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BAKER'S CHOCOLATE GIRL SAYS:

Serve Baker's Cocoa as a between-meal "pick-up" with cookies for refreshments... or as an easy way to give substance to light meals. And remember, Baker's gives grand results, in all recipes that call for cocoa—so consistent, so satisfactory!

BAKER'S COCOA

A Product of General Foods

Lenten Meditations from The Times, London

SPIRITUAL INSIGHT

The vivid narrative in St. John's Gospel shows that the attitude of the apostle Thomas towards the resurrection was far from doubtful. In fact, one of the doubts of a doubting disciple. His fellow-apostles might retell with intense conviction their experiences on Easter Day, but he would not listen unless he could see and handle the wounded body of the Risen Lord. "I will not believe" was his emphatic word. But his friends, knowing what he had missed by going to the tomb alone, would not let him remain in dismal solitude, and on the evening of the first Sunday after the resurrection, they made him their company. Again the Master stood among them, showed that he knew what Thomas had missed, and then and bade him have his wish. But on the instant that wish was gone. No sooner was Thomas face to face with the Lord than he knew how needless and mistaken was a test of the kind he had proposed to apply. Physical vision had shown him that Jesus of Nazareth was alive, but a different and far higher faculty disclosed the inner significance of what he saw, so that he fell on his knees and cried "My Lord and my God." But he had outdone his companions in scepticism now outwent them all in faith.

Thomas can often be met in the modern world, and, though the modern belief, his high standards and complete unselfishness seem to put to shame the credence of some who profess full acceptance of Christianity. Yet at heart he is profoundly dissatisfied; he craves those who can accept a creed which, as he supposes, intellectual honesty puts beyond his own reach. In effect, he is still a doubting disciple, not because he doubts, but a faith which transcends, though it never contradicts, reason will make the man of this stage of life they should remain unsolved. Perhaps for him, as for Thomas, the sudden change comes, when religion was a creed or the observance of a code, and he realizes that religion is a risen and living Christ, whom he will know as his Lord and his God.

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THE BAPTIST CHURCH

The morning service of worship at the Charlottetown Baptist Church was conducted by the minister, the Rev. J. Judson Levy, B. D., whose sermon was "The Cleansing of the Church," the text of a series of Lenten messages from the words of Jesus spoken the night before his crucifixion. Jesus washed the feet of his disciples, and said "Ye are clean, but not all." The gospel of Saint John brings us history and it also brings us the glory of intimate fellowship with his disciples. It is well that we should realize that there is a difference between the church and the world. Sometimes the church is a redemptive quality, there is a difference between the spirit of the world has eaten in.

The church must be made clean of those elements that hinder her progress... in the upper room there was love and loyalty, but also betrayal. The church can combat the foe from without but there is always the fear of the "fifth column." It is not a strong church that gets along too well with the world. Let us not be victims of a subtle indifference or refusal to serve where service is needed. Which of us can claim one hundred per cent perfection, Judas was not sent away, he went away. We must have our minds clear, our loyalties certain, may we be clean through service as we serve Christ and allow Him to serve us.

The anthem of the morning was Palastina's "Come Holy Ghost." The Church School and the Men's Bible Class met at the close of morning worship.

The Lenten worship at 7 p.m. was conducted by the minister with the sermon "Why Do I Need Salvation?" by Mr. J. Judson Levy, B. D. The chorale was "Beneath the Cross of Jesus." The soloist was Mr. Ivan Robertson.

The music of the day was conducted by Mrs. G. Elliot Pull, organist and director of choir.

THE KIRK PULPIT

Preaching yesterday morning in the second of a series of seven Lenten sermons on the general theme "The Cross in Christian Experience" the minister, Rev. F. B. Somers, based his remarks on the text "And as He prayed, the fashion of His countenance was altered, and His raiment became white and glistening." To rest in the Lord, to place at the very centre of our life and activity the fundamental declaration of our faith in Christ, to be inwardly strengthened by the power of the Holy Spirit—the all enter into a full definition of Christian prayer. There is one other—the power that true prayer releases.

The dictionary tells us that "uranium" is a rare, heavy, white metallic element without important use. But uranium has shaken the modern world to its foundations, because science has set free its power. Such is the work of science in the realm of the physical to fulfill all the conditions in order to secure power in the realm of the spiritual prayer can bring such results too. We must ever remind ourselves that uranium, which prays he is not endeavouring to get God to do what he wants. He is rather trying his reason, his mind, in such a position before God that God's will can be done in and through him.

All the suppositions and most of the disappointments in prayer spring from this entirely wrong idea about prayer being a plea to God on our side. Our Lord's example in prayer showed us that we should start the other way round—

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1. Into the Trading Post, round about 1900, strode Chief Big Bowful, with a stack of milk pellets on his back. His eyes always sparkled as he looked over the merchandise. But over this something new caught his eye. "Gimme dat!" he roared as he laid down a pelt. "Gimme dat package of Grape-Nuts!"

2. That malty-rich, sweet-as-a-nut flavor that made such a sensation at the turn of the century, is two yours today in two Post's Grape-Nuts and that honey-golden flake cereal Post's GRAPE-NUTS FLAKES

3. You'll feel strong as an Indian chief yourself on a regular morning treat of Post's Grape-Nuts Flakes. You'll get carbohydrates for energy; proteins for muscle; phosphorus for teeth and bones; iron for the blood; other food essentials.

4. Two grains make em-wheat and malted barley. Your grocer has lip-smacking, nourishing Post's Grape-Nuts Flakes in regular size and big economy size packages. Get some next shopping trip.

Post's Grape-Nuts Flakes

RADIO—Laugh with the Aldrich Family, Fridays, 9 p.m., WABO.

New Glasgow's Activities

Mr. Lloyd Houston was in the city Wednesday on business.

Mrs. Domise Pineaui is a patient of the Charlottetown Hospital.

Congratulations are extended to Mr. and Mrs. Charles Gallant on the birth of a son.

Mr. and Mrs. Willard McDonald are receiving congratulations on the birth of a new baby boy on March 6.

Rev. Eric Coffin was visiting the sick in this vicinity on Tuesday, travelling by saddle.

Friends of Mr. Henry Houston will regret to learn of his illness at his home with pneumonia.

Miss Anna Stevenson, Mrs. Dan McLeod and little daughter were recent guests of their sister, Mrs. Foster Sellar and Mr. Sellar.

Mr. William McMillan returned home after an enjoyable visit at the home of Mr. and Mrs. Bruce Noye, North Wilshire.

Mr. Ernest McNeill was a visitor to the village on Wednesday, the guest of Rev. W. J. and Mrs. McLeod. He made the trip by sleigh with his beautiful driver.

Mr. Percy Dickenson is busily engaged in getting lumber to build a home. It will be remembered that he had the tragic misfortune of losing his home and practically all its contents a short time ago.

Mr. C. S. Dingwell, our genial merchant, is regretting the disappearance of his beautiful Boston bull dog, Angus. Angus was with all, and it is feared he may have gone to the river and on weak ice, disappeared with the tide.

Mrs. Davis Moffatt and children have been confined to their home with measles, which appeared to be the real old-fashioned one. As Mrs. Moffatt and kiddies were quite sick, but their many friends will be glad to know they are convalescing nicely.

The Mayfield Women's Institute held its regular meeting on March 11 at the home of Mrs. Blair Andrew. Mrs. Nicholson presided, opening the meeting in usual form. Each one responded to roll call by showing their earliest picture, which was quite amusing. It was decided to get treats for the sick, and also to get coat hooks and drinking cups for school. Invitation from Mrs. Millar Orr for next meeting was gladly accepted. A dainty lunch was served by Mrs. Edward Cole. Singing of the National Anthem brought the meeting to a close.

A number of local hockey fans attended the hockey game at Victoria on Wednesday night between the Hunter River Royals and Victoria Unions, the latter winning the game. The boys speak in glowing terms of the service they received while there. And some of the busy ladies of that district served beautiful sandwiches and doughnuts as well as hot tea, which the lads and ladies enjoyed after their long drive. Mr. John L. Gallant conveyed the Royals and fans to and from with his two buses, returning in the wee sma' hours of the morning.

FEROCIOUS FEMALES

Some scorpion wives sting their mates, then gobble them up.

ELLEN'S DIARY—

(Continued from Page 2)

And now, out of doors, the creatures have had their last bite of food, their last drink for the day. Indoors, this ideal condition will prevail presently, though it may be brought about only by imposing on a man's good nature. "You finish your writing, Ellen!" James said a few minutes ago. "I can get a lunch for Bill (a visitor from down the river road) and myself." There are hints in the spreading of it, so that certain lines of thought may be unbroken in the conversation. But I reason: "Rome was not built in a day." Bill is my philosopher-friend with a wealth of the former to divide with me. He and James are riding a favorite subject with the farmers at present. "It may be many a year," Bill prophesies, while James stands in the pantry-doorway, the bread-knife in his hand. "As I told our men today before a truck will back up to our cellar-way, the eleventh of March to take away a load of seed-potatoes." "Hub" I say, "all winter-roads will be snow-plowed one day." But Bill's reply is an assertion, when he adds "at the prevailing price." Now where was I? Oh, yes, I must relieve James of the bread-knife and thus hasten the lunch!

Until tomorrow—Diary — Good-night.

TIDY GIRL WINS HEARTY PRAISE FROM ALL

You get it's tough, beginning married life in one room. Ditto beginning it in a house already filled with your husband's or your own family, writes one who knows. But the point of our pieces is: will you emerge from this trying experience a more or a less beloved girl?

Your chances of being more beloved rest in great measure upon tidy habits. Neither your husband nor your relatives, for instance, will like stumbling over kicked-off shoes or sitting on hats left on chairs. Any person hates to have a crushed pocketbook on his conscience, too.

A man hates a litter of sloughed-off clothes. His eye is more than apt to be offended by an array of uncleaned cosmetics, messy tissues, solid cotton, a brushful of tangles. He is not the great, big man whom you admire, if he isn't allergic to spilled powder, particularly if it spills on his clothes.

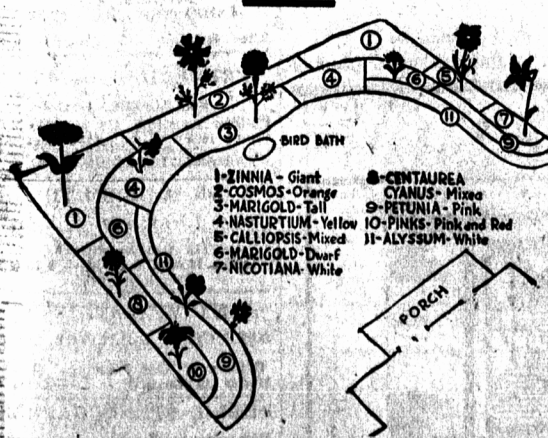
Keep toiletries tucked away. Ditto clothes. The smaller the space, the busier you'll have to be picking up after yourself.

Even in a one-room hide-a-wee a girl can keep her beauty secrets a secret—take her make-up off in the bathroom, bandage her pin-up curls with a swoosh of net.

CANADIAN GARDEN 1946

(By Gordon Lindsay Smith)

Grow Border of Annuals For Vivid Color Accent



Modern annual flowers have everything—color, beauty, fragrance, abundance of bloom, and long season of flowering. From a few packets of seed a garden can be grown in a matter of weeks this spring.

For a new, or rented home, where a quick effect is demanded, nothing compares with annuals. And many an established garden depends upon beds and borders of annuals for the principal accent in the landscape picture because of their vivid coloring, and long season.

There is a place for a garden like the one illustrated in almost every home grounds. Be generous with the space allotted to it. A planting of annuals should not only beautify the grounds, but provide flowers for the house, so be sure of an abundant supply of seed in the plan suggested, all colors are used in well-balanced proportions. Tall flowers are placed in the background, with the lowest growing ones in front. Plants for such a garden can be started in a seed box, and moved to the garden when they are large enough, or seed can be sown directly, in which case the plants should be thinned out, so that each has room to develop its full size.

If such a border can be viewed from a window, or made near a terrace or porch, enjoyment of it will be enhanced. A bird bath or small pool, placed as a focal point at the center of balance, will help complete the design.

It is essential that a garden such as this shall have full sun. Select a place where sunshine is assured, and there are no roots of shrubs or trees to compete with the flowers for food.

Plant food should be spread over the area at the rate of 4 pounds to 100 square feet and dug into the soil at least four inches deep. This will place it where the roots of the plants will find it, when they have begun to grow well.

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Writing in the "British Medical Journal" speaks as follows in the issue of January 15, 1936: "In my experience, the oral antigens have been mostly employed for cases of Catarrhal infections, rheumatic conditions and catarrhal enterocolitis. Clinical response has been quite definitely marked." This important statement, however, heralds the dawn of a great release for Catarrhal sufferers.

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