

Woman's Realm Social and Personal Fashions Literature

Lenten Meditation

From The Times, London

IMPERFECTLY APPRECIATED

"I am the bread of life," said our Lord, and on another day described the gift of Himself to mankind as "the living water." Patristic commentators discern in these sayings predictions of the two great Christian sacraments; mystics have given them many subtle and often beautiful interpretations. Yet the simplest and most direct meaning is often missed. His teaching and influence, our Lord declared, are the bread and water of life—its primary needs, not mere enrichments to be added to or reserved for special occasions. As essential as are bread and water to the life of the body is the religion of Christ to the life of the heart and mind.

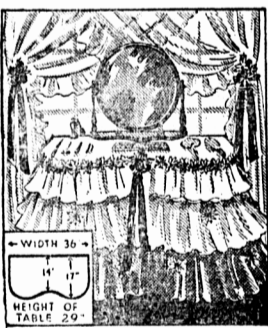
By many people this truth is imperfectly appreciated. They are apt to think of religion as not more than a desirable supplement to life's normal fare. They would like some proportion of it to be shedded in, so to speak, among the social and other ingredients of which as they hope a happier life should be composed. They value public worship at such times as Christmas, Easter and days of National Prayer. They believe that Christian life should have a place in the educational system, provided that it does not interfere with what they regard as the more necessary subjects of instruction. In their own lives religion has a real yet subsidiary place; they turn to it at moments and in times of anxiety, not to them as the bread and water of daily life.

Such people, though not indifferent to religion, misunderstand its nature. They interpret it as an intermittent and formal approach to God, instead of the simple and simple relationship with Him. The supreme example of what it should be was given by our Lord. At every moment of His earthly life, however He was employed, His thoughts and deeds were consciously controlled by the same purpose of accomplishing His Father's will. From this He drew spiritual strength; "My meat," he said, "is to do the will of Him that sent Me." To communion with the Father in prayer at any moment was as natural as to talk to a disciple. When a man begins to understand this concept of religion, he finds that it satisfies as no other can; Christianity becomes not his occasional sustenance but the daily bread of his life, without which indeed any real life, apart from mere physical existence, is impossible. Prayer is no longer a formal petition; it is keeping in touch with the God Who is his Friend.

Religion of this character changes the whole outlook, and those who accept it gain the sense of proportion which enables them to put first things first. Plans for social reconstruction or schemes of betterment from which religion is omitted they know to be fundamentally unsound. They see that religion should penetrate all life and every part of life, being the gift of Him Who said: "I am the bread of life. Without Me you shall die. Without Me you shall not hunger." To simplify the idea of Christian discipleship from a complicated and occasional duty into a normal life of obedience lived in frequent communion with God is to find, even in the darkest days, the way that leads to happiness and peace.

Home Service

Gay Vanity Table You Make Easily



Daisies A Smart Trimming

A treasure—this dainty, organically-covered dressing table. And beneath the feminine frillery it's just a packing case.

Daisies are tacked here and there to the three organy ruffles, which range in color from white through creamy yellow and canary. More daisies edge the top, for at the centre a pretty bouquet tied with black velvet ribbons.

And, if you place your table in front of a window, charming to use while organy curtains with matching bouquets for tiebacks.

To make the table, nail on your packing case a kidney-bean shaped top, cut according to the dimensions in our diagram. Cover top, also make a cover for the sides, in plain white sateen.

And now stretch over the top a layer of organy. Cut perky organy ruffles in graded widths, measuring twice the distance around front and sides for fullness. Hem edges, gather, and fasten, to the foundation.

Find full directions for making this lovely table in our 32-page booklet—also how to make many other items for home and personal use. Among them are a bookrack table, novelty pillows, utility bathroom box, sewing stand, cellophane travelling sets.

Send 15c in coins for your copy of "Hand-Made Gift Novelties," to the Charlottetown Guardian Home Service Address. Be sure to write your name, address, and the name of booklet.

Name _____
Street Address _____
City _____ Province _____

Living & Leisure The Woman's Realm

TO A NEW BABY
I wish that you may never hear a single sound of war, my dear! I hope that you may never see one act of human cruelty. Your perfect senses making whole the union of shape and soul I pray you never stentily suffer and grieve that these things be.

UNDA WOOD

Never add sugar to cooking fruits until just before the sauce is done. This saves sugar. Two tablespoons of honey can be used for sweetening a cup of dried prunes, peaches, apricots or figs. Add the honey the last thing also.

Spruce up boiled onions by covering them with heated chili sauce or catsup.

For a better flavor, add a tablespoon of lemon to the egg in which fish is dipped before frying.

Don't cook fish too rapidly. Seal it first, then cook or simmer it slowly to make it tender and appetizing.

If a pot in which a fern is planted is too large, it will develop too many roots, preventing the growth of new fronds. On the other hand, one too small causes the plant to become pot-bound.

WASHING PRESERVES BRUSHES

Good bristle brushes are rapidly

becoming scarce along with other toilet articles so here are some tips from the experts for keeping the ones you have in tip-top shape. Protects the backs with a little vaseline before washing, then dip the bristles up and down in the soapy lather and afterwards rinse thoroughly in warm water to remove the soap. Then rinse in cold water to harden the bristles; shake well and if possible dry out of doors.

For a dainty refreshing salad, remove seeds from canned cherries, stuff cherries with thick cottage or white cream cheese. Chill. Allow 6 or 7 per serving on shredded lettuce or crisp cress. Pass boiled or French dressing.

Broiled chicken is a real treat but the broiling must be carefully done. Place the chicken, skin side down, in a shallow greased pan or on a greased rack. Brush with melted fat and broil 6 inches under a flame. When browned turn the chicken. Baste every 5 minutes with drippings in the pan or more melted fat. Season the chicken with salt and pepper when it is well browned. Broiled chicken needs constant watching.

A few chopped prunes and nuts added to regular yeast dough make excellent breakfast rings. Of course, these are good for any meal. And, put together sandwich fashion with

KISS YOUR TIRED FEELING GOODBYE!

Popless Many Suffer Low Blood Count—And Don't Know It!
The baffling thing about low blood count is that you can weigh about as much as you ever did—even look healthy and strong, yet you can feel as if you had lead in your legs, dopey, tired and papine.
Low blood count means you haven't got enough red blood corpuscles. It is their vital job to carry life-giving oxygen from your lungs throughout your body. And just as it takes oxygen to explode gasoline in your car and make the power to turn the wheels, so you must have plenty of oxygen to explode the energy in your body and give you going power.
Get Dr. Williams' Pink Pills today. They are world-famous for the help they give in increasing the number and strength of red corpuscles. Then with your blood count up you'll feel like bounding up the stairs as if you were floating on air. Ask your druggist for Dr. Williams' Pink Pills today.

cheese or butter filling, will make a hit in the lunches that go to work.

Chicken and meat broth should be stored as soon as cool in the coldest part of the refrigerator and then used up within two days for safety.

Try this new sandwich spread: Mix together 1-2 cup each diced celery and chopped salted peanuts, add 1 teaspoon minced onions, 1-3 cup soft yellow cheese, 1 tablespoon finely chopped dillpickle, 1-8 teaspoon paprika and 3 tablespoons mayonnaise. Mix with fork until soft and creamy.

Dorothy Dix Says—

GIRL MUST TURN ON PRESSURE WHEN BOY LAGS OVER PROPOSAL

Woman Welder May Use Modern Terminology But Effect Same As Eternal Eve's Coquetry

A woman wants to know how she can induce a man to ask her to marry him. So would a few million other women who are tired of sitting on the anxious seat waiting for dilatory "steadies" to come to the bosom, for no woman has ever told by what means she led her husband just about the time that he thought he was safely entrenched in his bachelorhood he found himself buying an engagement ring, but he made any idea of how it happened. It was just one of those things.

Of course, every woman likes to pretend that she was coy and standoffish, and that it was only after a long and persistent wooing that her husband broke down her sales resistance and she consented to let him undertake her support for life. But, as a matter of fact, this rarely happens in real life. She is always it is the woman who sees the man first whom she wants for a husband and who does the fine work of getting him along to the altar. Even when a man is in love with a girl and wants to marry her he is generally in no hurry about it. He feels he can just let the matter ride and that any old time will be soon enough to call in the parson.

SOME-DAY WEDDINGS NEVER HAPPEN

But the girl knows that she hasn't any time to waste. She has to make her matrimonial hay while the sun of her youth and beauty shines, and if she doesn't gather in her harvest then, the chances are she never will. For the some-day wedding generally never takes place at all.

But how to do it? That's the question that causes many a woman sleepless nights, for it is a ticklish job trying to make up a man's mind for him and cause him to see that marriage is his dish, instead of something that he is allergic to, and that she is the woman who can cook it up for him.

Naturally different women use different methods in trying to speed up their slow-going boy friends who seem to have bogged down into a this-is-pleasant-enough-why-change attitude, but whether they work or not depends upon how accurately they have guessed their men.

Some women, for instance, try the jealousy cure. After having let Tom monopolize her society for years and camp on her parlor chairs and eat her Mother's Sunday dinners while she waited for the proposal that never came, Patient Griselda ceases to be patient and issues a cut-out-shut-up ultimatum. She springs a rival on him. She breaks dates. She shuts her door in his face. Or goes off on a long trip.

JOLTS LAGGARD SUITOR INTO PROPOSAL

If the laggard suitor has ever had any serious intentions, this wakes him up like an alarm clock in his ear. He perceives that his pleasant relationship with Griselda in which he had the solace of her society and an agreeable place in which to spend his evenings without having to pay her bills, cannot go on forever. She is tired of waiting on him and has called time. And so he screws up his courage to say "will you be mine."

Many another woman gets her man by chasing him until she catches him. A woman meets a man who, for some reason or other, takes her fancy, and she determines to have him for her own. Thereupon she begins pursuit. She bombards him with invitations to dinners, teas, cocktail parties, church societies, which the poor unsuspecting victim is inveigled into accepting, little wotting the danger he is in. She overwhelms him with dates. She persecutes him with telephone calls. No matter where he goes, she is hot on his tracks, until at last, through sheer exhaustion, he gives in and lets her wangle a proposal out of him.

Many other men are floated to the altar on women's tears. Many a man not being in a position to marry and having no craving for domesticity, anyway, becoming aware that some girl is getting that-a-way about him, tries to break away from her. He quits dating her or showing her any attentions and foolishly congratulates himself that he is safe.

CRY-BABY ACT GETS SOME MEN

But not so. Upon some pretext or other she gets him off by himself and puts on the cry-baby act. She sobs out that he is breaking her heart by his coldness, and she l-o-v-e-s him so, and she will die if he leaves her, and before he knows it she is weeping and walling on the second button of his waistcoat, and he is patting her on the back and saying, "there, there, little girl," and she has him. He leaves that place an engaged man.

These are some of the old-fashioned ways in which our mothers brought to the popping the question point. No doubt our daughters, who wear slacks and are boss widders, will scorn these roundabout methods and come out fitted, and say, "Hi, Bill, how'd you like to tie up with me? I can support you in the style your father always has."

But it doesn't matter how it is done. Any plan is good that works.

Home Canning For Wartime

Home canning takes on a new importance this year. It rests with Canadian housewives to make the fullest use of Canada's fruit crops for wartime food.

Any sugar allowed is in trust. It is patriotic to conserve our home-grown products for food in to-day a weapon of war. Housewives are urged, however to estimate their needs as accurately as possible remembering that sugar is essential to this country the risk of sailors' lives.

They are asked also to estimate in advance the amount of sugar required for canning and jam-making, so that arrangements may be made to provide and distribute the necessary supplies.

The following questions and answers have been prepared by the Wartime Prices and Trade Board in co-operation with the Department of Agriculture, as a guide for the housewife in making her application for sugar for the canning season.

1. Q. Where should I send my application card?
A. To your local ration board.

2. Q. When should I fill out my application?
A. As soon as possible. Your application must be in the hands of your local ration board not later than April 15.

3. Q. How much sugar is allowed for canning?
A. One-half pound of sugar for each quart sealer.

4. Q. How can I estimate the amount of sugar I require for canning?
A. Estimate the total number of quart sealers you plan to put up, then allow 1-2 lb. of sugar for each quart sealer.

5. Q. But, how can I tell exactly how much of each kind of fruit will be available?
A. That would be impossible. Don't try to decide exactly the number of each kind of fruit you will put up. Some fruits may be more plentiful than others. Base your estimates, rather, on the number of sealers you have on hand, on what you put up last year on what you think your needs will be this year.

6. Q. I plan to can 40 quarts of fruit this year. How much sugar will I require?
A. On the basis of 1-2 lb. for each quart sealer you will require 20 lbs. of sugar.

7. But I also want to make jam

Needlecraft For The Home

YOUNG CHARM
By the way of a very simple dress. Mighty sweet, this little dress with the open neck line and the snug midriff. Just the thing for dances or other important dates with a uniform. A real little glamour frock.
Style No. 2671 is designed for sizes 12-14-16-18-20. Size 16 requires 2 1/2 yards of 38-inch or 39-inch fabric with 2 yards of ruffling.
Send twenty cents for pattern. Write your name, address and style number. Be sure to state size you wish.
Style No. 2671

Name _____
Street Address _____
City _____ Province _____

BABY'S TEETHING UPSETS QUICKLY CHECKED

YOUR BABY must "get a tooth." But he need not get a fever with it—his mother is wise he won't.

Here is what one wise mother, Mrs. Archie Beale, of Coonocan, has to say: "We have not lost one night's rest through teething as I always use my old standby, Baby's Own Tablets. They are worth their weight in gold."

And Mrs. B. A. Sobie, of Galt, Ont., says: "My large green baby, who is now 18 months old, has never had a fever, although she cut her teeth rapidly (all four molars) in about a week's time. I used Baby's Own Tablets. I would not be without these tablets."

Give these safe, sweet-tasting tablets at the first signs of teething. They soothe the gums, prevent infection, yet safe. Analyze's certificate in every package.

Write for free literature: Simple Fever, Diarrhoea, Upset Stomach, Cough, Simple Croup and Whooping Cough. Get a box today. Simple Fever is the most important remedy. Money back if you are not satisfied.



THE COOK'S CORNER

BUTTERSCOTCH SLICES
One-third cup chicken fat rendered, 1-2 cup brown sugar, 1 egg, 1-2 teaspoon vanilla, 1-2 teaspoon salt, 1-2 cup pastry flour, 1-2 cup sugar, 1-2 cup butter, 1-2 cup cream, 1-2 cup sugar, 1-2 cup egg, and beat well. Mix in the flour, sifted with the salt and baking powder. Shape into a roll about 2 inches in diameter. Wrap in wax paper. Chill in ice box for several hours. Then cut in thin slices, place on greased baking sheet, and bake at 375 degree about 8 minutes.

EGG AND CARROT SALAD

For each salad prepare—
Salad greens
1 hard-cooked egg, chopped.
1 small carrot, grated
1 teaspoon chives, chopped or a few drops of onion juice.
Salt and pepper to taste.
Blend dressing or mayonnaise.
Slice of pickled beet.
Place chopped egg on bed of salad greens. Mix the grated carrot with the chives or onion juice, salt and pepper. Top lightly on the egg. Top with salad dressing. Garnish with slices of pickled beet.

A Morning Smile

SUSPENSE
A large flustered woman dragging a small boy, sailed through the station barrier and approached her waiting husband.
"Hello," said the man. "You're late."
"Oh don't talk about it, Alf," replied his wife. "I never ad such a time! What with young Bill 'anging on to me 'and, and me hanging on to the luggage-rack, the train un-up in a tunnel, and you 'anging about in the station for me, I was in a regular state of suspense."

LIFEBUOY GETS MY HANDS REALLY CLEAN!



Its deep-cleansing lather chases dirt and grime fast...

Washes away germs, too!

Next time you're elbow-deep in grease, grime or grit—try Lifebuoy Soap! It's a real dirt-getter! Its deep-cleansing lather gets right after deep-clinging dirt—leaves hands extra clean because it gets dirt out as well as off! Yet Lifebuoy is extremely mild—kind to tender, chapped skin.

For cleaner, better-looking hands you need Lifebuoy's gentle, deep-cleansing lather. Get a supply of Lifebuoy today for both the bath and the wash-basin! Because of its special purifying ingredient, Lifebuoy stops "B.O."

PROTECT FAMILY HEALTH!

DIRTY HANDS CAN SPREAD GERMS, SO ALWAYS WASH WITH LIFEBUOY...IT REMOVES GERMS AS WELL AS DIRT!

Lifebuoy's purifying lather protects as it cleans! It rids hands of germ-laden dirt — leaves them healthfully clean!

I KNOW LIFEBUOY STOPS "B.O." AND ITS RICH, CREAMY LATHER IS GRAND FOR THE SKIN! IT'S MY FAVORITE COMPLEXION SOAP!

FROM HEAD TO TOE IT STOPS B.O.

Wash away GRIME • GREASE • GERMS with **LIFEBUOY**

Beautiful BEYOND WORDS!

The beauty of a Bridal Wreath diamond speaks for itself. It tells her of the sincerity of your love. It is the beauty of complete perfection in color, cut, brilliance and flawless quality. That is why the exclusive 4-point Guarantee means so much to her.

BRIDAL WREATH Diamonds

THE PROUDEST NAME IN DIAMONDS

GODKIN BROS. SUMMERSIDE P. E. I.

Bridal Wreath Diamonds & Wedding Rings

C. W. PATTERSON JEWELLER

Gt. George St.

How to relieve MONTHLY FEMALE PAIN

You who suffer such pain with the recurring distress of irregularities—due to functional monthly disturbances—should try Lydia E. Pinkham's Vegetable Compound. It has a soothing effect on one of the most important organs. Also a fine tonic for the stomach! Made in Canada.

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

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 Trade Board from housewives in the region. The answers are prepared by the Board Readers, who are invited to ask questions in writing to the Women's Regional Advisory Committee of the Wartime Prices and Trade Board, Chappell Building, Charlottetown.