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

Lenten Meditation

From The Times, London

COMMUNION WITH GOD

Many who realize that to love God is a duty even higher than that of loving their neighbour deplore their seeming incapacity to obey this first commandment. They wish that they could become, in the Pauline phrase, "friends of God," yet are convinced that as yet this is an ideal beyond their reach. Awe and reverence they can feel when they think of God, but not love, and they wonder whether there are any means by which they might gain it.

Probably their first need is to enlarge their idea of prayer, so that it may include not only petition to God but communion with Him. When the average man claims that he does not fail to say his prayears, his usual meaning is that he spends some minutes daily in asking for various things which he desires for himself and for others. To these petitions he adds, if too seldom, some sentences of thanksgiving. The habitual use of such prayer is, of course, entirely right. The disciples were encouraged by our Lord to bring before the Father their needs, both of soul and body; He gave them a pattern prayer, insisted on the power of intercession, and prayed with intense earnestness Himself. But He did not limit prayer to petition; the Gospels imply that He spent long hours in solitary communion with the Father, listening to His voice and learning His will. By such means the love of the Father and the Son was perfected.

Because it is from intimate communion and the knowledge it brings that love grows, everyone who desires to love God should find time in his life for such communion, when his soul will ask nothing except to realize the Divine Presence. This does not mean turning the mind vaguely to religious themes, but intense concentration. Success is more difficult for some people than for others, and for most, because saints are few, there are frequent disappointments, days when no effort of the will seems to bring any consciousness of God or a sense of His nearness. Yet sooner or later, and perhaps at some quite unexpected moment, the quest will succeed, when all other thoughts are merged in certainty of God near at hand, and reverence is enriched by love.

A variety of means may help those who desire close touch with God to find Him. Almost in an instant they may become utterly sure of His nearness, during some noble service in a great shrine, or in a village church, or in the course of a solitary walk, or when there is a brief pause in the day's work. When it does come, no theory of autosuggestion can account for an experience so objective, so convincingly actual, so rich in indescribable happiness. A sentence in Exodus, "the Lord spake unto Moses face to face, as a man speaketh unto his friend," may seem, if taken literally, no more than primitive anthropomorphism Yet multitudes of men and women have known some such intercourse with God, and so have come to love Him with all the heart and mind. But there can be no love without friendship, and no friendship without intimate communion, not to be gained merely by prayer in the sense of making requests. More than ever amid the fire and earthquake of these days is there need in every life of moments when even prayer is silent, and the waiting soul, like the prophet of old can hear the still, small voice of God.

Living & Leisure

The Woman's Realm

FOUR THINGS

Four things a man must learn to do
If he would make his record true:
To think without confusion clearly;
To love his fellow-men sincerely;
To act from honest motives purely;
To trust in God and Heaven securely.
—Henry Van Dyke.

CONTENTED DINNERTIME

Try to avoid discussions and arguments at the dinner table. It is a known fact that better digestion follows a happy meal. Teach the children to keep that hour calm and happy so Dad can enjoy his family and see everyone at their best.

When you open the windows at night, pin up the curtains or make muslin bags to protect them. It might snow during the night.

Frayed lamp cords are a fire menace, for you never know when they will cause a short circuit. While examining the cords, you might also see whether the plugs are bent.

PRAYER FOR SHACKLED MEN

London—"Strengthen, O Lord, our brethren in chains and grant that their fettreless spirit and their patience under indignity may so shine before men that they may see the futility of hate . . . ."

This special prayer for chained British prisoners of war was offered at a national service of remembrance and prayer in St. Martin's-in-the-fields, Trafalgar square, recently, for prisoners and their next-of-kin.

The prayer was spoken by the Bishop of Southampton, Dr. Karney, himself a prisoner in the last war.

ARE YOU STILL PERFECT GUEST?

Hostesses have always considered you a perfect guest, says Ruth Millett. You love good foods. After cooking a prime rib roast a hostess could always count on you to say, "Just a little piece" the third time she noticed that your plate looked bare.

You raved about the pie she served, never giving a thought to the number of calories in it or to what they might do to your figure.

And how you enjoyed your coffee. To or three cups at every meal, always, of course, with cream and sugar.

Never in the Way

And you were easy to entertain. You loathed physical exercise of any sort —which made you a restful person to have around. You were enthusiastic whenever your hostess suggested going somewhere in the car. That was just your speed.

You always kept your place as guest. When the housework was being done you were never under foot or in the maid's way, demanding to help dry the dishes or set the table. You could be counted on to curl up with a book until your hostess was free to entertain you.

Yes, you were the perfect guest in 1942.

But, lady, this is 1943.

If you're going to continue to rate as a perfect guest, you'll have to change your style to fit in with rationing, shortages and priorities.

But you'll be all right if you can show the same appreciation for a meat substitute you used to show for a luscious roast. If you can pretend that coffee keeps you awake. If you can walk where you want to go, and help your now maidless hostess with the housework.

Or maybe you would just rather wait until after the war to do your visiting.

DON'T BE NUISANCE IN HELPING CHILD

If you help your child with his home work don't make a nuisance of yourself. The moment you feel your breath irregular, your voice growing a little higher or any other signs of nervousness arising in you, walk away or go to bed. No parent with the slighest gesture of anger or annoyance is fit to be in the presence of a child attempting to study.

TURN ATTENTION TO IMPERISHABLES NOW

More than ever, the home needs to turn attention to the imperishables today. Those parents who will go to Sunday school and church and induce their children to go with them should be able to gain in wisdom, inner strength and peace of mind. During peace or war, spiritual growth is of first importance.

BERETS FOR MEN

LONDON, Eng., Feb. 25—Colorful berets will be popular among men after the war, in the opinion of the art director of the British Color Council of London. Such headwear would make a "happy addition" to the male styles, the director declared. Popularity of the beret with members of Britain's armed forces assures the continuance, he said.

NAIL-BITING SHOULD NOT BE PUNISHED

There's no punishment to cure a child eight years old of biting her nails. Her case is not one for punishment but for more love and companionship. Work on yourself to gain more rest, relaxation and poise. Keep your voice soft and low. Encourage her to play out of doors but not for too long periods at a time.

Victory For Love

By PAMELA WYNNE

CHAPTER XXI

The instant John Wynter heard the funny old-fashioned bell over the door of Odette Hannan's shop give its stupid little ting he knew that it was Fergus Leiter. How, he did not stop to analyze. This sixth sense of his had stood him in good stead before and was going to stand him in good stead again.

"Oh, do excuse me." John Wynter turned as Fergus Leiter spoke "I am looking for a shop kept by a Miss Hannan. Hallo! with his hat whipped off, showing a fair head streaked with gray, the man in the fashionable tweed suit stepped forward.

"This is Miss Hannan," said John pleasantly. "I had just dropped in to see if she had any silk stockings that I could send my sister." He laughed. "Both on the same errand perhaps. Silk stockings! Reprehensible in wartime." He laughed again. Anything to givethat agonized face behind the counter time to recover itself. And now he was holding Odette by the hand. Should he chance it and make Leiter own up at the business end of his automatic pistol? No, certainly not. Suddenly John Wynter's brain was clear again.

"We mustn't conflict," he said. And I see you're in a car so you're probably in a hurry. Ill get along and do the rest of my jobs in the village and call in on the way back. Keep those stockings for me, will you, please, Miss Hannan?"

"I will." When would he hear her say those two little simple words again, but with another meaning? wondered John, lifting his hat and smiling at Fergus Leiter as he went out. Now then, what should he do next? See Fraser. He strolled slowly along. Leiter would be watching him unless he was very much mistaken, so he would not put on pace until he was out of sight. Now then, he moved more quickly. Closed, he stared rather blankly at the glass door of the shop as he twisted the handle for a second time. At a sound of chopping, he walked quickly down a little side alley.

"Good morning, sir." Fraser lifted a thin pale face.

"Leiter." John spoke quickly. "Where can we talk without being disturbed?"

"Upstairs, sir." Getting up from his stool, Fraser dropped his chopper in the sawdust. Fitting a key into the back door of the shop he stood aside to let John pass. Both inside he turned and locked it again. And then, hobbling, he led the way into a barely furnished front room with curtained windows. "You can see the shop from here, sir. Over the top of that shed with the corrugated iron roof. Got it, sir?"

"Yes, I've got it." So Fraser was not so slow on the uptake as he thought. Both cars still there, one stone-colored and the other gray. So they were both inside the little shop —his darling and the devil who had ensnared her. Well, it would all come to an end sooner or later Ah, there he was! He hadn't stayed long. Slimy devil, slinking round his car like a polecat. Now he had twisted the door handle and was getting in again. A second's pause before the exhaust sent out its tuff tuff. He was turning. A good sign—that meant that he was going back to where he came from. The car slid forward and disappeared.

"The phone is in here, isn't it?"

"Yes, sir. Under the tea cozy, sir."

"Thanks very much. I'll join you in a minute or two. Better open the shop perhaps."

"Yes, sir." And Fraser had gone, carefully closing the door behind him. John surveyed the tea cozy as he waited for the exchange to speak "Hallo . . . yes, yes . . . speaking. Yes, all right, I'll wait." More contemplation of the fat tea cozy. "Hallo. Fifteen-o-two Western circuit?"

"Speaking?"

"Broadtail," said John, smiling in spite of himself at the ridiculous password.

"Sealskin."

"It's this," said John. "Leiter has just turned up here. How'd get here? I thought he was Home Guarding under your eye?"

"Half a second!" There was a little silence. "Yes, it's all right. He got leave of absence for twenty-four hours to go and see a sick relative in Exeter."

"My heavens, what a fool to come on here. All right, I'll see to it. So long." John set the receiver on its stand again There were two reasons why Leiter had chanced it and come on from Exeter to Battle Point: One was that he was too infatuated with Odette to keep away: the other that for some reason or other he was suspicious. Had she betrayed by an evasive answer that she was preoccupied? He would go round and see.

"Oh . . ." Yes, she had been badly scared, that was obvious. There were deep blue shadows under her eyes.

"Got rid of your nasty friend?"

"Do you think he is nasty?"

"Very nasty. I hope he isn't coming to stay here—I really couldn't stand that. What's his name?"

"Fergus Leiter." She looked him straight in the face. "And he may be coming to stay here. He's ill, or he has been, and he may be going to be transferred. He's in the Home Guard. He's very brave," said Odette quietly.

"I think I shall join the Home Guard too."

Odette turned to take a box from a shelf . "You wanted some silk stockings."

(Continued on Page 8, Col 8)

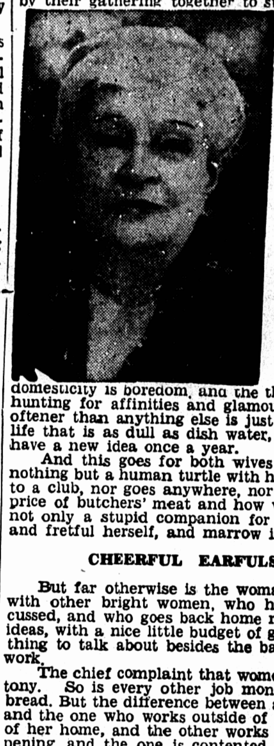
Dorothy Dix Says—

WOMEN'S CLUBS IN MODERATION PANACEA FOR DOMESTIC ILLS

Mother Knows "What's Cooking" From Mixing With Alert Friends And Hearing Papers

A young husband wants to know of me if he should "let" his wife belong to clubs. "Let" his wife belong to clubs? Why, if I were a husband, I would MAKE my wife belong to clubs, if she didn't do it of her own volution. For women's clubs are the very backing of domesticity, and probably do more than any one thing to keep the home fires burning.

This may seem a strange and almost subversive statement to men, who have been in the habit of thinking of women's clubs as gossip factories and in terms of how many women hours were lost from household labor by their gathering together to study about the culture of the ancient Byzantine Empire, or to delve into political economy, or play bridge.



WOMEN'S CLUBS PROP HOMES

There was even a time during the dark 80's and 90's, when the movement first started, when it was dismally prophesied that women's clubs would be the breaking up of the home, but instead of that they have proved its prop and stay. And if husbands would only realize what they owe to the women's clubs, they would build a monument to them that would make the Eiffel Tower look like an ant hill.

If you don't believe this, consider some of the manifold blessings that women's clubs have brought to both sexes. First and foremost, they have done more to check divorce than all the preachers and moralists and laws combined, for they have kept married couples from wanting decrees absolute. Everybody knows that the curse of domesticity is boredom, and the thing that sends husbands and wives out hunting for affinities and glamourboys and girls, who understand them, oftener than anything else is just being fed up to the teeth with a home life that is as dull as dish water, and the society of a mate who doesn't have a new idea once a year.

And this goes for both wives and husbands. The woman who is nothing but a human turtle with her house on her back, who never belongs to a club, nor goes anywhere, nor hears any subject discussed except the price of butchers' meat and how vegetables have gone up, is bound to be not only a stupid companion for an intelligent man, but to get peevish and fretful herself, and marrow in all her views.

CHEERFUL EARFULS BRIGHTEN UP WIVES

But far otherwise is the woman who belongs to clubs, who rubs wits with other bright women, who hears every subject under the sun discussed, and who goes back home refreshed in mind and body, full of new ideas, with a nice little budget of gossip she has collected, and with something to talk about besides the baby's formula and how hard she has to work.

The chief complaint that women bring against housework is its monotony. So is every other job monotonous by which we earn our daily bread. But the difference between a woman who works inside of her home and the one who works outside of it, is that one is shut in the four walls of her home, and the other works where she sees people and things happening, and the one is contented and the other discontented. But the discontent can be changed to content by the simple expedient of the wife joining a club or two and having something to think about that is interesting and exciting while she is washing the dishes, or stirring up a cake.

And suppose a wife has a reforming complex, as most women have. Think how much it adds to the peace and comfort of a home for her to take it out on the Hottentots instead of her husband. Wise, indeed, is the man who encourages his wife to join the League for Better Government and thus turns her attention away from his own faults and weaknesses and poor performances to those of the politicians'.

MOTHER MUST BE UP TO TIMES

Everyman who marries wants his wife to be not only a good wife to him, but a good mother to his children, but she can't be this unless she keeps abreast of the times and knows what is going on in the world. Not long ago a woman, who is one of the I-have-no-interest-outside-of-my family mothers, said to me:

"What do you think my fifteen-year-old Sally said to me the other day? She said: "Mother, you can't take care of us children the way you should. You don't know what's cooking. You don't know what temptations we have to meet. You don't know what boys and girls are doing and thinking. You don't know how people look at things now, and what things are considered wrong and what you can get away with. You are darling and sweet and an angel, but it isn't an angel a girl needs so much now to guide her as mother who knows all the answers."

But you can bet that no girl who has a clubby mother ever said anything like that to her. She would know that her mother was on her tiptoes and knew what it is all about.

Of course, belonging to clubs, like everything else, can be overdone, but, taken in moderation, it is the best panacea for the ills of domestic life that has ever been devised. It may be that the club papers may be a little long, or they were in the midst of a rubber in a bridge game that would detain Friend Wife, and her husband might have to eat a delicatessen dinner, but when Wife did get home she would be so much more interesting and amiable that it would pay for all it costs.

WASHED OUT?

Maybe This Is Cause Of Your Lack of Pep

You women who feel and look "washed out"—limp and droopy—may be paying the price of hemoglobin shortage in the blood. The demands of monthly "periods" pregnancy, etc. all conspire to bring about this shortage of the vital red coloring matter in the red blood cells. Try Dr. Williams Pink Pills—a fine balanced tonic of iron and Vitamin B_1.

They help increase hemoglobin where there is a shortage of it due to iron deficiency . . . help chase away that "leaden" feeling of tiredness, help pick up your energy and strength—en the nerves. Start your course of Dr. Williams Pink Pills today. Ask your druggist.

DR. WILLIAMS PINK PILLS

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 this region. The answers are prepared by the Board. Readers who have intelligent questions to ask on price control are invited to send them in writing to the Women's Regional Advisory Committee of the Wartime Prices and Trade Board, Chappell Building, Charlottetown.

Q. Is there anything to prevent civilians buying regulation army shirts?

A. Yes. To make sure that there is a sufficient supply of shirts for officers, the Prices Board has forbidden the sale of these shirts except to officers or for their use.

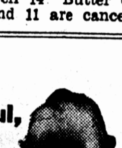
Q. When filling in application for canning sugar, will it be necessary to complete an application for each member of the household or will I as a housewife, send only my application with enough sugar for us all?

A.—You should fill in your application as a housewife for all members of your household (on your own card) stating the number of persons for whom you are applying. The blank cards of each member of your household, bearing only the serial numbers, should then be attached to your card and forwarded to your local ration board before April 15.

Q May coupons Nos. 12 and 13 for tea and sugar in the old ration books still be used?

A. Yes, indeed. However, brown spare "C" butter coupon No. 9 in the old books, which became good March 1, will not be good for purchase after March 14. Butter coupons Nos 10 and 11 are cancelled.

Relieve Your Fretful, Feverish TEETHING BABY



This Simple, Trustworthy Way Thousands of Mothers Praise So Highly

Why let your teething baby suffer, fret and lose needed sleep when Baby's Own Tablets—gentle and safe—may keep your restless, feverish little one cool and contented. Used by young mothers for over 40 years. Absolutely free from stupefying narcotics and opiates—easy to take—safe even for delicate baby. At the first sign of teething fever, be sure — try Baby's Own Tablets. See how quickly they help make hot little heads cool, soothe irritation, and promote natural sleep. Try Baby's Own Tablets, too, for upset stomach, colic, constipation and other minor ailments. 25¢.

Home Service

Fear of Public Speaking Can Soon Be Conquered

Her Poise Won By Home Study

"My, isn't she brave!" thinks the timid soul when an experienced speaker shows no fear.

But the experienced public speakers smile at this "bravery" idea. In order to be sure of yourself, they say, you have only to learn to be sure of little details. And those who can practice at home.

One is your enunciation. It bolsters you up, somehow, to know you SOUND well. You could try saying clearly, "To-o be-e . . . or not to be-e. THAT . . . is the question."

And see how expressive your voice can be within its normal range. Repeat naturally, conversationally, to your mirror: "I just washed my hair and I can't do a thing with it!" Emphasize a different word each time.

Then when you get up to speak, make believe you're a great speaker! If you mean what you say, if you're prepared thoroughly, how can you miss? Not by forgetting, surely, for you'll have notes to remind you.

Just stand up there, relaxed, nothing in your hands to distract you—and give! Our 32-page booklet tells how you can practice to develop an easy, charming speech technique. Tells how to prepare a speech, gives sample speeches, also rules of parliamentary proc[illegible]

Send 15c in coins for your copy of "Public Speaking Self-Taught" to the Charlottetown Guardian Home Service, address Be sure to write your name, address and the name of booklet

Name

Street Address

THE COOK'S CORNER

OATMEAL CRINKLES

1-3 cup fat
1-2 cup brown sugar
1 cup pastry flour
1-4 teaspoon salt
1 cup rolled oats
1-2 teaspoon baking soda
1-4 cup warm water
1-4 teaspoon vanilla.

Cream fat and sugar thoroughly. Add vanilla. Mix flour, salt and rolled oats. Add alternately with the warm water in which soda has been dissolved. This makes a stiff dough. Drop by teaspoonfuls onto a greased cookie sheet and flatten with a fork. Bake in a moderately hot oven, 375 deg. F, 10-12 minutes. Makes 3 dozen cookies.

To Stretch Butter for Sandwiches

Cream 1-2 pound of butter till light and fluffy. Gradually beat in 1-2 cup milk, using a dover egg beater or a fork. Milk should be at room temperature for easy blending Store in a covered jar.

BEEF AND KIDNEY LOAF

1-2 lb. beef kidney
1 lb. beef, chuck or round
1 medium onion
1 cup dried bread crumbs
1-4 cup chopped celery
1 1-2 teaspoons salt
1-8 teaspoon pepper
1-2 teaspoon chopped parsley (optional)
1 egg, slightly beaten
1-2 teaspoon poultry dressing.

Put kidney, beef and onion through the meat grinder. Add the other ingredients and mix well together. Shape into a loaf and place in a greased pan. Bake in moderate oven, 350 deg. F. for 1 1-2 hours. Serve hot or cold. Serves 6.

A Morning Smile

The Vicar was taking one of the young men of his parish to task

"William," he said gravely, "I hear that you have been raising false hopes in several maiden hearts. Rumor says that you're engaged to one girl in this village, another in Little Mudard, and a third in Ditchley. How can you do such a thing."

With an uneasy grin, William replied:

"Well, sir, I've got a bicycle."

Anzac Officer: "Didn't you see me coming up the line?"

The Recruit: "Yes Sir."

Anzac Officer: "Then why didn't you challenge me?"

The Recruit: "Challenge you! Why, hang it. I've knowed you since you was a kid!"

DO YOU HATE TO GET UP in the MORNING?

Doesn't it feel swell to wake up in the morning clear-eyed, refreshed, just rarin' to go? Yet so many people, especially over 40, get up tired all-over, never really feel their best.

The reason can often be traced to a very common cause—a sluggish system clogged with poisonous food waste. If you are like most people, you need help every so often to clean out your system, get back pep and sparkle that is rightfully yours. You can do this simply and so gently with the aid of the 4-way vegetable action of Bile Beans, the small, purely vegetable laxative pills that work on stomach, liver bile upper and lower bowel.

For a peppier, brighter tomorrow, try Bile Beans tonight and prove for yourself their amazingly gentle action. Made in England—over 7 million boxes sold yearly proof of sensational popularity. Only 5[illegible] at druggists. Try them and be convinced

Calls for AEF

Mme. Chiang Kai-shek, pictured at a New York press conference, urges the U. S. to send an expeditionary force to China to show that America means business.

GEORGETOWN, British Guiana March 10—(CP CABLE) Sweeping social changes for British Guiana and a $2,000,000 interest-free loan to the United Kingdom have been approved by the finance committee of this colony's Legislative Council. The loan to Britain will be made from the Colony's surplus balance of $3,600,000.

Actress Rita Quigley, 19, is rumored wearing the wings of Pvt. Freddie Bartholomew, one-time child star now in the Army air force at Hamer Field, Calif.

FRUIT AND VEGETABLE MOTIFS FOR TOWELS

DESIGN NO. 1533

Your kitchen will be more attractive if these dainty towels are on the rack. They are embroidered in outline stitch. Hot iron transfer pattern No. 1533 contains eight motifs measuring about 4 by 7 inches each with complete instructions.

To order pattern: Write or send above picture with your name and address with 15 cents in coin or stamps to Needlework Bureau, Charlottetown Guardian

Needlework Department.
Charlottetown Guardian
Design No. 1533

NAME --

STREET ADDRESS ------------------------------

CITY ------------------- PROVINCE -----------

Needlecraft For The Home

LITTLE GIRL'S FROCK

Make It In a Pretty Washable

We'll all be wearing cottons, of course, as a patriotic wartime measure. But that will be nothing new for the children, who always look their best in a nice fresh washable. It's really no trick at all to make up a sweet little frock like this one, say in a gay cotton print. And won't those deep pockets make a great big hit with the little girl who wears it!

Style No. 2013 is designed for sizes 4, 6, and 8. Size 4 requires 1-1-2 yds. 35-in. fabric with 1-4 yd. contrasting and 1 1-4 yards ruffling.

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

Style No. 2013.

Name

Street Address

City Province

How to relieve MONTHLY FEMALE PAIN

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

LYDIA E. PINKHAM'S VEGETABLE COMPOUND