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

DAILY LENTEN MEDITATIONS

SPIRITUAL HEALTH

From a Correspondent

St. Paul's advice to his converts, that they should "examine themselves" from time to time, test their faith, and inquire into their own spiritual well-being, was evidently wise, provided that it were followed wisely. In every age some people, though to-day they are probably fewer than in the past, have been given to excessive introspection. Influenced by certain types of religious teaching, they have made themselves profoundly miserable, even, like Cowper, losing their reason through religious melancholia That danger has almost disappeared, together with the perverted interpretation of Christianity which induced it. More common is the opposite tendency of omitting self-examination, of never pausing to consider whether temptations are being mastered or obtaining the mastery.

To disregard the health of the immortal soul is more foolish than to neglect the welfare of the perishable body. Such disregard may be a most ominous sympton. It may have its source in self-satisfaction and loss of spiritual appetite, a potent more to be feared than any other. The Gospels show clearly how often our Lord encountered it in the people of His time, and with what dismay it filled Him. There was scarcely any limit to His hopefulness about sinners, however degraded their position, it only their showed any sign of wanting to become better. But He almost despaired of the Pharisees. It is a common error to picture them as morally debased; on the contrary, most of them conformed, more or less successfully, with an exacting code. They were, it is true, "hypocrites" in the sense of being "actors," whose performances deceived themselves and deranged the working of their conscience. In consequence, they had totally lost their spiritual appetite. They no longer hungered, indeed they no longer felt the slightest wish, to become other than already they were. Therefore "woe unto you that are full!" said Christ, and "blessed are ye that hunger!"

It is, then the condition of his spiritual appetite that the wise man will ponder over his regilious health. Is his spiritual appetite really keen? He would like, no doubt, to lead a more Christian life. But what is the quality of that desire? It is more than an occasional and rather vague wish? Or can he claim the benediction pronounced on those who "hunger and thirst after righteousness"? Is he conscious of a passionate longing for goodness? How often the language, not merely of the Christian Saints, but of the Old Testament writers, seems to put us to shame! "Like as the hart desireth the water-brooks, so longeth my soul after Thee, O God: my soul is athirst for God, yea, even for the living God" . . . So a congregation sings, but of how many can it be said that the strong words express correspondingly intense feelings?

Such reflections will be wrongly used if they lead to despondency. There is encouragement in the thought that it is not by what we are, but by what we are wishing to become, that we are valued in the Divine sight. Profound discontent with ourselves, though amply justified, is a hopeful sign. It shows that conscience is not atrophied, that the fatal stage of Pharisaic complacency or imperturbable indifference is still far off. From God not only "all good counsels and all just works" but "all holy desires" proceed, and earnest prayer for the quickening of such desires can never be made in vain.

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At your grocer's in 7- and 12 oz. packages — also in improved FILTER tea balls.

Dorothy Dix Says—

YOUNG COUPLES SHOULD LIVE IN OWN HOMES

No Two Generations Are Alike And Parents Should Realize This Fact

DEAR DOROTHY DIX—My husband and I live with his mother who is a well-to-do-widow. She has a nice home, a fine car, a comfortable income. She is only 51 years old and is in perfect health, and there is no reason why she couldn't have her independent life and be happy and thus let us have our independent life and also be happy. But she insists on us living with her, although she knows that both my husband and I are crazy to have our own home. Every time the subject is brought up she says she can't let us go because she is SO ALONE, and she begins to weep and says that it makes her cry when she thinks of how happy she used to be when her boys were little children. And that now we want to leave her so that she will be so lonesome that she will die and we can get her house and car and property. Then she has to be comforted, and by the time the scene is over we are right back to where we started. If Mother-in-Law were old or ill or in financial need, I could see why it would be our duty to stay with her. But since she is not, I don't see why our whole lives should be sacrificed to her desire for us to be in the same house with her. After all, we wouldn't be more than a few blocks away, and we have as much right to our lives as she has to hers. DAUGHTER-IN-LAW.

ANSWER—Parents who insist upon their children living with them instead of setting up their own homes are not only very selfish, but they are very foolish, because nothing would add more to their own peace and happiness than to be relieved of the constant strain on their patience and temper of trying to get along with John's wife or Mary's husband that is bound to occur when they live in the same house.

Every one's own children are not easy to live with because each generation has its own ideas, tastes, habits, inclinations and desires that often clash with Father's and Mother's ideas, tastes, habits, inclinations and desires. And this difference is accentuated in our in-laws.

John's wife and Mary's husband may be the finest sort of young people, but they are not of the same generation as his or her parents. They have been brought up in a different environment, a different background, different traditions. Often they have a different religion and come from different nationality. So there are plenty of reasons why they would not fit in smoothly into their husbands' and wives families and why if they want peace and harmony it would take "a bit of doing," as the English say, on both sides.

My suggestion to you is to get your mother-in-law to try living alone without a companion as an experiment. If she does, she will find herself so free and unhampered that she will feel like a bird out of a cage and she will wonder why she didn't do it long ago. There are plenty of middle-aged women who would be glad of such a home as she would offer and whom she would find far more congenial than she does a young daughter-in-law who doesn't know any of the things that make up her memories.

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THE "SECRETARY" QUESTION

DEAR MISS DIX——Is it possible for a wife to heckle her husband into falling in love with his secretary? Or is it a predestined fact that two people working together automatically fall in love with each other? In working for a concern for many years and helping to work up its business a secretary is bound to have an interest in it and like to talk shop, whereas a man's wife is often bored by her husband trying to tell her about his work, and says: "Oh, forget it!" So wouldn't it seem natural that in time a man would come to feel that he has more in common with his secretary than he has with his wife? Nor is there any surer way of a wife throwing her husband to his secretary than by her always being jealous of her and accusing him of doing things he never thought of doing. WONDERING WINNIE.

ANSWER—Of course, the men who pick out their secretaries for their figures and not for their efficiency will always philander, no matter whether their wives are naggers or Patient Griseldas. But undoubtedly there are a vast number of unromantic, unsentimental, domestic men, who get all the adventure they crave in making money, who would never think of their secretaries as anything but cogs in their business if their jealous wives did not put the idea into their heads.

But wife's suspicions that they are gay Lotharios whose charms are irresistible to girls 20 or 30 years younger than themselves, and that they spend their time going out to lunches sort of wakes the middle-aged man who thought he was done with sentimental affairs, and makes him think that he will see if he is the devil among the ladies that his wife believes him to be. It is a foolish wife who doesn't let well enough alone and not call her husband's attention to how good-looking Miss Pothooks is.

When a wife nags and when she refuses to take an interest in her husband's affairs, she opens the door with her own hands for the Other Woman. For every man has to have some woman to whom he can pour out his soul and say the things he could not say to any other man. DOROTHY DIX.

Living & Leisure

The Woman's Realm

A TRUE CONFESSION

I like to spread clean sheets on beds;
I like to wield a broom;
I like to bring tranquility
And order to a room.

I like to straighten linen shelves;
Set dresser drawers aright;
To hang crisp, frilly curtains and
To keep the silver bright.

I like to set a batch of bread,
Then watch it as it rises;
I like to plan and cook a meal
Of savoury surprises.

Let other girls have their careers—
None of them arouse
A twinge of envy in my heart;
I like keeping house.

—Ethel Roming Fuller.

UNIQUE SUN DIAL

A California scientist has a sun dial with curved lines on which the shadow of the pointer falls for the hours and minutes.

GAY HOME-MADE RUG

For something under a dollar, you can make an unusual, luxurious-looking felt scatter rug that is both decorative and practical. If you wish to have it authentic and traditional, you might make it of black felt with a green or red pinked fringe border. The pinking is easy-as-pie to do and goes very quickly if you use the pinker attachment to your sewing machine. Your local sewing centres will instruct you if you haven't yet learned how to use it. Another idea is to decorate a plain-coloured felt rug with cut-out motifs in gay peasant colours keyed to the room where it is to be used.

PLUMBERS HAVE PROBLEMS

The plumber's lot is not a happy one. Shortages of metals make it difficult for him to get household equipment and replacements

Firms manufacturing plumbing equipment are making experiments with new materials to replace those needed for the war effort. For example faucet handles towel rails and shower curtain rods may be made of wool in future.

Glass is a possible alternative to both metals and plastics and it is likely that tanks will be lined with glass instead of zinc, and glass floats will be used in toilets instead of copper. Malleable iron can take the place of steel for kitchen and bathroom traps and in future many brass fixtures may be made of cast iron with brass only a essential points.

All in all the problem is a complex one, and the consumer must be prepared to strike snags when he tries to purchase these articles. Increasing sandardization in the hardware trade will make odd sizes of screws and washers unobtainable which is just too bad for the people who happen to have out-of-date fittings.

HATS IN SHAPE

Getting your hat rainsoaked doesn't necessarily mean that it will have to be immediately reblocked. Just be sure that it is dried slowly at room temperature away from artificial heat, also that it is not crammed into a crowded shelf or hatbox. Push out any dents let it dry slowly brush it with the nap then shape it to its original form.

DAILY Sugar-Saving MENUES

Those teasing hungry spring days are the days for gingerbread, hot out of the oven, and spicy, honey date loaf. Clip the special recipe from today's save-sugar menu, which is suggested as follows:

BREAKFAST
Spiced Prunes
Cooked Wheat Cereal with Raisins
Bran Muffins
Marmalade Coffe and Milk

LUNCHEON
Clear Tomato Soup
Potatoes au Gratin Carrot Straws
Hot Gingerbread with Sauce

DINNER
Irish Stew with dumplings and Vegetables
Baked Apple Honey Date Loaf

GINGERBREAD
Temperature: 350 F.
Time: 30 minutes
1 cup brown sugar
1-2 cup shortening
1-2 cup molasses
2-3 cup boiling water
2 1-4 cups pastry flour
1 tsp. baking powder
1 tsp. baking soda
1-2 tsp. cinnamon
1-2 tsp. nutmeg
1-2 tsp. ginger
1-2 tsp. salt
2 eggs

Method: Cream shortening gradually add brown sugar and molasses. Add hot water; let stand until lukewarm. Add sifted ingredients in 3 additions, beating well after each addition. Add well-beaten eggs; beat with dover beater. This batter is very thin). Pour into pan 8" x 12' lined with wax paper and oiled. Bake in moderate oven. Serve hot with Brown Sugar Sauce.

FLAVOR SECRET

Coffee experts agree that coffee is at its best when freshly made, therefore serve at once. And do not try to use a left-over brew or once-used grounds when making new coffee.

A Morning Smile

A Scottish visitor to Rhodesia was taken by a Bulawayo friend to the famous World's View, a desolate and rocky spot.

When he arrived at the top, the Scotsman surveyed the mighty panorama.

"Mon," he said, in awestruck tones, "what an awful place tae lose a gowf ba'."

Young Man—I want to buy a diamond ring.

Salesman—Yes, sir. How about one of our combination sets? Three pieces: engagement, wedding and teething.

WELCOME relief from stuffy misery of HEAD COLDS

3-PURPOSE MEDICINE

Are swollen membranes and clogging mucus caused by a stuffy head cold making life miserable for you? Then relieve discomforts with a few drops of Vicks Va-tro-nol up each nostril.

Va-tro-nol is so effective because it does three important things—(1) shrinks swollen membranes—(2) soothes irritation—(3) helps flush nasal passages, clearing clogging mucus.

And remember, when used in time, Va-tro-nol helps prevent many colds from developing.

VICKS VA-TRO-NOL

Happy Landing

BY BASIL HAYE

"And Miss Gregorescu?" interposed Bond. "My man seems to have found out that she is here. I had a suspicion that was so before I came here, though what can have been your reason for seizing her—"

"It is the same reason which caused us to get rid of her father and her uncle, as you may imagine!" the other snapped. "They tried to escape our net, playing traitor, and —they paid the penalty."

"But she—Anna Gregorescu—she knows nothing——"

"We wish to make sure!" Bond was interrupted by the sleek Gunther "Just as we wish to make sure that you also do us no harm over here by remaining after we go! We don't forget that you may know much about our secret organization."

"Therefore," he went on, "when we all leave in the next half-hour, you and your servant here, and M'moiselle Gregorescu, shall go with us to the port where we have waiting a vessel And then—well, we shall see!"

"Talk about a couple of Daniels in the lion's den!" Bond heard Welsh saying with his uncrushable Cockney humour. "You and me, sir, giving ourselves away like this—"

A back-handed blow, delivered fiercely across the mouth, silenced him for the moment. Bond found himself— by pressure of that inexorable gun-muzzle—shepherded up against a wall, with his back to it."

"Ain't there no blooming way out of this for us, sir?" Welsh appealed anxiously to Bond ,and added: "Not that I mind being in the same jam as you, so to speak, but—"

STRANGE VOICES WITHIN

"There's nothing for us but to stick it out, Welsh!" Bond retorted. "I warned you not to poke your nose into my business——"

And that I wasn't doing, sir! It was me looking for that Squint-eye, along with the other servants and the police, did it. I had an idea where he was fixed in these parts, and came right here. How I got in after him lord only knows. Being a bit of a scrounger, as you know, I suppose I found a way. I found they'd brought Miss Anna here in a car. They've got her in one of these rooms, for I saw her, and heard her crying, saying she wanted to see you. And you, as the saying is, being sweet on her and hoping to marry her——"

Again Welsh's murmur was interrupted by a blow, to which—his arms being pinioned—he was unable to retaliate, apart from a stream of extremely violent invective which poured from his lips.

"And now, I think, we are all ready to go!" Bond was presently confronted by van Kronen, the others being busy sending the radio message, telling the contents of the secret document.

"Only Herr Gunther remains for a little while, but cars are waiting to take the rest of us to the coast. There, as you have been told, a vessel—a "Dutch" yacht—is waiting to carry us to our country."

"I've often warned you, van Kronen," Bond countered, "you're shockingly impatient,—always in too much of a hurry——"

"And that you shall be, too!" the other snouted, prodding the Englishman with his gun muzle. "You shall be in a hurry to do as you are told, now you are in our hands! You shall hurry at once with me to where the cars are waiting—"

"Half-a-minute!" Bond stayed him, and of a sudden his mask of cynical calm dropped, a light of eagerness shining in his eyes.

"Perhaps I was wrong after all!" he said. "You were more right than I guessed to be so impatient. Perhaps even now and the cars have waited too long——"

"What do you mean?" said van Kronen in sudden and fearful suspicion, and then shouted: "What is the trouble in that room outside? What is going on out there?"

Sounds of noise and violent fighting were coming from beyond the open doors to the far room. Van Kronen, suddenly taken by surprise, found himself being held up by his own gun.

CHAPTER XXI
UNDERGROUND PASSAGE

"I am afraid your carefully-planned and efficient defences have been somewhat undermined, my dear Gunther," Bond chuckled softly.

"You see, however carefully you kept watch on all the entrances there still happens to be a way by which entry can be gained without your knowing. The old monks built that way centuries ago not so much for entry as for a way of escape from the Abbey should it be besieged. The way of escape is underground."

"It comes out in an old quarry in some woods not far away," he went on. "I knew that, because—as a boy —I played around these parts at the time the old entrance from the quarry was discovered. It was bricked up then, but it has clearly been useful to the police to-night, as you can see for yourself——"

Policemen began pouring into the inner room from the outer one. The khaki of Army officers' uniforms also mingled with the police blue, and Bond caught sight of General Tankerion, with Lethbridge, Fareham and other officers. Alone in plain clothes, bringing a cynical little smile to Bond's lips, was Inspector House, looking mystified and lacking some of his usual self-importance.

"And what—may I ask as tenant of this house—is the meaning of this extraordinary intrusion—this raid by police and military, which seems to me not at all understandable?" the pseudo-Swiss, Gunther, was inquiring savagely, although his fat and unhealthy face was livid with an inward fear.

The chief of police stepped forward, and—in his clipped phrasing—announced that he held a warrant of search on suspicion of espionage being carried on, and especially in regard to certain secret military papers which were believed to have found their way into the house.

It was Bond who, by a blow from the automatic he had taken from Van Kronen, stopped violently a sudden sound of paper being torn. It was Fareham, who, leaping forward and snatching what Van Kronen had been seeking to destroy, turned triumphantly to General Tankerton, exclaiming:

"Here they are, sir, right enough!"

"So that is it?" Van Kronen swung round on Bond, his face twisted with pain as he held his wounded hand. "And you think to get away with it, you double-crosser? But, you don't! Your people shall know how—for years—you have been in my country's employ as a member of our military espionage corps——"

"Why tell us something that we've known all along?" he was interrupted by the General with a brisk little laugh of intense satisfaction.

"I may as well tell you this, Van Kronen and Adolf Gunther, and the whole lot of you," he went on. "Mr. Bond may have appeared to be working very diligently in your military espionage corps for the last three years, but, in rality, he was working there—not for you, but for us. It is, in fact, entirely due to Mr. Bond that we have caught you all red-handed, and such a nice bunch of you, too, before you could get away.

"Of course, we knew you were going to do that!" the General added. "In fact, thanks to Mr. Bond, every move of yours has been watched and countered for weeks and months past, just as tonight we have countered what you believed to be the capture of important military secrets—"

(Continued on page 8, Col 5)

Needlecraft

For The Home

Particular young ladies will love this cunning dress with its simulated weskit bodice and full, action-free skirt. Contrasting puffed sleeves carry out the waskit illusion and add a novel touch. Long bishop sleeves and brief panties are also included in the pattern.

Style No. 3391 is designed for sizes 2, 4, 6 and 8 years. Size 4 requires 1 1-8 yards of 35-inch fabric; 1-2 yard contrasting.

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To make money at typing, you might advertise in the newspapers and tell everyone you know that you'll type (1) anything, (2) any time, (3) beautifully, (4) promptly.

That's how Mrs. P. did it and she gets many typing jobs, some from doctors. Another got her old employer as her first customer and types special rush work.

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No matter what your talent is (and even if you haven't one!) you can earn at home. Our 32-page booklet gives the five rules of home-business success, tells how to earn by sewing, knitting, crocheting, typing, baking—other ways, old and new.

Send 20c in coins for your copy of "21 Ways To Earn Money At Home" to The Guardian Home Service. Be sure to write plainly your Name, Address and the Name of booklet.

Name

Street Address

City Province

THE COOK'S CORNER

BISCUIT TOPPING

2 cups flour
4 teaspoons baking powder
1-2 teaspoon salt
4 tablespoons shortening
2-3 cup milk, about

Method: Sift the flour, measure and sift again with the baking powder and salt. Add shortening and cut into dry ingredients until the mixture is in fine crumbs. Stir in enough milk to make a soft dough and roll out on a lightly floured board to about 1-2-inch thickness and cut into rounds with a floured cutter. Place on the heated meat filling and bake as directed above.

"MIDDLE-AGE" WOMEN (38-52 yrs. old) NEED THIS ADVICE!!

If you're cross, restless, NERVOUS—suffer hot flashes, dizziness—caused by this period in a woman's life—try Lydia E. Pinkham's Vegetable Compound. Made *especially for women*. Hundreds of thousands remarkably helped. Follow label directions. Made in Canada.

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