

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

DAILY LENTEN MEDITATIONS

THE QUIET MIND

By a Journalist

What blessing is there greater than a quiet mind? Unrest of soul disintegrates life, overshadows its activities, undermines health. Quietness of mind is now all the more every one's need: "In quietness and confidence shall be your strength."

Quietness of mind is of various types. At its lowest it is fatalism, with its concomitant apathy and blind resignation. The fatalist reads no moral purpose in the universe, is the prey of circumstances in which he can discern no rational meaning, is a blind man groping in the dark.

On a higher level is the serenity of the Stoics. There is ethical worth in steeling oneself to accept with calmness "the stings and arrows of outrageous fortune," and refusing to allow them to disturb the inward peace of mind. But the Stoic ideal was self-sufficiency: man, it was taught, had within himself all that he needed to make his life strong and harmonious; he required no help from an outside source. Again, Stoic serenity was achieved by withdrawal from the world; peace of mind was to be found by shutting misfortune out, by treating it as of no account.

Far different is the peace of mind offered by Christianity. Here, in the first place, is a peace born of dependence on God. Christianity teaches that the sources of spiritual strength are not in man himself, but in fellowship with God, and awaits to give His own life and power to all who will receive them.

It teaches also that quietness of mind comes to those who, in forgetfulness of self, patiently and courageously bear their share in the common human burden. Here is no isolation or self-sufficiency, but a peace which bears upon it the marks of suffering and the scars of battle.

Our Lord's unbroken fellowship with the Father was the secret of His inward serenity, and the source from which He drew strength for His life of ministry. He spoke of a peace which He would give to those who followed Him, which would keep them steadfast in tribulation and safeguard them from the world.

This quietness of mind is within the reach of us all, provided that we trust in God for what He is in Himself. Christ revealed God as the Father, as perfect love and wisdom, who cared for His human children individually and sought their highest good. He bade men put God to the test and live as His children; then they would prove in experience the truth of their belief. If God be such as Christ described Him, there can be no room for disquietude and fear. We should be able to rest in God, assured of His loving providence at all times.

But we must live out our creed, and therefore we must first pray. By prayer we prove the reality of God and make ourselves His instruments. Prayer brings, as nothing else does, peace to the soul. Prayer enables God to release His spiritual forces, which, entering into us, make us stronger for His service. Again, His Master and Inspirer, and His self-discipline must be constant, and that we may be ready for whatever task God appoints. "They also serve who only stand and wait." The quiet doing of daily duty, the uncomplicated acceptance of restriction upon freedom of action, the avoidance of all self-pity or pessimism—these help to create a quiet mind, and of these all have a present need.

"The peace of God, which passeth all understanding, shall guard your hearts and your thoughts in Christ Jesus." In these words St. Paul lets us into the secret of the Christian life. The Christian takes Christ as his Master and Inspirer, and may lead to follow wherever He may lead. Living in fellowship with God his soul is at peace.

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This snow-white, stainless, non-greasy Rub—

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It's Your Money Back. TWO SIZES—30c and 50c. BUCKLEY'S STAINLESS WHITE RUB IS MADE BY THE MAKERS OF BUCKLEY'S MIXTURE—CANADA'S LARGEST SELLING COUGH AND COLD REMEDY.



Cakes of salt were once used as money in Tibet and Abyssinia, while Mexicans once used cakes of soap.

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Living & Leisure The Woman's Realm

HEARKEN!

God hath not promised Skies always blue, Flower-strewn pathways All our lives through. God hath not promised Sun without rain, Joy without sorrow, Peace without pain.

But God hath promised Strength for the day, Rest for the laborer, Light on the way; Grace for the trial, Help from above, Unfailing sympathy, Undying love.

BATH MITTS

Try wearing mitts made from towelling, with elastic at the wrists, when washing baby. They will be found to soap and wash baby better than a flannel, and you have the full use of your hands.

HINTS FOR THE HOUSE WILL AID MATERIALLY

High ceilings require high-backed chairs, tall secretaries and cabinets. Valances may be used to give a

window added width. Use one large rug in a small room rather than several scatter rugs the latter tend to make the room seem smaller.

Avoid central grouping of furniture in small rooms. Furniture should be placed against the walls leaving the centre clear which gives more spacious effect. Attractive decorative touches can be given to cushions by using trimmings such as nub fringe or scalloped edgings. The principle of combining the more ornate with the plain can be very effectively carried out with these edgings.

In removing paper dollies from package start at the bottom. The dollies will then remain perfectly smooth and not curl. If you need an ice bag and don't have one, substitute a household rubber glove, fitted, with cracked ice and tied at the top with a string.

A flock of canvasback ducks was clocked by an aeroplane at 72 miles per hour.

In Norfolk, England, toothache was believed caused by love, and sufferers got little sympathy.

Human skin is from 1-16 to 1-8 inch thick.

Dorothy Dix Says—

DEMAND TO BE 'BOSS' RUINS MANY MARRIAGES

Wives And Husbands Who Give In To Each Other Are Rewarded With Happiness

Poets and novelists have taught us that the perfect marriage is one in which the husband and wife are fused into one personality. "Two souls with but a single thought, two hearts that beat as one." That sort of thing, you know. It is an ideal impossible of realization, because men are men and women are women, and even love cannot work the miracle of making them think alike, or feel alike, or see things from the same point of view. Their sex, training, desires and purposes in life have made every man and woman a separate entity long before they meet those who become their mates, and the theory that marriage is going to change them into rubber stamps of each other is absurd. Yet, I doubt if anything is more responsible for what we call the "disappointment" in marriage than the widespread belief that the ideal union is one in which husbands and wives are duplicates who have the same thoughts and tastes in everything from politics to pie. Every bridegroom expects his bride to be just the echo of himself. Every bride never suspicious but what her bridegroom will be just a mirror in which she will see all her prejudices and opinions reflected. And when the young husband discovers that the gentle creature he married has ways of her own that he can no more change to match his own than he could the shape of her nose or the color of her hair, he feels that he has been gypped and that he has missed getting his affinity.

Likewise, when the young wife finds out that her husband's opinions are set in solid concrete and that they are not at all in line with the subject, she walks out that she has been deceived, taken in, bamboozled; that she is married to a man who isn't what she thought he was, and that marriage doesn't come up to what she expected of it.

Worse still, another catch in this husband-and-wife should-be-one theory is that both of them want to be THE ONE. The husband thinks that because he is the titular head of the house that his wife should have no ideas of her own whatever, no individual tastes or thoughts or desires. The wife is equally certain that her husband should enjoy the things she enjoys, want to go wherever she wants to go, and share all her pet peeves and prejudices. When each tries to make the other over nearer to their heart's desire trouble begins, and the divorce court rings up another customer.

As a matter of fact, real love does not demand that a husband and wife shall be one. It is big enough and honest enough to recognize that they are two and to grant to each the individual right to be himself or herself, without molestation or going through the painful process of being made over to fit another's pattern of life, than which nothing is more humbling or wearing on the nerves.

It is obvious to the meaneast intelligence that the continual arguments and spats and fights that make so many homes places of torment are the result of nothing but the determination of husbands and wives to force their opinions on each other and to make the party of the other part do their way. There is no principle at stake. Neither one wants to do anything that is wrong, or that will endanger the stability of the family. It is just that the husband is determined to be THE ONE, and the wife is equally determined that she will be THE ONE who must be obeyed.

Why a man can't let his wife belong to clubs if she enjoys them; why he can't let her wear a do-funny hat she thinks she looks ravishing in; why he can't let her go to beauty shops and come home dripping with red paint if it makes her feel young and glamorous; why he can't let her make her dinner off a goopy salad and a chocolate éclair if she yearns for them, why if conceding her these privileges would make her happy and contented, nobody knows.

Nor does anybody know why a wife risks the chance of sending her husband off to the Other Woman by always raising a row about his playing golf or going fishing, or listening to the radio at night, or having his horrid friends, who smoke vile pipes and scatter ashes on the floor, come and sit up half the night talking with him. But they do. And the ironic thing about it is that in trying to be one they so often become two, because about the time a wife thinks she has gotten her non-musical husband inured to symphony concerts and a husband assumes the right to buy his wife's clothes, the poor victims of oneness rise up and chuck their marriage certificates in the fire and make a break for freedom.

The moral of all of which is: It can't be done. Husbands and wives are separate individuals and we have to take them that way, or leave them.

DOROTHY DIX.

DAILY Sugar-Saving MENUES

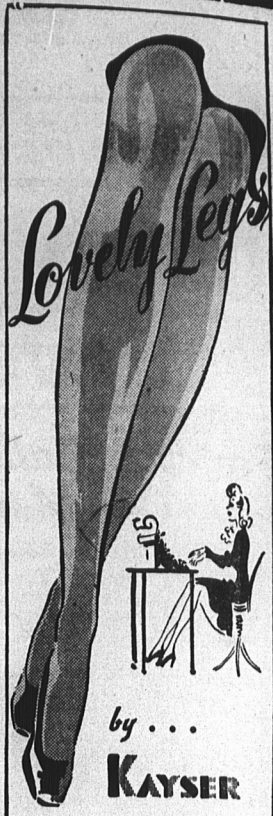
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Sugarsess Pudding
Tea
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- DINNER**
Mixed Grill
Parsley Potatoes
Creamed Baked Apples
Cup Cakes
Tea
Coffee

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And Mrs. W. R. Sharp says: "I nursed my baby shortly after being almost over a motor accident and that upset her almost to the point of convulsions. I gave her Baby's Own Tablets and she soon stopped crying—went to sleep and when she awakened was her own good self again."

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A Morning Smile

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A man caught a boy in his garden stealing apples, and handed him to the police.

As it was the boy's first offence the magistrate let him off, but told him never to yield to such temptation again, adding: "Ye should have flown from the Evil One."

"So I did, sir," replied the boy, "but the grippit me afore I got over the fence!"

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Guaranteed!

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There's no bleach in Oxydol—the secret is its new kind of suds—"Hustle-Bubble" suds. They're richer in washing power. Packed with more power to wash clothes white—and they're the kind of suds that keep clothes white without bleaching, wash after wash.

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3437
SIZES 12-20