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Living & Leisure - The Woman's Realm

BEAUTY OF A WINTER DAY

Pause here with us, in wonder gaze at beauty brought by winter days; The snow has edged the hills and rocks and given it soft, scalloped look. A sn wflake cloud came down at night To curve and drape the earth with white.

First clock to divide the day was a stone shaft. Its shadow moved slowly along opposite the sun.

It is said that stammering has become more common among girls in recent years.

Try this new sandwich on the men. Mix equal portions of finely chopped celery and cabbage, season with chopped, sweet pickles, salad dressing and Worcester-shire sauce and spread on buttered slices of rye bread. S me men like them toasted.

It is used as a drink by a greater number of people than any other beverage in the world.

SAUSAGE ROLLS ARE EASY TO MAKE

Pork sausages, puff paste if it's bought ready made it saves time, a little milk. Boil sausages for 5-6 minutes. Skin, leave till cold. Have each sausage lengthways, leave again crossways (making four pieces). Put 1 or 2 pieces together again for making into rolls with the paste in the usual way. (Rolls are easier to eat with a cut sausage filling.) Leave the ends open, make 3 or 4 blublike slashes on top of each roll and brush with milk. Bake for 15-30 mins., hot f r first 10 mins., then in moderate heat.

TO CLEAN MARBLE

To clean marble, add a little ammonia to clear warm water. Wash the surface with a soft cloth dipped in the solution and allow to dry. Polish with a clean soft cloth.

Charles Dickens said that the secret of his success consisted in his developing the faculty of giving his entire attention to whatever he happened to be doing at the moment, and then being able to turn that same degree of attention to the next thing coming up for consideration.

Chopped dried apricots, with equal portions of chopped roasted peanuts and white cream or cottage cheese, make a wholesome, appetizing filling for white or Graham bread sandwiches. Put some in the winter lunches that go to school or offices.

One-half the infants in the United States show some signs of rickets during their growth, according to estimates.

A troop of howler monkeys can be heard calling over distances of more than a mile.

Splendid Cough Remedy Easily Mixed at Home

It's So Easy! Makes a Big Saving. No Cooking. To get quick relief from a distressing cough, mix your own remedy at home. Once tried, you'll say it's your favorite cough medicine, and it's so simple and easy.

First, make a syrup by stirring 2 cups granulated sugar and one cup of water a few moments, until dissolved. A child could do it. No cooking needed. Then add 2 1/2 ounces of Pinex from any drugstore. This is a compound containing Norway Pine and palatable quassia, in concentrated form, well known for its prompt action on throat membranes.

Put the Pinex into a 16-ounce bottle, and add your syrup. Thus you make 16 ounces of very efficient remedy, and you get four times as much cough medicine for your money. It tastes fine and never spoils.

And, of quick, blessed relief, it is splendid. You can feel it penetrating the air passages in a way that means relief from the phlegm, soothes the irritated membranes, and eases the soreness. Thus it makes breathing easy, and lets you get restful sleep. Just try it, and if not pleased, your money will be refunded.

Needlecraft - For The Home



Classically correct for any occasion is this neat shirtwaist frock. Make it now to wear to the office, at home, to club meetings or shopping trips in town. Light-weight gabardine or challis is smart and appropriate for this style, or, if you prefer, rayon crepe in print or solid color. Buttons down the front make it easy to slip into when in a hurry and long shirt sleeves give that really chic look that we all want to have. Add your own initials in contrasting color to give your best loved dress an individual touch. Monogram No. 11206 must be ordered separately. Style No. 3187 is designed for sizes 14, 16, 36, 38, 40, 42, 44, 46 and 48. Size 36 requires 3 5/8 yards of 39-inch fabric. Send Twenty (20c) coin is preferred, for Pattern. Write plainly your Name, Address and the style number. Be sure to state the size you wish. Style No. 3187 Size. Name. Street Address. City. Province.

A Morning Smile MISSED THE MARK Mother-How dare you kick your brother in the stomach? Johnny-It's his own fault. He turned around.

Dorothy Dix Says

BEING OLD CAN BE BEST PERIOD OF YOUR EXISTANCE Most Of Your Worries About Money, Clothes And Husbands Are Over When You Reach 70 And You Can Relax Carefully

A chirpy old lady in her late seventies was discouraging to a group of middle-agers the other day about the consolations of age. Don't take getting old so hard," she said. "I admit that finding your first gray hair gives you a shock that you never really get over, and that when other women begin helping you down the stairs and giving you the easy-chair out of the draft you feel like committing mayhem upon them. But after you accept the idea that you are no longer a girl, and don't have to keep up the pretense of being one or trying to look like one, you realize that you know what he was talking about when he said: 'Come, grow old along with me, the best is yet to be.' Believe me, my dears, age has many perquisites and compensations. It is the great emancipator. No woman ever really knows what freedom is until she gets past 60 and knows that nobody is going to take a second look at her anyway, so she can dip into her mayonnaise by her face, let out her corset strings, buy a pair of flat-heeled shoes and be comfortable. It doesn't matter whether she is fat or thin, so she can wear the color and she can dip into her mayonnaise and whipped cream as heavily as she chooses, and doesn't have to live like a starving refugee to keep her figure. Why, just being able to eat all the lemon pie you want without feeling like a criminal is a compensation or being 10 years older by anybody's figuring.

Then you are done with the man proposition, which is a worry that turns young women old before their time. When you are in your 50's if you haven't caught a husband you know you are never going to catch one, so you give up the chase and sit down in peace and rest your feet.

Other People Always Happier "If you will look about you, you will see that all the real old maids are jolly and happy. It is the ones who are in the first-bachelor stage and who are still struggling and praying for a miracle who are sour and disgruntled. There is nothing so settling to the spirit as giving up hope. "Same way about marriage. It takes 20 or 30 years for a wife to get her husband on her mind so she can really enjoy him and get some fun out of marriage. Up to that time she is always afraid she is going to lose him to some platinum blonde, or she is worrying about trying to make him over according to her own pattern, and is only when she gets along toward her golden wedding day that she gives up and quits and lets nature take its course.

Other Advantages "For by then she knows that he is so devoted to her that she couldn't lose him if she tried to, or she is so tired of trying to hold him that she is glad to let him go and rid herself of him. Any woman who can't have him, and welcome. "Another advantage of age is that you can do things on such a little capital. When you are young so much is expected of you that you have to put on a show to even be noticed, but so little is expected of you when you are old.

Your Individual HOROSCOPE By Frances Drake

For Wednesday, March 5th MARCH 21 to APRIL 20 (Aries) - Being favorable for all worldly while activities and interests, especially if you show initiative, stick-to-itiveness and cooperation. A feeling of good-fellowship permeates the air, and you will bring up added, unexpected results. APRIL 21 to MAY 20 (Taurus) - Finances, collections, business transactions involving money contracts, for orders sales, manufacturing commodities for home, personal and general use are on the sponsor-ship of beneficent planets. MAY 21 to JUNE 21 (Gemini) - A.M. fine for activities that require stimulus, endurance and courage; P.M., for renovating, reconstructing, planning, promoting, finances, religion, philanthropic interests. JUNE 22 to JULY 23 (Cancer) - If you will keep your mind at a tilt on the sunny side of the street you'll find today amicable and pliable. You may have to work hard, but the results will be worth it. JULY 24 to AUGUST 23 (Leo) - Very good indications. With your natural vigor and enthusiasm going at top speed you can certainly get places. And the time for accomplishment is NOW. Attend to your important matters yourself. AUGUST 24 to SEPTEMBER 23 (Virgo) - Restricting in same ways; you'll have need of understanding and patience. The homely, practical interests are more favored than the purely artistic, unusual and brilliant. SEPTEMBER 24 to OCTOBER 23 (Libra) - Looks very promising! Unexpected good and happiness on the program for your earnest, ambitious Librans. Keep pace with the demands of your position but don't endanger your health by over-exerting yourself. OCTOBER 24 to NOVEMBER 23 (Scorpio) - T-day offers opportunities and advantages for unique ideas, inventions, smart advertising, clever management, else attention to essential matters. Be your capable self. Allocate your activities evenly throughout the day. NOVEMBER 24 to DECEMBER 23 (Sagittarius) - T-day's most favored: Routine affairs, urgent duties, work that must be finished or delivered immediately, study and other essential interests. Be careful not to be extravagant or lose through neglect. DECEMBER 24 to JANUARY 23 (Capricorn) - Just mildly favorable aspect. Ship for values study, do important investigating, research, office and other clerical work. Forward N.W. transactions if not urgent may be deferred until a more auspicious time. JANUARY 24 to FEBRUARY 23 (Aquarius) - Don't waste one minute of this advantageous day. Be aggressive, progressive, actively interested in all industrial, civic and government matters concerning your work and your family's future security. FEBRUARY 24 to MARCH 23 (Pisces) - Another generous day for Pisces. New undertakings, daring and courageous ventures equally favored with old matters and uncompleted work. A beneficent period for advancing your own, and your employer's interests. A CHILD BORN ON THIS DAY Self-effacing, self-sacrificing, placid and unassuming. A kindly, unobtrusively, wardenly, dislikes quarreling and pettiness. Is kindly, charitable - a peace-maker. Needs sympathy and encouragement to help it realize its full possibilities. Intuitive, intelligent, artistic.

THE COOK'S CORNER

BEef POT ROAST 3 to 4 lbs. beef pot roast 2 stalks celery Pepper 1 onion 1 tsp. salt 1 or 2 small bay leaves (if liked) 4 lbs. beef stew or other fat 1/2 cup melted butter, and which hot add meat and brown on all sides. When brown, season with salt, pepper and bay leaves. If used, add small amount of water with onion and celery stalks, cover and cook slowly over low fire until meat is done-two to three hours. Serve with horseradish and apple sauce, which is made by adding grated apple to prepared horseradish. MINCEMEAT UPSIDE-DOWN CAKE 2 eggs, well beaten 1 cup sugar Grated rind of 1 lemon 1 tsp. melted shortening 1-3 cup hot water 1 cup mincemeat 1 cup cake flour 1-2 tsp. baking powder 1-4 tsp. salt 1 lb. butter or margarine 1-2 cup brown sugar C. combine eggs, sugar, lemon rind, shortening and water, and mix thoroughly. Sift flour measure and sift with baking powder and salt, add to first mixture and mix again thoroughly. Cover bottom of shallow pan with wax paper, cover with melted butter or margarine, brown sugar and mincemeat, and cover with the cake batter. Bake from 35 to 50 minutes in moderate oven, 350 degrees. Serve with whipped cream or ice cream.

Lenten Meditations

O Thou divine Spirit that, in all events of life, art knocking at the door of my heart, help me to respond to Thee. I would not be driven blindly as the stars over their courses. I would not be made to work out Thy Will unwillingly, to fulfil Thy law unintelligently, to obey Thy mandates un sympathetically. I would take the events of my life as good and perfect gifts from Thee; I would receive even the sorrows of life as disguised gifts from Thee. I would have my heart open at all times to receive-at morning, noon, and night; in spring, autumn, and winter. Whether Thou comest to me in sunshine or in rain, I would take Thee into my heart joyfully. Thou art Thyself more than the sunshine, Thou art Thyself compensation for the rain. It is Thee and not Thy gifts I crave; knock, and I shall open unto Thee. Amen.-George Matheson. Come, O Lord, in much mercy down into my soul, and take possession and dwell there. A homely mansion, I confess, for so glorious a Majesty, but such as Thou art fitting up for the reception of Thee, by holy and fervent desires of Thine own inspiring. Enter then, and adorn, and make it such as Thou canst inhabit, since it is Thine, by Thy hands. Give me Thine own self, without which, though Thou shouldst give me all that ever Thou hast made, yet could not my desires be satisfied. Let my soul ever seek Thee, and let me persist in seeking, till I have found, and am in full possession of Thee.-Amen.-St. Augustine (354-430).

Advertisement for Palmolive soap, featuring a woman's face and the text 'NOW ONLY 5¢ PER CAKE The world-famous soap made with gentle Olive and Palm Oils. PALMOLIVE'.

South From Mayfair By Pearl Bellairs

"Aunt Hilda, I'm going for a walk!" Lorna dived through her bedroom, snatched a brown linen hat off the wardrobe shelf, and kicked off her high-heeled shoes. "You seem in a hurry about it," said Miss Marris, not looking up from her book as she lay on the bed. "I want to get out before the sun goes," said Lorna, stepping hastily into a pair of walking shoes. "Before the sun goes? But it's only just two o'clock!" "Don't worry about me if I'm gone some time," and Lorna was out of the door without another word. Miss Marris got up and went on to the verandah in time to see her niece walking briskly north along the road.

Half an hour later on the road north of Kaikoura, the figure of a man clad in a tweed coat and khaki shirt, strode briskly along in the breezy sunshine; he turned aside into a track through the scrub, and three minutes afterwards, Lorna, panting with the effort of keeping on the trail of such a walker, followed him on.

Before lunch she had slipped away to the store across the road from the hotel, and on the pretext of buying toothpaste, had gleaned all the information she could get from the store keeper about Gulliver's Bay, and how to get there. To begin with one followed the road north, then turned aside on a track marked by a clump of cabbage trees up the hill through some scrub. And there she was, having seen Hawksford's departure north along the road from the verandah of the hotel, following him on the very track.

He was on his way to Gulliver's Bay. No doubt of it now; and the dangerous game had started. She had on a brown cotton frock which would be inconspicuous out of doors, but she could not follow him at all closely, for fear of his seeing her, even on the track with its scrub on either side; when he got higher on the hillside he might look back and would certainly glimpse her below unless she was very clever.

She crouched in the shelter of a bush, so as to let him get ahead; then made a short cut up the hillside scrub on either side; when he was rough going; she was scratched and stung, and became entangled in a relentless thorny creeper known as "lawyer."

But she dodged from bush to bush, and came to the top of the hill, to see him swinging along half a mile ahead on the track, which followed the side of a long spur covered with beech and manuka.



An English Boy Scout and his small evacuee charges. The lads assisted in the handling of many thousands of children removed from London and other cities.

Lorna scrambled up the bank on the inside of the track, and pushing and picking her way through the bush above, followed him on. Ten minutes later she came to the end of the spur, and saw the track running down the slope before her to disappear into a thick forest of black beech in the valley; beyond was another scrub covered hill; all around were hills, and no sign of the sea yet. Gulliver's Bay, she assumed, would be somewhere on the other side of the hill ahead. Hawksford, she fancied, had gone on down the track into the beech forest. The scrub was so thick that she decided to cross the track and make her way down through the less difficult manuka on the other side. Hat in hand and red curls tossing, she scrambled down the bank. A figure rose from sitting on a log at the foot of it, and there stood Hawksford!

"I WAITED FOR YOU!" "So kind of you to join me!" he said, looking at her grimly while she quaked with horror and surprise. "I beg your pardon?" quavered Lorna. "I saw you on the track coming up from the road and guessed you were after me, so I sat down and gave you time to overtake me. Hope you didn't hurry?" "Lorna drew a deep breath and faced the situation boldly: "I admit I'm interested to know where you are going!" "Well, that's nice of you! I was just off for a walk."

"I'm glad," said Lorna, tossing back her hair, and looking at him with clear eyes. "Can I come with you?"

"Let me live in my house by the side of the road And be a friend to man."

Like a welcoming light in the dusk, an encouraging word from a friend-these lines from the loved poem by Sam Walter Foss. Do you remember how it ends? "Then why should I sit in the scorner's seat, and she was a child in this kingdom by the sea, But we loved with a love that was more than love, I and my Annabel Lee."

Read these, other loved poems complete in our 32-page booklet. Has favorites by Burns, Longfellow, Ella Wheeler Wilcox and many more poets.

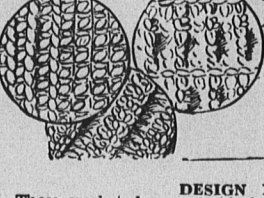
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Name. Street Address. Province.

"I'm going rather far, I think you might be tired." "I never tire," said Lorna. "No, I suppose if I ask you not to come, you'll pretend to go back, and then you'll dog me all the way?" She said nothing, but stood looking at the lonely woods ahead with a set face. Her heart was beating uncomfortably fast. "He was half frowning, half smiling."

"Well," he said with a wave of his hand, "let's go, shall we?" She hesitated, then set off at his side, walking down the track towards the woods. "So you still think I'm a spy?" he said. "She looked at the thick mass of trees ahead, wondering whether once their shadows had closed on her she would ever come out again to see the light. She steered her courage and said: "I do. You thought you had me fooled, didn't you? Why didn't you take the warning and get away as soon as you knew you were suspected-why were you so stupid as to try to go on with it?" "Why did you want to warn me?" She ignored him.

THREE CROCHETED RUGS



These crocheted rugs are ideal for bedside, or in front of the fire place. Made in a pastel color would be lovely in the bathroom. Pattern No. X 479 contains list of materials needed, illustration of stitches and complete instructions for making all three rugs. To order pattern: Write or send above picture with 15 cents in coin or stamps to Needlework Bureau, Charlottetown Guardian, Needlework Department Design No. X 479.

NAME. STREET ADDRESS. CITY. PROVINCE.

Advertisement for Arrid cream deodorant, featuring a woman's hand and the text 'NEW... a CREAM DEODORANT which safely STOPS under-arm PERSPIRATION 1. Does not rot dresses, does not irritate skin. 2. No waiting to dry. Can be used right after shaving. 3. Instantly checks perspiration 1 to 3 days. Removes odor from perspiration, keeps armpits dry. 4. A pure, white, greaseless, stainless vanishing cream. 5. Arrid has been awarded the Approval Seal of The American Institute of Laundering for being harmless to fabric. 39¢ a jar Also in 15¢ and 29¢ jars. ARRID 25 MILLION jars of Arrid have been sold... Try a jar today... at any store which sells toilet goods.'