

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

DAILY LENTEN MEDITATIONS

HUMAN CHARACTER

From a Correspondent

"A character is an assemblage of qualities," said Sionia to Coningsby; and added "the character of England should be an assemblage of great qualities." If the national aspect of the saying be left aside it is also true that the character of every individual man and woman should be "an assemblage of great qualities."

Men's characters are variously distinguished by outlooks as strong, firm, weak, amiable, evil, and so on. Unless means be taken more or less consciously the personality is likely to develop in a fixed direction. It advances in power or declines into feebleness or worse, usually at an accelerated pace as time goes on.

In a degree which it is difficult to estimate, character is inherited from parents and remote ancestors, and though a breakthrough should always be possible, it may not be possible for a young man or woman has clearly made the ideals of his own. They have been strongly impressed upon him, and he feels no need to depart from them. In other instances the contrast between parents and children is so stark as to make it difficult to believe in the relation between them.

The methods of which character is formed differ greatly, and though much is consciously done, much is also unconscious. Very important is

the resistance offered to the natural impulse. Heredity, early teaching, personal conviction have made it clear that certain things must not be done; and though the impulse in person may be exceedingly strong, though there may be weakness for a moment, there must be resistance, though the battle may not be finally won even at death. To fight and not to heed the wounds; to toil and not to seek for rest; to labour and not to look for any reward save that of knowing we do God's will; this is one of the elements without which fine character cannot be formed.

Or, on the other hand, a man may get before himself an ideal of what his character ought to be; he recognizes the qualities, or some of them, which assembled together make a strong personality and he deliberately sets himself to acquire them, cost what it may. The ideal is often enshrined, whether the man know it or not, in human history, in youth he was closely associated with someone from whom he has acquired standards of good living, and he may unknowingly set himself to emulate, to copy, a person who seems to him altogether admirable. Yet her worship is not the safest basis of character. No person ought to be exactly like another, and by trying to make himself so he may inherit qualities which are his own. Independence is one of the finest elements of personality.

It is generally agreed, however, at least in the Church of Christ, that

Ganong's CHOCOLATES



THE FINEST IN THE LAND

Try this jiffy supper dish: Put a can or two cups of cooked green beans into shallow, buttered baking dish add cup of canned cream of mushroom soup and sprinkle generously with grated or finely cut cheese. Bake 15 minutes in a hot oven.

There is an exception to the rule that hero worship is on the whole inadvisable. Not only orthodox Christians, but very many of those who are outside the organized Church agree that the Christian character is the finest which human nature can acquire. It is worth everything in the way of perseverance, of emulation, if that can be established in the individual spirit. In one sense indeed Christianity is a philosophy of life ennobled by the contribution of countless holy men and women through the ages, but in the end it turns back to the incomparable figure in the Gospel, so rich, so full, so varied. In Him are assembled all those qualities which form the finest human character.

ANNOUNCING

The Winners of the

JANUARY BLOSSOM OF CANADA Scrambled Word Contest

- Mrs. T. E. Amos, Sackville, N.B.
- Mrs. F. Biele, Springhill, N.B.
- Mrs. E. S. Breat, Negus, N.B.
- Mrs. A. Brown, Head of Millstream, N.B.
- Mrs. J. C. Campbell, Port Williams, N.B.
- Mrs. A. Chouinard, Upper Sackville, N.B.
- Mrs. C. L. Collins, Digby, N.S.
- Mrs. A. O. Cormier, St. Antonio, N.B.
- Mrs. E. Duguid, Sydney, N.S.
- Mrs. H. A. Fraser, Moncton, N.B.
- Mrs. C. W. Hickling, Norton, N.B.
- Mrs. B. Lamey, Port Hawkesbury, N.S.
- Mrs. E. A. LeBlanc, Roseville, N.B.
- Mrs. E. J. LeGros, Carleton Place, N.B.
- Mrs. J. W. Laidlaw, N. Harbour, N.S.
- Mrs. J. A. McIntyre, Inverness, N.S.
- Mrs. D. MacKinnon, Brascona, P.E.I.
- Mrs. F. McNeil, Glace Bay, N.S.
- Mrs. B. Maxwell, Upper Sackville, N.S.
- Mrs. E. Ouellet, Little Aldouane, N.B.
- Mrs. O. E. Russell, Milton, N.B.
- Mrs. J. S. Sutherland, Valley, N.S.
- Mrs. W. A. Sutherland, Lyon's Brk., N.S.

Lakeside Milling Company Ltd. TORONTO CANADA

THE COOK'S CORNER

SAVOY BEEF STEW

Two cups of cold, cooked meat cubed, flour and paprika for dredging, 3 tablespoons melted fat or suet, 3 to 4 cups water and left-over gravy, 1-2 cups raw carrot cubes, 1 cup cooked green peas, 1-2 to 1 teaspoon salt, 1 teaspoon Worcestershire sauce.

Put meat in 1-inch cubes. Cut onions in quarters and roll with the meat in flour and paprika. Brown in hot fat and then add the water and left-over gravy. Cover and simmer gently for a few minutes. Add the carrots and simmer until done (about 1-2 hour). Add the peas and seasonings.

If more thickening is required, use a smooth paste of about 1-2 teaspoon flour to 3 tablespoons cold water.

Serve stew in a border of either creamy mashed potatoes or boiled noodles.

The green scum commonly found on ponds is simple plant life, known as fresh-water algae.

Dorothy Dix Says—

MODERN GIRL LOOKS UPON MARRIAGE AS A BUSINESS

Financial Independence Has Given Most Young Women Different Ideas About Dependency

Why are girls so anxious to marry, considering that statistics show that one wedding in ten ends in total bankruptcy and that the great majority of wives don't seem to think that they have much to cheer about? Try working out that crossword puzzle some day when you have an idle hour. Of course, it is easy enough to see why in Grandma's time every girl was bound and determined to get a man, by fair means or foul, if it could possibly be done, for in those benighted days matrimony was almost the only gainful avocation open to women. A husband was a necessity. He was a meal ticket and a card of admission to society; and not to have one branded a woman as a failure. But the modern girl is driven to marriage by no such compulsion. She does not have to marry for a support. She can earn her own bread and butter and cake and often make more of it than the man she marries can. Sometimes a Fairy Prince does come riding down a store aisle and yank Cinderella from behind her counter and bear her off to a palace on the avenue, but that miracle does not often occur and the single girl with a job has more money and better clothes and a newer permanent than the girl with a husband. Nor

does the modern girl have to marry to gain any measure of freedom. The chaperon is as extinct now as the Dodo. When women invaded the business offices, Mrs. Grundy turned her back and quit watching what they did, so now a girl is as free to set up her own bachelor apartment and have her own latch key and come and go as she pleases as her brother is.

NEW VIEWPOINT OF GIRLS

Now, seeing that the young woman of today is financially and socially independent and that she is sitting pretty on the top of the world, so to speak, why is she so anxious to exchange the safety and comfort of her position for the uncertainties of marriage, unless the prospect of some great reward made it seem worth the risk, or unless she was so crazily in love that she was unable to judge the nature and value of her act?

No such reasons, however, motivate the average girl. Just a few of them have the grand passion as have any other rare disease, and while every girl who marries probably thinks she is in love with her Tom, Dick or Harry she doesn't kid herself into believing that she would die of a broken heart if she didn't marry him. He is just her pick of the bunch instead of being the ONLY one.

Neither does the sophisticated little wise femme, who has worked side by side with her boy friend and who knows to a nickel what he earns, be fool herself into thinking that he is a disguised millionaire who will give her mink coats and diamonds if she marries him. She knows well enough that she will let herself in for wearing basement bargains and buy her jewels in the ten-cent store.

RETAINS SOME OLD IDEALS

Why, then, does she do it? My guess is that for all her worldly knowledge the modern girl is still bound by all the ancient superstitions and traditions about marriage and that, although she knows better, she still believes in them. She still thinks that to be an old maid is a disgrace and that it brands her publicly as a woman who lacked beauty and charm and sex appeal. Even highly intelligent women feel this way about spinsterhood, and that is why so many brilliant, cultivated, successful women will marry uncouth, ignorant yokels when they get around the anxious age.

Another reason why girls are so anxious to marry is because they fear loneliness more than anything in the world and they have an almost fanatical faith in marriage being a sure protection against this. Yet the most casual observation among their married friends would show that the number of husbands and wives who are companionable and who spend pleasant evenings at home entertaining and amusing each other is negligible. Probably there are no more lonesome women than the wives whose husbands are just about as chummy as a frozen tin and who only grunt when they are spoken to, except when they find fault with something.

And, finally, girls are anxious to marry because they still believe that a wedding ring has magic properties, and that they would only have to turn it on their fingers to change the commonplace boys they married into Clark Gables, to make never-do-wells go-peters, and philanthropists faithful, selfish egotists into tender and considerable altruists, and to take the sting out of poverty and the labor out of cooking and washing and scrubbing, and to change this hard old world into an earthly Paradise.

Of course, it doesn't happen, but with deathless optimism girls still believe in it, and that is why they are anxious to marry.

FOREGOING FORMALITIES

Dear Miss Dix—My husband is a doctor who has difficulty in getting his friends to call him by his title. Most people have the rude habit of calling him by his first name and not by his professional title. We have tried in vain to ignore this and have finally had to tell them that this wasn't the proper thing to do and showed very little consideration for his dignity. However, they still persist in doing so. What can we do?

ANSWER—If you want your husband to have any practice, be glad that his friends and acquaintances like him well enough to call him Jim or Bill, or even Doc. Nowadays everybody calls everybody they like by their first names. Formality has gone with the wind.

A Morning Smile

A BAD DAY

We wore plus-fours and carried a large assortment of golf clubs.

"Yes," said the girl in the train. "I've had an awful day. Rained all morning and by lunch time the greens were in a shocking state."

"Really?" said I. "We had asparagus, but that wasn't very good either."

IN THE SPRING... Thrill her with THE PERFECT RING!

Choose the ring she really wants... A lovely Bridal Wreath creation with every diamond guaranteed perfect in coloring, cutting, brilliance and flawless quality. The perfect ring to cherish your romance through the happy "ever after!"

FREE INSURANCE AND BRIDE'S BOOK

BRIDAL WREATH Rings

W. PATTERSON JEWELLER Gt. George St.

J. R. WILLIAMS The Friendly Jeweller Gt. Geo. Street

BRIDAL WREATH 50% OFF

"SEE! THE NEW OXYDOL WASHES CLOTHES WHITE WITHOUT BLEACHING"

Guaranteed the WHITEST WASH EVER or Double Your Money Back!

Yet New OXYDOL Is Milder on Hands! Safe for Rayons!

THRILL to a wash white without bleaching—yes, the whitest wash ever, even in hard water.

And you get this wash with a new OXYDOL that's milder—kinder to hands... safe even for lovely washable rayons... and a beauty treatment for coloured washables!

You'll Like Its New Kind of Suds—"Hustle-Bubble" Suds

Busy, active, harder-working suds that get more dirt, Packed with more power to wash clothes white—and they're the kind of suds that keep clothes white without bleaching, wash after wash.

The New Oxydol goes farther, too—farther than any of 18 leading soaps! Every cupful washes more clothes or dishes. That means real economy.

So change to New Oxydol. And if you don't agree it gives you the whitest wash ever, simply return the unused portion of the package with your name and address to OXYDOL, Montreal, and twice the purchase price will be refunded. This offer expires December 31, 1942, Procter & Gamble.

MADE IN CANADA

Now, the whiteness of clothes washed by Canada's leading laundry soaps is scientifically measured and compared! Equal amounts of clothes—washed with equal amounts of these soaps for an equal time—then measured by Electric Eye.

And Oxydol wins for whiteness! Clearly out-washes other Canadian soaps—in same as Oxydol!

At Dealers Now—Same Package

You GIRLS WHO SUFFER DYSMENORRHEA

If you suffer monthly cramps, backache, distress of "irregularities," nervousness—due to functional monthly disturbances—try Lydia E. Pinkham's Vegetable Compound Tablets (with added iron). Made especially for women. They also help build up red blood. Made in Canada.

Money Buys More When You Budget

"How Did You Spend All That?" Unpaid bills! What bad spending habits caused this scene?

Careless ordering... green peas for two and a can of peaches. Naturally the grocer sends extra measure of peas, his choicest brand of peaches.

Buying on impulse. That black dress you couldn't resist looked dinky with your brown hat and bag. You had to get special matching accessories for this one costume.

"Keeping up with the Joneses." Monthly payments on a chaise longue you didn't need eat up all surplus for entertaining, little splurges.

If you budgeted ahead! You'd take advantage of food specials, choose a soft green or gay plaid frock to go with the accessories you already have.

You'd save enough that way to cover payments on the chaise longue. Or you might refurbish old furniture with slip covers.

Planned spending cuts out waste, helps you afford what you want most. Our 32-page booklet tells how to set up a budget; how to divide your income for rent, food, clothes and other expenses. Has ruled pages for one year's entries.

Send 20c in coins for your copy of "How to Budget and Buy for Better Living" to The Guardian Home Service. Be sure to write plainly your Name, Address and the Name of booklet.

Name _____

Street Address _____

City _____ Province _____

TAKE NO CHANCES WITH BABY'S COLD

DON'T LET your baby's little cold develop into something worse. Let Mrs. Geo. McBride of Scarborough tell you why when she says, "My baby had a nasty cold, so I tried Baby's Own Tablets and she threw this cold off quicker than I could certainly say for Baby's Own Tablets from now on."

Baby's Own Tablets are safe and sure in their action. They correct the cause of baby's trouble. Effective in clearing up teething troubles, constipation, simple fevers, diarrhoea, upset stomach, colds and summer complaints. Irritability, simple croup and other "baby" ailments. Yet they are utterly free from opiates or stupefying drugs. An analyst's report is given in each package.

Get a package today. Sickness so often strikes in the night. 25 cents. Your money back if you are not satisfied.

Living & Leisure The Woman's Realm

FOR A LITTLE HOUSE

Workmen, build a little house Of dreams - come - true and laughter, Set our faith in every joist, Our hope in every rafter.

Fit the roof on snug and tight To hold our love inside, Hang a lantern by the steps To a door that opens wide.

Make the chimney corner safe For every troubled heart, That all may enter happy And happily depart.

SPAR VARNISH TAKES NAME FROM SHIP

Spar varnish, now used to protect such surfaces as table tops

BUILT-IN BOOKCASES ADD TO CONVENIENCE

After all your trouble with the living room in the new home, does it lack the warmth you desired? Often a room of this sort needs only a couple of built-in bookcases to bring a home's warm appearance to the room. They may be placed either side of the fireplace or either side of an open doorway leading to another room.

GREASE-SPOTS ON MATTING CAN BE REMOVED by covering them with powdered chalk, mixed with equal parts of benzine. When dry, and not before, brush briskly.

BELIEVE IT OR NOT - GESTURES ARE AGEING

Act your age, but do it wisely. To do this, a few prerequisites are necessary to fully understand the meaning of "how not to act in public"

It is aging to... pull down your belt in public. To smooth yourself fore and aft. To look worried and fretful. To lapse into a knee-spread squat. To have obviously tired feet.

MOTHERS Don't Worry Over KIDDIES' CHEST COLDS

Use BUCKLEY'S Stainless WHITE RUB

When any of your children get a chest cold don't get panicky. Do as thousands of mothers are doing - massage gently with Buckley's Stainless White Rub.

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

1. Penetrates faster.
2. Generates heat and vaporizes quicker.
3. Stimulates circulation, breaks up congestion, loosens the hard racking cough, soothes breathing, helps induce restful sleep.

Or 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.

Needlecraft For The Home

Are you looking for a simple, comfortable frock to wear for mornings at home? This design should solve your problem. It features a jiffy button-front that makes washing and pressing easy, and cap sleeves.

Style No. 3340 is designed for sizes 16, 36, 38, 40, 42, 44, 46, 48 and 52. Size 36 requires 3 1/2 yards of 39-inch fabric, 1-2 yard contrasting for collar, pocket bands and ruffling.

Send twenty cents (20 coin preferred) for pattern. Write plainly your Name, Address and style number. Be sure to state size you wish.

Style No. 3340 Size _____

Name _____

Street Address _____

City _____ Province _____

HELPS PREVENT MANY COLDS

from developing

Put a few drops of VA-TRO-NOL up each nostril at the very first sniffle or sneeze. Its quick action aids Nature's defenses against colds. Follow directions in folder.

VA-TRO-NOL

3340 8125 16-52