

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

## DAILY LENTEN MEDITATIONS

By a Journalist

True religion is doing—doing the Will of the Father—not letting George do it, or merely talking about it. The daily task, the common round, in the case of the Christian becomes a labour of love, a consecrated hobby, if you will, but certainly a striving after that perfection which is the object and end of all true believers.

The other night when returning from a farmers' gathering, in the dusk, I heard the remark, without seeing the source of it, "Ah, it may be good business—but it isn't good farming."

I thought: "In how many occupations to-day will you hear such a conviction expressed and taken for granted?"

It is as refreshing as a breath from the south-west to all of us whenever we see someone putting resolutely on one side the bait of immediate material gain from a sense of craft-pride or duty to a tradition. It is an enheartening affirmation of hidden worth in us and in some of our human callings. It corrects that desolating surplus of talk of money-values, and shows a heaven of people who draw the line and will not be bullied, by the obvious coarser standards.

A shopkeeper who will not stock shoddy goods no matter what the chances or the demands; a public

man who speaks the truth though it lose him an election or a position; these strike a certain C major chord in the most weary or cynical onlooker and certify that something spiritual invests at times the most ordinary pursuits and events.

The mark of the fine craftsman is scruple about the means employed to obtain any effect. To him, it is nothing to the point that results almost as good superficially may be got by some slick short-cut. Easy trick methods are to him anathema.

That fragment of conversation in the night recalled to me the memory of a loyal landworker who, in painfully difficult years, lived almost like a pauper sooner than commit the agricultural crime of selling hay or barnyard manure from his holding to time him over.

What! rob his land of its heart and fertility? Sooner rob himself of food and simple pleasures. It was not mere traditionalism which he accepted but did not understand; nor was it the upshot of conscious scientific calculation about residual values. It was a burning sense of Christian equity, an instinct for "doing fair by the land."

He must, he feels, put more good into the farm than he sends off it. He must leave it richer than he found it. His own livelihood—this is his Christian faith, not demonstration—will be provided meanwhile; on the ancient Christian principle that if you do right by your environment and seek first things first,

## He Never Took Her Out Until ...

He was a fine husband in most ways—but for months now she had not been able to stir him out of his chair in the evening. They never went any place—they were losing their friends. All the fun and comradeship was going out of their marriage.

His excuse was always that he was "too tired"—until she got sick of hearing it. Then... one day when talking to her druggist about George, he suggested Dr. Williams' Pink Pills. George said he'd try them but didn't believe they could help him. To his surprise and her delight, soon he began to notice that his work did not tire him as it had... he slept more soundly—ate better and his nerves felt calmer. You'd never know George today—he's going ahead in his business—he comes home full of vigor and in high good humor; is always ready for an evening's fun.

Many a man like George can blame his feeling of weakness—of nervous exhaustion on a run-down condition of the blood. Don't wait—try Dr. Williams' Pink Pills now fortified with Vitamin B<sub>1</sub>. They are wonderfully effective in building rich, red blood so necessary to vigor and strength and have helped thousands to get back "in the pink". Ask your druggist today for Dr. Williams' Pink Pills.

"all other things shall be added unto you"—in the long run; not obviously, nor at once, but indirectly, and after patience has had its perfect scope.

Let us make no mistake about it. Every acre that has any fame for richness and growing-power is the slowly-won result of generations of nameless men "doing well by the soil."

And what is true of the soil is likewise of the soul.

## Dorothy Dix Says—

### BRAINS MORE IMPORTANT THAN GLAMOR IN BUSINESS

#### There Are Many Substitutes For Beauty That Help Girls Reach The High Places

A young girl writes me that she is thinking of ending her life because she is homely. "A girl had better be dead than not to be pretty," she says. "Just because I've got stringy, mossy hair and a muddy complexion and am fat, I never have a date. I will never get married. I will never have a worth-while job, for all the prizes go to the good-looking. So what's the use of going on trying to live in a world where a girl travels on her face?" Lois, sorrowing daughter, I advise you to take a good, long, careful look at the women about you, both young and old. Who are the most popular girls in your set? Are they the ones who have taken blue ribbons in beauty shows? I trow not. When you come to think of it, aren't they just looking girls who are easy on the eyes, but who would never stop traffic by their beauty? Then take a glance at the married ladies. Allowing for the handicaps of age and weight, that time puts on women, how many of these do you figure out were married for their beauty? Not one in a thousand even in her early youth could have the kind of a face that launched a canoe, to say nothing of a thousand ships. No, the comfortable, middle-aged wives you see all about you with devoted husbands and mink coats and real pearls, which are the outward and visible sign of having made the good matrimonial catch, never baited their hooks with pulchritude.

#### WHO HAVE THE GOOD JOBS?

And observe the women with good jobs. Of course, the theory prevails that men hire their women employees for their looks instead of their competence, and that it is more important for a girl to have a willowy figure and a peaches-and-cream complexion than it is to be a cracker-jack stenographer or to have a flair for selling goods. No doubt there are Don Juans who try to combine business and philandering, but these are few and far between, and the average man is no more interested in the looks of his female employees than he is in his mink. What he wants is results. When he hires a woman, he wants a Miss Smith; and the ladies at the heads of departments, and the high-priced buyers are no Glamor Girls.

The truth is that women put too much stress on more physical beauty. In reality it is one of the things we admire more in the abstract than we do in the concrete. It attracts us at first glance, but it does not hold us, and there are a dozen attributes that a woman can have that take her farther than violet eyes and naturally wavy hair. Even with men. A man may rave over a living picture, but he shies away from the expense of keeping it properly framed. When he hires a woman, he wants a Miss Smith; and the ladies at the heads of departments, and the high-priced buyers are no Glamor Girls.

#### YOU CAN CHANGE YOUR LOOKS

But, after all, discouraged daughter, there is balm in Gilead for you, and if you don't like your looks there is a big God made her unless she is totally lacking in enterprise and energy. For while, as the Bible says, it may be true that no man adds two cubits to his stature by taking thought, a woman is not so inhibited. She can turn mossy hair into gold and straight locks into ravishing curls as Nature never made, and change the dumpiest figure into a stringbean if that is her ideal.

She can also camouflage homeliness with good clothes that do for her face what the pink mosquito netting does for the basket of green peaches. Thank Heaven the general public never differentiates between a woman and what she has on, and when they say "how pretty Mary looks tonight," they are probably complimenting her mauve chiffon and not herself.

And there are so many other things that a girl can substitute for beauty that are more potent allurements than the real thing. There is sweetness in the gentleness that makes her face lovely. There is intelligence and gaiety and wit that make us forget the outside of a woman and think only of the beauty of her mind and soul.

There is sympathy and understanding, and any woman looks good to us who gives us these. It is the charm that is made up of all these things and something else that our Fairy Godmother gives us when she kisses us in our cradles. And when a girl has these she can snap her fingers in the face of Miss Universe.

#### WIDOW IN HER OWN HOME

DEAR MISS DIX—I am a widow 61 years old, in good health and young for my age. I live with my son-in-law and family, but would like to have my own home. I can support myself. What do you think?

ANSWER—I would say go to it. Get your own home where you can do as you please, have things the way you want them, have your own friends and some life and personality of your own, as you cannot have when you are an enforced guest in your son-in-law's house. No woman who has an independent income or can support herself should live with her married children.

## THE COOK'S CORNER

**MIXED VEGETABLE SALAD**  
1 medium head lettuce  
2 green onions, chopped  
3-4 cup sliced celery  
2 tomatoes  
1 small carrot shredded  
Salt and pepper  
1-2 cup French dressing  
Method: Shred or chop lettuce quite finely, or break apart into fairly coarse pieces, if preferred. Chop the onions finely and slice the celery thinly. Shred the carrot with a fine grater. Remove the cores from the tomatoes and cut into eighths from stem to blossom end. These ingredients may be wrapped separately and stored in the refrigerator until to be used. When ready to use, place in a bowl and sprinkle with salt and pepper. Then add the French dressing and toss with a salad fork and spoon until the dressing covers all the ingredients.

**FRENCH DRESSING**  
6 tablespoons salad oil  
2 tablespoons vinegar  
1 teaspoon sugar  
1 tablespoon chopped pimento  
1 tablespoon sweet pickle relish  
Method: Mix all these ingredients together and store in the refrigerator until needed. Shake thoroughly before adding to the salad.

#### A SWEATER THAT IS EASY TO KNIT



Dainty pastel shades of yarn are suggested for knitting this lovely sweater. Simple stitches are used. Pattern No. 4684 contains list of materials needed, illustration of stitches and complete instructions for making sizes 14, 16, 18 and 20.

To order pattern: Write or send above picture with your name and address with 15 cents in coin or stamps to Needlework Bureau, Charlotte-Town Guardian, To Charlottetown Guardian Needlework Department, Design No. 4684

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## Living & Leisure The Woman's Realm

**PETS**

Of all regrets, the one supreme regret of manhood, looking back along the years, is the one which is voiced by one who never had a pet.

The lack of raiment leaves no lasting scar. A humble home may be a source of pride. But O, how lonely little children are Who in a world of super-beings find No one to love as they are being loved! No creature looking to them to be kind.

**PERFECT SHAPE FOR SHORT HAIR**

Long or short, hair needs more care. Brush it more, choose shampoos with greater care, use a mild tonic for stimulation and between-time cleanings, and a cream wave-set to add lustre and keep the hair groomed. Have the hair expertly shaped. This applies especially if you want a short haircut for Spring. If the hair has any natural tendency to curl, it can be encouraged by clever scissor work and proper treatments so you may be able to get along without a permanent. Otherwise, short hair must be permanent at least every three months. Nothing is untidier than straight, wispy ends.

Another tip from the stylist is that if you go in for a really short or windblown bob, you should restyle your whole personality to make it fit. Such a hair-do is appropriate with uniforms, of course, with tailored suits and more tailored hats. The expert has no objection to mannish suits or uniforms for women. In fact, he thinks they are striking and attractive, especially if the hair is kept soft enough to look feminine. A woman can have a short haircut and still go completely feminine for evening with a matching hair-piece—a chignon or braided with hair arranged softly about the face.

**NEURALGIA**  
Cooling, soothing Mentholatum instantly relieves the stinging pain. Jars and tubes, 30c.

Chart Shows How to Type Rapidly

**NOT REQUIRED**

After writing a prescription the physician told him that the druggist would probably charge him 60 cents for filling it. Then the patient asked the physician to lend him the money. The physician carefully scratched out a part of the prescription and handed it back, with 10 cents, remarking: "You can have that filled for dime. What I scratched out was for your nerves."

**Helps Prevent COLDS**  
from developing at start

Put a few drops of Vicks Vapo-rinol up each nostril at the very first sniffle or sneeze. Its stimulating action aids Nature's defenses against colds.

**Needlecrafts For The Home**

The heavier woman will like the grace and good taste of the winged panel which gives this dress its distinction. Concentration of tailoring at shoulder and waist provides welcome fullness.

Style No. 2506 is designed for sizes 36, 38, 40, 42, 44, 46, 48, 50 and 52. Size 38 requires 3 1/2 yards of 39-inch fabric for dress; 5-8 yard 35-inch, contrasting for waist front.

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

Style No. 2506 Size \_\_\_\_\_

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Touch typists finish their work in half the time that others take. No wonder bosses prefer them!

If you are untrained, you can study touch-typing at home—easily with the keyboard chart in our Home Service instruction booklet.

When you start learning, you put your eight fingers on the guide keys, marked black on the chart, and each the centre of a section of keys. Get used to the feel of these guide keys. Type each one over and over, never lifting more than one finger at a time.

Learn, next, to reach to other rows. Still keeping your fingers glued to those guide keys, only lift the one that does the reaching. And only let it strike the keys in its special, assigned section.

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That's the way to accuracy, speed! Our 32-page booklet has the key-board chart and the exercises you need to get typing skill. Gives rules for typing business, official, social letters, statistics; for centering typing on page. Can serve as a foundation for a business college course.

Send 20c in coins for your copy of "Teach Yourself Touch Typing" to The Guardian Home Service. Be sure to write plainly your Name, Address and the Name of booklet.

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**You GIRLS WHO SUFFER DYSMENORRHEA**

If you suffer monthly cramps, back-ache, 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.

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SIZES 36-52

He thought his shirt was white...

...till he saw Gramp's Rinsol-washed one

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**THE** first time you see Rinsol-washed clothes your experienced eye will detect instantly that Rinsol not only washes whiter, it gives the whitest wash. In fact the only standard of real whiteness is Rinsol whiteness!

Colors wash beautifully in Rinsol too—they stay just as bright as new through dozens of launderings. In fact Rinsol helps all the clothes in your wash to wear longer because it floats away dirt without hard rubbing and scrubbing.

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YES—RINSOL HELPS COLORS BRIGHT—MAKES CLOTHES LAST LONGER, TOO

**Rinsol** gives the whitest wash

—gives the whitest wash