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

DAILY LENTEN MEDITATIONS

LOVE TOWARDS GOD

From a Correspondent

"O God, who has prepared for them that love Thee such good things as pass man's understanding". Biblical reference is to a passage in Isaiah, as re-worded by St. Paul, who turned the original "them that wait for Him" into "them that love Him." But its spirit is most closely akin to that of the first Epistle of St. John.

To live in the power of these words would be to know the secret of true religion. Whoever should attain to such love as this would have passed out of the region of religious anxieties and controversies. He could not yet see all things clearly and have an answer to every question. Even love must be content in this life to look through a mirror and to wait for that sight which is face to face. But such expectancy would not be an impatient desire to enter a distant and unknown country. That is the mistake which results from an oversharp separation of present from future and of the life here from the life beyond. There is indeed, what Benjamin Whichcote, the Cambridge Platonist, calls "the separate state"; but, in full accord with the New Testament teaching that the true, eternal life can penetrate and transform that state, he points out that "religion is the introduction of the divine life into the soul of man," and that in the separate state men can be really happy only "by having a divine love ruling in their hearts, but self-resignation and submission to the divine will, and by being like unto God."

In these words there is nothing peculiar to one school of thought or ecclessiastical tradition. All the great Christian teachers would recognize in them the message of the Gospel as to the true course and direction of human life. Differences as to the means whereby a man may reach and continue in the true course do not affect the conviction which all share that this is the highway where peace and joy are to be found, and that he who would walk it aright must lift up his heart in love towards God.

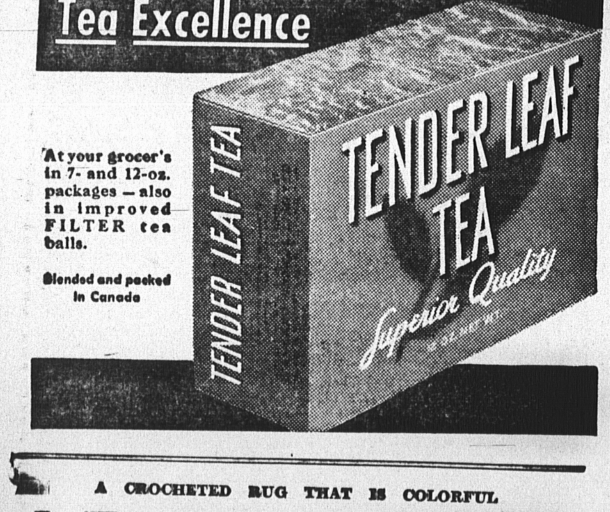
Yet if such be the nature of true religion, its very splendour may bring disquiet into the spirit of the Christian who knows how far he is from any sure apprehension or expression of it in his own experience. There are religious duties which he can understand; and though he would not claim that his performance of them were anything but halting and imperfect, still he would find no difficulty in the command to aim at their fulfilment. But love of God may appear to him as an ideal beyond his reach: to the glowing words he may feel able to give only the response of a wish that so it might be with him, a wish that he can see no hope of translating into a present reality.

This consciousness of the poverty, even of the nothingness, of the love which the soul has for God, is a danger to the spiritual life only when it is accepted as a permanently true record of the relation in which that particular soul stands to God. In such acceptance far too great weight is attached to the human side, as though the verdict delivered on the basis of conscious feeling were a necessarily accurate representation of the truth. Moreover, the Christian is always wrong when he suggests to himself that what he finds or does not find within himself can never be changed. That judgment also is all too human; it does not allow for the fact of the power and love of God directed towards the soul, nor for the illumination which may follow when the Christian no longer tries to think of himself in an isolated, individual relation to God, but realizes that he too is caught up into that response which the redeemed people and Church of God makes to the Divine love, confessing with St. John, "We love because He first loved us."

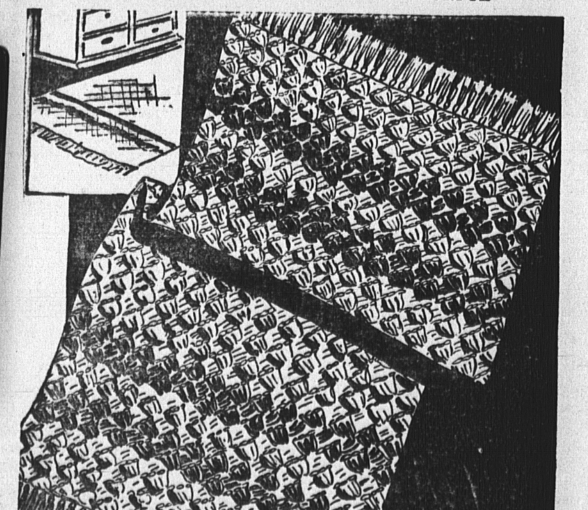
"Thy nature and Thy name is love"; that name which through the Gospel we have learnt to give to God remains the word by which most truly the character of man's grateful response to that love may be expressed. "When ye pray, say 'Our Father.'" He who seeks to bring his life into harmony with the prayer that Christ has taught us need not be fearful lest there should be no love of God in his heart. For drawing near to God in the spirit of humble and faithful sonship, he will be attended, though he may not discern its presence, by the spirit of love.

GAY FLOWERS FOR CONVALESCENTS

If you wish to cheer up a convalescent friend, remember that mixed bouquets of bright-colored spring flowers will show to gay advantage against the drab walls of the hospital. Varied blossom shapes, as well as hues, are recommended for convalescent gifts because they give the patient's eye an extra focus of interest. An old-fashioned bouquet of snapdragons daffodils, sweetpeas, marigolds and narcissus is an arrangement that can be counted on to bring extra dividends of cheer to mid-winter shut-ins. Roses, gladioli or carnations in bright colors are top favorites with convalescents.



A CROCHETED RUG THAT IS COLORFUL



460

DESIGN NO. 460

A crocheted rug that is made with carpet warp in the easy shell stitch. Pattern No. 460 contains list of materials needed, illustration of stitches and 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.

To Charlottetown Guardian
Needlework Department

Design No. 460

NAME --

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

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

Living & Leisure
The Woman's Realm

A PRAYER

Grant me the wisdom, Lord to see
That time can take no more from me
Than it bestows. And that in place
Of suppleness and curving grace
The years bring ample recompense
In peace and tact and tolerance.
And when a glass reflects the truth
Of ever-evanescent youth
Let me not feverishly design
To cling to hours no longer mine
Grant resignation, Lord, to me
And let me grow old gracefully!
—May Richstone.

When cleaning white nubuck or canvas shoes wet the cleaning preparation with laundry blue-water; it gives the shoes a snowy whiteness. If milk is used for mixing the white will not rub off on to anything.

A BEAUTY HINT

Don't clip off nape-of-neck hairs that straggle down, but pamper and humor them until they are long enough to be secured up under the longer hairs. Wrap them around a bob-pin and pin them up out of sight, or curl them so that they don't hang straight down to mar the natural hairline and make the hair-do untidy.

FLARING WHITE COLLAR

The sort of dress that becomes the pet of the wardrobe is a two-piece model for afternoon fashioned of black silk crepe with accordion-pleated skirt and lumberjack top trimmed with a big flaring collar of white pique and lace. Big gauntlet cuffs to match.

COTTON BLOUSES FOR SPRING SUITS

Launderable blouses are decreed as a "must" item in milady's spring wardrobe. All the washable fabrics will be high fashion, but a preview of the spring styles forecast a boom year for cottons.

Some of the material that will be style leaders in the new blouses are chambrays, batistes, organdies and piques. Bright and pretty colors such as coral pink and chartreuse will be favorites.

Embroideries Seen With Sports Suits

Leaning strongly to decorated fabrics, embroideries take on increased style significance for blouses to be worn with sports or dress suits. Colorful South American and peasant embroideries on piques and sheer unbleached muslin will be worn with casual suits, while the dressy suits will be complemented with batistes that feature peasant embroidery and drawn work.

Women who like the lingerie type of blouses will find a wide assortment to choose from, including eyelet embroidered piques, batistes and organdies which highlight bigger eyelets and more solid embroidery in between for decoration.

Coin spots and huge prints will replace the polka dot as a fashion favorite in patterned effects, with some of the most attractive models showing white or pale sand colors with colored dots.

WRITERS AND READERS

In the public library the other day a short man was reading Longfellow, a servant was reading Butler, a jeweller was interested in Goldsmith, an engineer asked for Lever, a fishmonger was reading Shelley, a blacksmith inquired for Locke, a flour merchant read Mill, a lancer asked for Shakespeare, and a hedger asked for Hawthorne.

CARE OF TEETH IS IMPORTANT IN MAINTAINING GOOD HEALTH

If teeth are to last a lifetime, they must develop properly throughout the building period, which begins long before a child is born and proceeds continuously until early adult life when the last tooth appears. To remain healthy, teeth must be sustained and protected through the mature years and as long as life lasts.

Certain positive health practices are regarded as essential to good dental health. These resolve themselves convenintly into a well-balanced, three-fold program: 1—proper food for nourishment of the teeth; 2—daily cleansing by brushing; 3—care of the teeth by means of regular trips to the dentist.

Much attention has been given to the relationship of good nutrition to sound teeth. There are varying opinions at present as to the particular dietary essential or group of essentials which are indispensable to strong teeth. Present information, however, points to the fact that a diet adequate in all respects, including recommended amounts of milk, not only establishes a good general state of nutrition, but is a controlling factor in the arrest of dental decay.

SUNSHINE NECESSARY TO HEALTH OF BABIES

Sunshine is necessary for the normal growth of all infants, particularly for the prevention of rickets. The infants should be kept in the open air and sunshine whenever possible. In the winter time they should be placed outside in the sunshine each day between the hours of 11 a.m. and 1 p.m. It is possible to place so that their eyes will be kept away from the direct rays of the sun. Sun baths should be given daily whenever possible.

BABIES ARE HEAVY DRINKERS

The question of what section of the population does the heaviest drinking has been answered — it's the infants. According to the current issue of Modern Medicines, a journal of diagnosis and treatment, an infant requires two to three times more fluid in proportion to weight than an adult. In fact a baby require two ounces of fluid for each pound it weighs.

Dorothy Dix Says—

WOMAN'S UNHAPPINESS RUNS FROM CHILDHOOD INTO FIFTIES

Perhaps The Greatest Disillusion Comes When The Honeymoon Sets

A group of women were talking the other day about what was the most unhappy time of a woman's life. I think it is girlhood," said one woman. "I know that isn't the conventional theory about it. Girlhood is assumed to be the picnic season of a girl's life, a time when she is carefree and bubbling over with youth and high spirits, when she is beautiful and glamorous and a wow with the boys, and has nothing to do but dance and play about and amuse herself. Of course, it does happen that way to some lucky little Janes, but for most girls it is a time of stress and strain, worry and anxiety, when they have to wrestle with problems that they lack the knowledge and experience to solve and meet the disappointments that they haven't the philosophy to bear. Every girl exists in a constant state of the jitters for fear she won't be invited to the party she wants to go to and, if she does go, if her dress will be as pretty as the other girls', and if the boys will cut in on her dances. If no lad dates her for the school prom or the football game, she thinks that she might just as well die and be out of a world that is nothing but sorrow. And if a girl happens to be one of those unfortunate ones who have no attraction for men, who never have a boy friend, whose Papas always have to take them to parties and who sit at home and read improving books while other girls are out having good times, she goes through a martyrdom of humiliation that scars her for life."

WHEN HONEYMOON SETS

"I think a woman's darkest hour comes when the honeymoon sets," said another woman. "It is then that she is bewildered and frightened and discouraged at discovering that marriage isn't the perpetual petting party she thought it was going to be, and that her husband has changed from a romantic hero into a tired business man with temper and nerves and fussy little ways, and that she has tackled a job that she doesn't know how to pull off.

"The bride weeping over her burnt biscuit and flat cake and threatening to go back to mother because of what her husband says about the coffee may be funny in a comic strip, but it is one of the memories that a woman salts down with her tears."

"It is the forties that are the real tragedy of a woman's life," said a third woman. "In the forties she sees her beauty fade, her complexion go, her hair get grizzled, her figure turn into a living skeleton or a feather bed, and she has to face the awful fact that she has gotten middle-aged. And it is in the forties that she begins to worry about losing her husband and to endure torments of jealousy every time he looks at a debutante, and to wish she hadn't worked so hard and pinched the pennies to help him get on Easy Street so that he would be a shining mark for the gold-diggers and have the leisure to look around at other women.

"And it is in the forties that a woman is worried to death over her children. Anxiety about their conduct if they are wild. Trying to keep them from wrecking their lives by making silly marriages. Trying to help them get on their feet and settled in life. Sometimes being forsaken by the husband she has loved and slaved for for half a lifetime. Often and often having her heart broken by willful children who bring shame upon her. Oh, the forties are a rainy day in a woman's life that she looks forward to with dread and remembers with horror."

WHAT ABOUT THE FIFTIES?

"I think the fifties are the dreariest years of a woman's life," said the fourth woman, "because they are the emptiest ones. No matter what her anxieties are, the young girl has hope to buoy her up. No matter what their difficulties, the middle-aged women have the solace of being too busy to think about their private grievances, and that is the best antidote for trouble. They are in the thick of things. Helping their husbands get a start in the world. Rearing their families. Taking care of their babies. Getting their children off to school. Living in a house that is full of youth and laughter, and young people coming and going, and eternal calls for M-o-t-h-e-r.

"Then come the fifties, and the house that has been so crowded is suddenly too big for two old people. There is silence and order where there was noise and confusion. Mother who was overworked finds her hands empty, for the children are all married and gone about the business of life for themselves, and she could almost die of sheer lonesomeness. No wonder the doctors' offices are filled with women in their fifties who have nothing the matter with them except that their children have grown up and left them."

There are many glad days in a woman's life, and there are also many sad ones. Which is yours?

* * * * * *

YOUNG MEN'S LOVE PLIGHT

DEAR DOROTHY DIX.—We are three young men from 24 to 25 years old who have been living together for five years. During this time we have finished college and have gotten jobs paying above the average. We date at least three times a week and confine our dating to nice girls, but in spite of the girls seeming to like us and our being popular in our crowd we cannot fall in love. What is our trouble? Do you think that we will ever really fall in love?
ANXIOUS TWO.

ANSWER—Don't despair. Give yourselves time. Sooner or later the right will come along. Probably the reason you don't fall in love with every little flibbertigibbety girl you meet is because you were miraculously preserved by your Guardian Angel from having an attack of puppy love in your adolescence, and now when you are mangrown you are more choosy about women.

If there is no girl in your circle and you are so eager to fall in love, I should advise you to widen your acquaintance among girls. You will find Miss Right waiting for you somewhere down the road.

DOROTHY DIX.

THE COOK'S CORNER

BUTTERSCOTCH TAPIOCA

Add 1-4 cup quick-cooking tapioca and 1-8 teaspoon salt to 2 cups scalded milk, and cook in top of double boiler until tapioca is clear, stirring often. This will take about 15 minutes. Melt 1 tablespoon butter in frying pan, add 1-2 cup brown sugar, and cook over low heat, stirring constantly, until mixture is dark brown, but be sure you do not let it burn. Add to tapioca mixture, and cook until dissolved. Pile into sherbets, and serve cold, with whipped cream and tart jelly. If desired, 1-2 cup chopped peanuts may be added before placing mixture in sherbets.

TASTY HAMBURG DISH

One pound hamburg steak, salt, pepper, a good pinch of savory and celery salt. Form into 6 cakes. Into an iron skillet (with hot fat already in it) slice 1 large onion (or more if wished). Put meat cakes in and pour over them: 1 can thick vegetable soup, and same amount of water. Cook slowly in oven until meat is done (about 3-4 hour). Cover part of time. Remove cover to brown meat. Small or medium-sized potatoes may be baked in the oven at the same time. If enough onion is cut up in this dish, it can be used as one of the vegetables. With a green salad and a simple dessert, this makes a satisfying hot meal.

For hamburg alone as the meat course, I take 1 pound hamburg, minced onion, according to taste, savory, salt, pepper and 2 or 3 eggs. Mix well together and form into a mixture; drop by spoonfuls and cook in a frying pan in hot fat. These are very tender and will require the use of a pancake turner to turn over but if you try them, I'm sure you will never think that hamburg cakes are dry and tasteless again. This amount will serve 8.

CURRIED RICE

1 cup rice
2 tablespoons fat
1 teaspoon chopped onion
1 to 2 tablespoons curry powder
1 teaspoon salt
1-4 teaspoon pepper
2 1-2 cups boiling water

Method: Wash and drain the rice thoroughly. Melt fat in a pan and add the onion. Cook this until straw-colored, then add the rice and cook stirring constantly, for 5 minutes. Add the seasonings, mixing well, then add the boiling water. Cook rapidly for 10 minutes, stirring constantly. Then cover and cook over low heat, stirring occasionally until the rice is tender, for about 40 minutes.

APPLE A DAY GOOD BUSINESS

The old axiom: 'An apple a day keeps the doctor away' — is based on fact. Especially in the winter, when fresh vegetables are more difficult to obtain, fruit will maintain a healthful balance in the diet. Some uncooked fruit should be included in the diet every day.

KISS YOUR TIRED FEELING GOODBYE!

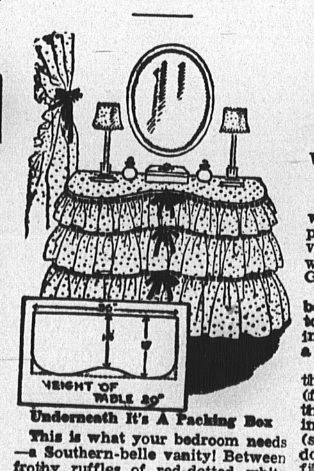
Pepless Many Suffer Low Blood Count—And Don't Know It.

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 pepless.

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-noted 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.

Gay Vanity Table Is Easy to Make



Underneath It's A Packing Box

This is what your bedroom needs—a Southern-belle vanity! Between frothy ruffles of red-dotted white swiss, you get tantalizing glimpses of red ribbon, run through beading and tied in bows.

You can make the table from a packing box! Stand the box on end, with open side front, and nail on a kidney-bean shaped board for the top. On this you stretch first, a piece of white sateen lining, then a piece of dotted swiss; fold over edges and tack underneath.

Make the skirt lining as long as from top to floor and the same width as around front and sides. Measure twice this width for ruffles and vary ruffles in depth.

Sew a length of beading (you buy it by the yard) to the top of each ruffle and fasten the ruffles to the lining with double-snap tape (except for the top one, basted on). So you can wash the lining, too, just double-snap it to the table.

Darling, with pretty curtains and bedspread to match! Our 32-page booklet tells details of making the vanity. Also tells how to make inexpensively, a book-rack side table, pillow tops, pot holders, many other attractive items for yourself or as gifts.

Send 20c in coins for your copy of "Hand-Made Gift Novelties" to The Guardian Home Service. Be sure to write plainly your Name, Address and the Name of booklet.

Name ______________________

Street Address ______________________

City ______________________ Province

WICK-FED SEED BOX GIVES EARLY START TO PLANTS

A small box in a sunny window will give the seeds of tomatoes, peppers, egg plant, and a few favorite varieties of flowers several weeks' head-start for your Victory Garden.

If you have no cold frame or hot-bed, yet do not want to be limited to the selection of plants usually in the market, the seed box offers a way to grow your own.

A florists' trick, the very latest thing, is the wick-fed seed box (florists call it a "flat") shown in the illustration. You bore a hole in the bottom of a shallow box (seedsmen sell them knocked down); insert a wick, preferably of fibre glass, about 4-inches long. A lamp wick, or even a piece of cotton clothes line will serve quite well. The box is elevated on two pieces of wood, so that the lower end of the wick can be immersed in water in a saucer, pan or what have you.

This simple device solves the most difficult problem of managing a seed box, which is watering. Keep the reservoir filled, and the soil in the box will remain at just the right state of dampness, without dripping or drying.

If you wish to grow "pot plants", place a cushion of soil about an inch deep in the bottom of the box, embedding the frayed upper end of the wick in the soil. On this cushion place plant-bands, which are hollow cubes of cardboard, without tops or bottoms. These plant-bands are filled with soil and a few seeds are dropped in the center of each, and just barely covered. The soil is then saturated by lowering the box in a tub of water; and after it has stopped dripping, it is placed in a sunny south window.

No further attention is needed, beyond keeping the reservoir filled with water, and when the seedlings appear, and each has made four leaves (two seed leaves, and two true leaves) all except the strongest in each plant-band are pulled up. Then you have the equivalent of fifty potted plants, without any trouble of transplanting.

Sphagnum moss can be used, if desired, to prevent damping-off, which is a fungus disease that frequently attacks seedlings. Rub the moss through a coarse sieve or colander and place a layer of this shredded moss over the soil in the flat, to the depth of 1-4 to 1-2 inch. Firm and saturate soil and moss. Drop the seeds on the moss, and cover very lightly with a thin layer of sphagnum. Proceed from this point on as with soil culture.

Seedlings may be sown in this seed starter in rows, broadcast or in plant bands. When sown in rows or broadcast, more seedlings can be grown; but either they should be transplanted once indoors to another starter in which the plant bands are used; or they should be sown late enough to permit of transplanting to the open garden before they get too large.

For sowing in rows mark rows two inches apart by pressing lightly in the soil the edge of a ruler, then drop the seeds evenly along the row thus marked and cover lightly with fine soil or sand. Firm the soil by pressing lightly with a block of wood.

To broadcast, shake seed from packet so that it falls as evenly as possible over the entire flat; then cover lightly with a fine soil or sand and firm by pressing lightly with a block of wood.

In every case, the soil should be thoroughly saturated after the seed is sown and the soil firmed, by lowering the starter in a pan or tub of water. Do not allow water to wash over the surface, as this would disturb the seed. After saturation, allow the starter to drain until dripping is at an end. Then place the starter where you want it with the water container underneath, and the wick in the water.

Immediately sprouts appear place the box in the sunniest window you own. A kitchen window is good, because humidity is always greater there.

Top Cut—Wick in pushed through hole in bottom of flat, frayed top is embedded in soil

Lower Cut— Lower end of wick is immersed in water in dish below flat. Wick keeps soil moist.

A Morning Smile

Auntie— But what has your boy friend's army career got to do with him staring at every pretty girl he sees?

Niece—Oh, he's in the Observation Corps.

TRANSITION

"Is this the speedometer?" asked the pretty girl tapping the glass with her finger.

"Yes, dear," he replied.

"And that's the clutch?"

"That's the clutch, darling," he said, jamming on his brakes to avoid a fast-approaching lorry.

"But what on earth is this?" she inquired, at the same time giving the accelerator a vigorous push with her foot.

"This, dear," he said, in a soft, celestial voice, "is Heaven." And picking up a harp, he flew away.

POOR BOY!

The little evacuee had been sent to a farm a long way from his home. He had little knowledge of rural life, so that when he saw the farmer's wife plucking a chicken in readiness for the next day's dinner he stood regarding the proceedings with amazement. At last he could contain himself no longer. "Do you have to undress them every night?" he asked wonderingly.

Needlecrafts
For The Home

She's a sweetheart in this charming young dress that's cut on such pretty princess lines. She'll love the button-gront that enables her to dress without your aid, and the skirt that's flared for freedom of action. A crisp white collar and white cuffs keep her looking as fresh as a daisy, and gay red hearts run all around the hem. The dress can be made with a tie-belt, if you prefer. Included in the pattern are long and short sleeves as well as matchig panties.

Style No. 3343 is designed for sizes 2, 4, 6 and 8 years. Size 4 requires 1 5-8 yards of 35-inch fabric with 1-4 yard contrasting for collar and cuffs; 1-4 yard 35-inch fabric for hearts; 3-4 yard for panties. Applique is included in pattern.

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. 3343 Size ....

Name ______________________

Street Address ______________________

City ______________________ Province

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.