

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

## Lenten Meditation

From The Times, London

### "THIS ONE THING"

"This one thing I do," writes St. Paul, "I have crucified to my readers a rule he has adopted for his own spiritual life. His fixed resolve is to look forward and to make progress which will bring him into closer touch with God. On this aim he concentrates, 'this one thing I do, I press on.'"

Deliberately he turns his back upon the past, forgetting the things that are behind him. Memory, he feels, might depress him and weaken his effort by recalling those dark days when he became a sinner. He is determined to watch Stephen die. Memory might harm him if it brought recollections of his sinfulness, of his losses, of his failures and humiliations. He is determined to put away all thoughts of his sins and successes, to press on, looking with courage and confidence towards the future.

This Lenten season was for the early Christians a time of looking forward to commemorating Easter. In Lent therefore St. Paul's was a time of looking back to the sins of his past life. The Lenten season was for the early Christians a time of looking forward to commemorating Easter. In Lent therefore St. Paul's was a time of looking back to the sins of his past life. The Lenten season was for the early Christians a time of looking forward to commemorating Easter. In Lent therefore St. Paul's was a time of looking back to the sins of his past life.

Some may feel, however, that such a goal is only a happy accident. You may have reached extreme old age, but you may not have reached the end of your life. The true meaning of this is that they are near the end of their life. The true meaning of this is that they are near the end of their life.

## A Morning Smile

Little Fellow (in Sunday school class when he had been forced against his will to donate a dime to the mission) said: "Darn it, I wish I was a heathen."

Teacher (in sorrow): "Georget, what do you mean?"

Little Fellow: "Oh, well, the heathen don't have to give nothing—they just do all the gettin'!"

## THESE EMBROIDERY DESIGNS HAVE MANY USES



DESIGN NO. 693  
These motifs are suitable for towels, bibs, children's clothes, nursery, etc. Hot iron transfer pattern No. 693 contains about two dozen motifs measuring about 3 by 4 inches each with complete instructions.

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## Home Service

Knowing Nursing Fundamentals is Essential Today



### NURSING IMPORTANT TODAY

You never can tell in wartime when you will be called upon to help save a life. So learn the fundamentals of nursing and be prepared! Hospitals are so crowded today that if you're ill you may not be able to get a bed in a hospital. Some might even be having their babies at home or might return home from the hospital two or three days after the birth. There is nothing disturbing about this, particularly if you know a little about home nursing.

Undoubtedly you were instructed at the hospital about the care of your baby after you got home. Often, however, you forget important points.

Refresh your memory on the points that require emphasis. Learn how to take care of a bed patient with a contagious disease, or after an operation, or with any common ailment.

In clear every-day language our "Space booklet" gives the home nurse the information she needs.

Send 15c in coins for your copy of "What You Should Know About Nursing" to the Charlottetown Guardian Home Service Address. Be sure to write plainly your name, address and the name of booklet.

Name \_\_\_\_\_  
City \_\_\_\_\_ Province \_\_\_\_\_  
Street Address \_\_\_\_\_

### HOUSEHOLD ACCIDENTS

Poor house planning is the unrecognized cause of many home accidents. The homemaker, tired by much work in doing household duties, through carelessness in the usual condition may have an accident.

## In Spite of Problems The Quality Remains Unchanged

NONE of the circumstances of today have been allowed to interfere with the quality of Jell-O and Jell-O Puddings.

War's necessities have limited the supply of Jell-O and Jell-O Puddings—so, if there are times when your grocer is out of stock, we are sorry, and hope that you will be patient till a further supply is available.

Products of General Foods



## Living & Leisure The Woman's Realm

If you would have a mind at peace, A heart that cannot harbor, Go find a door that opens wide Upon a little garden.

### NEED LITTLE SPACE

If the garden is small, an increased number of vegetables can be produced by selecting those which require very little space, as lettuce, radishes, onions, bush beans, beets, carrots, bush peas, and spinach.

### OVERSEAS LETTERS

Letters from home are morale boosters for the armed forces, and letter writing should rate as a Number One war job for Canadians. Mail accumulated during the Christmas rush is now cleared up and all Airgraphs and 10 cent Air Letters for the Armed Forces are once again getting overseas by bomber, according to the Postal Authorities.

### SHOWER CURTAINS MAY BE SHORT

If the use of the shower results in wet floors, it may be that your shower curtains are too short. These should always be of ample length to reach down well inside the bathtub or shower receptor. Even with long curtains, many shower bathers are not careful to see that the bottom of the curtain is inside and not outside the bath. Avoid splashing over the top of the shower curtain rail by not stancing directly under the shower head.

### ALWAYS WATER THOROUGHLY

Plants take in their food from the soil only in liquid form, therefore a plentiful supply of water is helpful. When watering is necessary,

give a thorough soaking, followed by cultivating when the soil is dry enough. Surface sprinkling does not water the plants.

### BEWARE OF FROST

After all danger of late frost, seeds of beans, corn, cucumber, melons, squash and okra can be sown. Also set out plants of tomatoes, cabbage and melons.

### PLANNING FOR TIE-BACKS

Draperies and curtains which are to be tied back should be made six inches longer than the window measurement.

### MANURE IS BEST

Manure is the best fertilizer for rhubarb, although commercial fertilizers may be used. Spread them around the plants and spig them in thoroughly.

### NAIL POLISH DRIES MORE SLOWLY NOW

NEW YORK—"What about finger nail polish?" This question is easily answered, even though that quick-drying ingredient that it once contained (nitro-cellulose) goes to war in explosives. There will be plenty of it, but it will take a mile longer to harden, and you may have to face a narrower color range.

Although now for cosmetics manufacturers, they are getting around it with characteristic ingenuity.

Instead of our accustomed little metal containers for lipstick, we've changed over to those more cumbersome ones made of wood or plastics. (One in a priority-free plastic is sturdy, chip-proof, and even scratch-proof, which is something the old metals never were.)

## Dorothy Dix Says—

### SAVING HUSBANDS FROM "OTHER WOMEN" IN CAMPS WAR PROBLEM Even Following Mates About Not Successful When Man Goes Hunting For Adventure

DEAR MISS DIX—Almost a year ago my husband, who was a personnel officer in the army, went into active service, leaving the children and myself behind. We are still at home and when I wanted to visit him he refused to have me. I have found out that the reason for it is because he is having an affair with an army nurse.

He still doesn't want us to join him. Should I insist upon doing so? I have never forced myself on him and sometimes I wonder if it would not have been better if I had tagged along with him. He is 40 years old and I love him devotedly and want to do what is best for him.

JUST ANOTHER WAR WIFE. ANSWER—Only God, who made man imperfectly monogamous and gave him wandering feet, knows whether it is best for a wife to break up her home and take her children and follow her husband about from camp to camp, or to stay put in her own home, among her friends, and not disrupt her children's lives. Yet it is a problem that confronts thousands of women today who realize that their husbands are in just as much danger in a camp as they would be on the firing line, and that they are more likely to lose them to predatory women than they are to Jap or Nazi bullets.

So what is the poor wife to do? Prudence tells her that what with the difficulty of finding any comfortable place to live in overcrowded army camps, what with dragging little children about from place to place and breaking up their routines, and what with the nerve-racking uncertainty about when their husbands will suddenly be sent overseas, that it would be wiser to stay in their own houses and wait for their men to come back to them after the war is over. But the wife's heart cries out for these last few weeks, or even days, with their husbands. Also they feel that they must fly to them and protect them. They feel that they must save their husbands from Other Women just as they would interpose their bodies between them and the enemies' bullets, if they could.

But can any wife protect her husband from temptation if he is out looking for adventure? I don't think so. Loyalty is not the result of being generally true. It is something fundamental in a man's nature, or else it does not exist at all. A man is true to his wife because he loves her, because he is tender of her and would not dishonor her by his infidelities, not because she has her eye upon him.

There are wives who keep tabs on all of their husbands' movements as far as they can, who keep them under lock and key at home, who read their letters and go through their pockets for incriminating evidence and watch for lip stick on their collars, yet who cannot keep them from philandering because it is the nature of the creature.

So in the end every wife has to trust her husband, whether he stays at home or goes abroad, and solve herself with the thought—which is the truth—that these little affairs really have nothing to do with his love for her and her children. They are just a little fling, a last kicking up of his heels before he turns his face to the grim business of middle age.

But the thought is bitter comfort to the wife.

DEAR DOROTHY DIX—There are several of us wives who are working up a lather over a certain problem. It is this: Our husbands play ping pong every day during the noon hour with the girls with whom they work. Now what I want to know is: Are we being selfish and petty in making an issue of this?

We would enjoy doing this sort of thing with our husbands, but have little opportunity as our children and housework cramp our style. MRS. L. S.

### PING PONG A CHAPERON TO BUSINESS LOSS

ANSWER—Naturally a mother is automatically cut off from many amusements in which she would like to indulge. You can't tie the baby in its crib and put the children's lunch in a platter on the back porch, as you do Pido's food, and go off in the middle of the day to play games with your husbands. But you knew before you married that being a housewife and having children was a continuing job, so why not be a good sport about it. Especially as you know in your hearts that you get more solid happiness out of your homes and your kids than you would out of winning all the bowling contests or golf tournaments in the world.

So don't be envious of your husbands playing a few games of ping pong with the girls with whom they work at their noon hour. In all the world there is probably no other more innocent diversion, and you should be glad that they are having about a little dinky ball instead of engaging in hot-to-heart conversations in which they may possibly say too much. It is when men and women tell each other the stories of their lives and probe into each other's innermost thoughts that they discover that they are not so different. Rightly looked upon, the ping pong ball is a chaperon instead of an aid to philandering.

Perhaps, human nature being what it is, and especially wives being what they are, wives are never going to take very kindly to the idea of their husbands working alongside of pretty girls. But they had just as well learn to take it in their stride, because from this day on it is not going to be more common, it is going to be practically universal. Men and women are going to work together, and they are going to play together more than they ever have hitherto. It is going to be the new order. And while there will be some casualties, I do not think it is going to be the menace to wives that they fear.

For much of the lure that the Other Woman has had for men has been that they only saw her when she was dressed up and had her hair painted on and her amiable and blandishments to the front. But when they work with her every day and see her dirty and tired and cross she won't seem any more alluring than the Little Woman at home after a hard day's washing and baby-tending.

DEAR MISS DIX—I am a girl of 17. Am secretly married to a boy I met when I was 17. He is in the Navy and right now at sea. Now my mother has chosen a boy she says I should marry and the date of the wedding is set for next month. My husband will be home then. What shall I do? My mother knows nothing about my being married. I am almost crazy with worry. B. T.

ANSWER—There is nothing to worry about. You have only to tell your mother that you are already married and show her your wedding certificate. And inasmuch as your husband will be home to protect you, you will be safe from her wrath. When you are married to one man, you cannot possibly be legally married to another.

So many inquiries have come in regarding the Talking Book Machines for the Blind that was recently printed in this column that I append the following information on this subject:

The Federal Government through the Library of Congress has manufactured about 25,000 of these machines which are distributed on a prorata basis to 47 regional libraries located all over the United States. Information regarding the location of such regional libraries should be addressed to: Project Books for the Blind, Library of Congress, Washington, D. C.

## A Job Only You Can Do

Price Control Questions And Answers

Questions and Answers on Price Control will appear in The Guardian as a regular feature each day. The questions are those which have reached the Wartime Prices and Control Authority in this region. The answers are provided by the Board. Readers who have the most questions are invited to send them in writing to the Women's Regional Advisory Committee of the Wartime Prices and Control Board, Chappell Building, Charlottetown.

Q. I want three places the other day trying to get cleaning tissues. Are there restrictions on their manufacture?

A. No. The increased uses of cleaning tissues within the past few months have made it difficult for all stores to keep supplies up to standard, but no restrictions have been placed on the production of these tissues.

Q. Is there a ceiling price on individual merchant charged between 10, 1943.

## THE COOK'S CORNER

### MOLASSES BROWNIES

3-4 cup sifted flour  
1-2 teaspoon baking soda  
1-2 teaspoon salt  
1-3 cup shortening  
1-4 cup sugar  
1 egg  
1-2 cup molasses  
1-2 cup chopped nut meats  
2 squares chocolate, melted  
Mix and sift flour, baking soda and salt. Cream shortening and sugar slowly and cream, until fluffy. Stir in unbeaten egg and beat well. Stir in sifted dry ingredients to which nut meats have been added, alternately with molasses, stirring well after each addition. Stir in melted chocolate. Bake in greased 10x8-inch pan in a slow oven (325 degrees Fahrenheit) 45 minutes. Cut into squares when cool. Yield: About 24 small squares.

## NO CHILD OF MINE WILL WEAR CLOTHES THAT LOOK HALF-WASHED



## SO EASY TO GET BRIGHTER WASHES

YOU'VE NEVER KNOW how much brighter clothes can come until you try the wonderful Sunlight method. Even soiled cuffs, hems and edges come spotless clean—without hard work. And it's so easy, too. You just put a touch of Sunlight on those extra-dirty spots. At once a film of soap comes in contact with the dirt. Then, no matter how you do your wash, you'll find clothes come clean and bright—all over!

NO REASON FOR ANY of your clothes to look "half-washed." Get Sunlight today for spotlessly clean, sweet-smelling washes. See how its "extra-soapiness" speeds the clothes to the line—makes washday the easiest ever.

DISHWASHING'S DONE IN "NO TIME" with Sunlight. It's all pure soap—kind to hands. And Sunlight loosens grease so quickly, it cuts dishwashing time almost in half. And try Sunlight for clean-up jobs around the house. Fine for woodwork, tile and windows.



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

## WEEKLY WARTIME NUTRITION HINTS

Martha Logan, Swift's famed home economist, whose weekly wartime cooking column is a regular feature of this page. Look for these valuable hints each Monday by Martha Logan



## It's Fun to Eat

Particularly in wartime we should avoid letting our approach to nutrition become too grim

Our government's nutrition program, important though it is to the prosecution of the war, is not anything to become grim about. It is not an attempt to thrust unappetizing food down our throats just because it's good for us. On the contrary, all that we housewives are asked to do is to see that our families eat every day certain basic protective foods—foods which we were accustomed to eating anyway, though not always in sufficient quantities or with sufficient regularity.

But the nutrition expert is the first to say that if the food is not appetizing and interesting, we won't benefit from it as much as we should. That is why it is such a challenge to us women of Canada in a time of shortage such as the present, to use our ingenuity to prepare nutritionally correct meals that are at the same time both interesting and appetizing.

You will find my book "Meat Complete" a real help in solving these wartime problems. If you haven't yet received a copy, do drop me a line—with 10¢ to cover mailing and handling costs—care of Swift Canadian Co. Limited, Dept. MH14 Toronto

EAT THESE FOODS DAILY  
MEAT, FISH, EGGS: One serving a day of meat, fish or poultry. Liver, heart or kidney once a week. Eggs at least three or four weekly.  
MILK: Adults at least 1/2 pint. Children: more than one pint. And some cheese.  
FRUITS: Tomatoes daily or a citrus fruit or their juices. One other fruit (fresh, dried or canned).  
VEGETABLES: (In addition to one serving of potatoes). Two servings of vegetables... preferably leafy green or yellow... frequently raw.  
CEREALS AND BREAD: One serving whole grain cereal. Four to six slices Canada Approved bread.

## BACK THE ATTACK BUY VICTORY BONDS

SWIFT CANADIAN CO., LIMITED  
Makers of Premium Quality Products; Brookfield Butter, Eggs and Cheese; Jewel Shortening and Silverleaf Lard.

## SIMPLE ANSWER TO CLOTHING PROBLEM

NEW YORK—The new bright prints are fully as beautiful as in any year in history and no short-

ages have developed that are real serious up to this time from the consumer viewpoint. The more normal the buying, and the buying of only what one needs is the true answer to all wartime problems in clothing.

## Needlecraft For The Home

THE NICEST SUIT DESIGN For Double Duty Wear

Everybody loves the suit dress, and with good reason. It makes the perfect undercoat costume for now; and later it can go anywhere a suit can go. Even softer than a suit to wear this particular version is delightfully feminine. Consider, too how nicely the collarless neckline, built up to hug the neck, will fit under your coat. You can use any fabric from soft wool to a pretty print for this style with wonderful results.

Style No. 2622 is designed for sizes 12, 14, 16, 18, 20; 38; 40; 42 and 44. Size 36 requires 3-3/8 yards 39-inch fabric.

Send twenty cents for pattern. Write your name, address and style number. Be sure to state size you wish.

Style No. 2622  
Name \_\_\_\_\_  
Street Address \_\_\_\_\_  
City \_\_\_\_\_ Province \_\_\_\_\_

YOU WOMEN WHO SUFFER FROM HOT FLASHES

If you suffer from hot flashes, dizzy spells, irregular periods, are weak, nervous—due to the "middle-age" period in a woman's life, take Lydia E. Pinkham's Vegetable Compound. It's helped thousands upon thousands of women to relieve such symptoms. Pinkham's Compound is also a fine stomach tonic! Worth trying! Made in Canada.

2622  
SIZES 12-44

