do you remember your old school friend, Spony Raggles?"  
She: "Yes, the horrible thing. What of her?"  
He: "Oh, nothing; only she is my wife now!"

### HOUSEHOLD SCRAPBOOK

By Roberta Lee

Twenty bullets may not kill a camel but a high-powered attack of fleas may. A barrage of bullets won't necessarily get him nervous but a snoreped twit can send his family on a stomach.

### SOUR STOMACH

For that nasty upset feeling - take **ABBEY'S Health Salt**

### TWO CROCHETED BAGS

LOVELY LINGERIE

Satin and lace that's what dreams are made of. A beautiful nightgown, snugged in at the waist with a back sash; separate pattern for jacket to match.

SKIN "OUCHES" BITING STINGS CUTS

CUTICURA OINTMENT

Blended for Good Taste!

## RED ROSE

## ORANGE PEKOE TEA

Canada's largest selling fine QUALITY tea!

# DON'T BE GUILTY OF CLOTHES THAT LOOK "HALF-WASHED"

TAKE MY ADVICE - YOU NEED **SUNLIGHT'S EXTRA-SOAPINESS** FOR THOSE EXTRA-DIRTY SPOTS

Clothes come **WHITER** and **BRIGHTER** all over - thanks to Extra-Soapy Sunlight

And so easily, too! Just put a touch of Sunlight on those grimy cuffs, hems, edges—and wash the clothes your regular way. Sunlight's deep-cleansing grubs do the hard work. Even your grimy work clothes come brighter and cleaner all over.

★ Safe for your Finest Washable Colours ★

SUNLIGHT'S EXTRA-SOAPINESS MAKES QUICK WORK OF DISHES, TOO. GREASE GOES IN A JIFFY, AND SUNLIGHT IS WONDERFULLY KIND TO HANDS!

FOR A COMPLETE WASHING JOB... YOU CAN'T DO WITHOUT SUNLIGHT

## Needlecraft FOR THE HOME

Address Pattern Department The Charlotte-Town Guardian

Name \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ Province \_\_\_\_\_

## SKIN "OUCHES"

For prompt relief of itching, relief, use Fragrant, mildly medicated Cuticura, whether 28 thickly successful over 60 years. Buy at your drugist's today.

## RED ROSE

## ORANGE PEKOE TEA

Canada's largest selling fine QUALITY tea!

2744 5125 14-48