

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

## Lenten Meditation

From The Times, London

GOD IS THE BACKGROUND OF ALL

Recent trends in religious education and recent fashions in preaching suggest a certain forgetfulness of the fact that Christianity is a religion not of an abstract but of a living God, and the historical basis of the Christian faith is the life of Jesus Christ. It is not a religion of abstract dogma, but a religion of living faith. The Christian faith is a living faith, and it is this living faith which is the background of all that men think and do. It is this living faith which is the background of all that men think and do, and it is this living faith which is the background of all that men think and do.

## Living & Leisure The Woman's Realm

**CHINESE PROVERBS**

China is a land where custom is more binding than law, and where the ancient past is the standard for the present, so that proverbs abound and have great force. The following are characteristic:

A good drum does not need a heavy stick.

If you do not want anybody to know it do not even do it.

If you are in the right, you need not speak in a loud voice.

Words whispered on earth sound like thunder in heaven.

The highest towers begin from the ground.

More trees are upright than men.

No image maker worships the gods.

he knows what stuff they are made of.

Free hitters at the play always grumble most.

What avails it to pray to Buddha like silver and scold your brother like brass.

One dog barks at nothing and the rest bark at him.

You can't clap hands with one palm (i.e. in union there is strength).

One more good man on earth is better than an extra angel in heaven.

—Selected.

## SINUS PAIN Relieved Fast This Easy Way!

Put a few drops of Vicks Vapo-r-nol up each nostril and feel it go to work soothing relief from miserable sinus pain.



Cheerful Home Garden Provides Own Moisture



Easy to Make, Easy to Care For

The most cheerful kind of decoration for your home—a glistening bowl containing a woodland "garden!"

Red-berried evergreens and ferns and other varieties will flourish beautifully in such a terrarium—without care, without even sunshine. Covered, the terrarium provides its own moisture!

To make one is simple. Use a fishbowl, candy dish or what have you, and move tiny ferns, wintergreen and polypody ferns into it, soil and all.

First line the lower part of the bowl with a layer of pebbles—moss, green side up, then at the bottom put in pebbles for drainage and add soil.

Over the soil put another layer of moss, green side up. Wet soil, poke holes in through the moss with your finger and place your plants in the holes, patting the soil firmly about the roots.

Many flowers grow healthily, too, in a glass garden! Our 32-page booklet tells how to raise trailing arbutus, violets, gardenias, other flowering as well as fern foliage plants in terrariums. Also describes making of bottle terrariums, landscaped dish gardens, herb window boxes.

Send 15c in coins for your copy of Glass Gardens and Novelty Indoor Gardens to the Charlottetown Guardian Home Service. Address: Be sure to write plainly your name and address, and the name of booklet.

Name \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ Province \_\_\_\_\_

## EMBROIDERED FRUIT MOTIFS



These embroidered fruit motifs are ideal for towels, luncheon sets, or potholders. The five designs are done in satin, seed and outline stitches and instructions give detailed descriptions of the embroideries. Pattern No. 734 contains 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. 734

NAME \_\_\_\_\_

STREET ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

PROVINCE \_\_\_\_\_

## "I want a breakfast cereal that's right for the whole family!"

IS QUAKER OATS A GOOD FOOD FOR US?

Yes, Quaker Oats is decidedly a good food for your whole family. It grows normally and fills out, she must have plenty of Protein... Food-Energy... sufficient Mineral salts... actually leads many other whole-grain cereals in Protein! Contains useful amounts of Phosphorus and Iron! Dad and you need those food elements to keep in trim, too! So serve Quaker Oats regularly in your home!



INVESTED IN QUAKER OATS

Compared to the average of many other leading cereals

GIVES YOU... 24% MORE in Protein, 100% MORE in Food-Energy, 150% MORE in Vitamin B1, 95% MORE in Iron, 42% MORE in Phosphorus.

## Delicious! Whole-Grain QUAKER OATS

Truly Canada's Favourite Breakfast Food

## With Dover Between By COLIN HOPE

To continue: When the Hun broke through, Mather was in this country, and his friends stood up in; forgot about Bawltine and everything else except the desirability of saving their own skins. They are in England now.

"Then we can assume that if the Hun knows about it he has already got his hands on the formula," Bill interpolated.

"Not necessarily, though we are sure Fritz has been after it. Mather and his friends were in great secret, and the records were well hidden. Mather doesn't know it but we have a very good idea where that hiding place is. That's why we want you to get across quickly and see if you can get hold of the papers. At the moment we are not sure if the Hun has overrun the locality where the experiments were carried out, though judging by the pace of his advance, he'll soon be there."

"I might add," Fenston went on, "that Mather is no coward though he is a scoundrel, and he trusts the formula and records, and we are giving him appropriate help."

Was Benny's turn to ask a question. "If Mather is going, why do you want to send us as well?"

"Simply because we don't trust Mather. He'd sell out to the highest bidder. He pays no allegiance to any country or cause. Your job will be to get the papers, if possible, and keep an eye on Mather if he gets them."

"And what about the Hun?" Lorbrook asked.

"No doubt he's likely to be after the formula, assuming it exists?"

"Probably," Fenston answered. "No doubt he knows a lot about Mather. Certainly he is watching agents who were after the formula, and there are indications that there are more on the job. Although he doesn't know it, we are taking care of Mather and his daughter. They live on the edge of a village, by the way."

"I think I've got the thin, clear," Lorbrook said. "There are four sides to this business."

"Firstly there's the Whensawne, who invented Bawltine, and who refuses to part with the formula. Secondly, Mather, who probably pinched some of the old man's ideas and has been working on them in Belgium. Thirdly, there's the Hun who would very much like to get hold of either or both formulae. Fourthly, there is our mob who would like to do the same, and which has to keep a watchful eye on Mather at the same time to see he doesn't double-cross us. Correct?"

Fenston agreed. "And speed is of the utmost importance," he said, then went on to give careful instructions as to how Bill and

## Dorothy Dix Says—

### WAR BRIDES WILL FIND MATES CHANGED BY LIFE IN SERVICE

It is not easy for any man and woman to adjust themselves to each other in the marriage relationship. No matter how long they have been engaged, nor how much they think they are familiar with each other's quirks and kinks of character. They discover that they are united to perfect strangers with whom they are as little acquainted as they would be with a man or woman whom they had selected out of a catalogue and had never seen until they were delivered at the church door.

And if it is hard for the husbands and wives who have known each other since their mid-life days and who are privileged to live together during the first years of their marriage, when there is still enough of the romance of courtship left to gloss over many difficult situations, to adapt themselves to each other, it is going to be far more difficult for the thousands of young people who are rushing into war marriages with practically no acquaintances, and who are parted before they have time to really know each other and to learn to make the mutual concessions that will make their marriages successful.

For these young couples are expecting to take up their marriage after the duration just where they laid them down. The husbands, when they come marching home expect to find their wives as they were when they left them, and when they find that they are not, they are sure to be angry and to blame the wives for their own mistakes.

The young wives, as they knit their sweaters and roll their bandages, have pictured their Toms, and Dicks, and Harrys, as returning just as they were when they went away, just as keen about jiggerbugging and going places and doing things and falling in with the gang. But their dreams never materialize. Their boy husbands never come back in their old likeness. They have been changed into sober men. They have looked on danger and death. They have known suffering and disease and hardship. They are adult. And it is strange men with whom their wives have got to be acquainted and adjust themselves.

WAR BRIDES WILL CHANGE

For these young couples are expecting to take up their marriage after the duration just where they laid them down. The husbands, when they come marching home expect to find their wives as they were when they left them, and when they find that they are not, they are sure to be angry and to blame the wives for their own mistakes.

WIVES MUST ACCEPT WAR-MATURED HUSBANDS

This is going to take a lot of doing. A lot of patience. A lot of understanding and sympathy. For when the flag-waving and the glorying in the service, the shouting and the shouting and the shouting dies, many a marriage will go on the rocks unless wives, who were left behind, have prepared themselves to accept the husbands the war has fashioned for them, and to give them the love and tenderness that they are going to need to heal the wounds that the hardships they have gone through have dealt them.

A woman who married one of the veterans of the last war writes me a letter dealing with this subject that is so poignant, and so compelling of the situation that the war wife must face that I reprint it here in the hope that it will make many a wife have a better understanding of her husband, and more sympathy with him. This woman says:

"I have been wondering how under heaven these young brides are going to face their futures, because I have been twenty-one years doing just what they will be called upon to do. I married a private who had been twenty months in the service, six months in the hospital, and was wounded at Belleau Wood. Outwardly he was normal, but I doubt if men ever are normal after war training and experiences.

To begin with, they are accustomed to a world of men—a lot of men "chewing the rag" and waiting for something to happen. They are stant tension, cards, poker, craps, drinking whatever comes handy. This living in a man's world unites the returned soldier for ordinary social life that his wife expects him to resume. He wants the little home right, and the faithful wife and the kids, but his real life is where men foregather in pool rooms, bars, men's restaurants. He resents being expected to conform to domestic demands, wants to do as he pleases at the moment, and to go off to the service, but it can be done, and there is no other solution. He is especially resentful of his wife trying to boss him.

MEN'S EARNING CAPACITY IMPAIRED BY WAR

"Under such circumstances means of money is the wife's salvation, as soldiering does not train a man in money-making. The wives must face the fact that it is most probable that their husbands' earning capacity will be permanently impaired from mental, if not physical, after-effects. It stands to reason that you can't turn a shell-shocked boy into a sit-in-the-trench, carry-a-gun, kill-or-be-killed fighter and have him back just where he started.

"Suppressing the 'I'm-supporting-you feeling' will be the wives' first problem. The husbands will be morbidly sensitive, or else settle down to let the wives do it, feeling that their war service is all that can reasonably be expected of them. Keeping up the head-of-the-house myth will be difficult to preserve, but it can be done, and there is no other solution. "These girls have the war to fight for a good many years, but they enlisted for the duration and they should carry on, as their husbands did on the firing line. And I would like to tell them that even though their husbands don't seem to appreciate their efforts, they are doing a big thing when they adapt themselves to how marriage is when their men get home. And they will find it pays in the end.

Benny were to set about their task. Maps were produced, and for some time they pored over them. At last Bill pushed back his chair. "I've got it," he said. One of his greatest assets was his ability to memorize maps. Days, even weeks, later he would be able to find his way unaided to the spot. Fenston had indicated. If Lorbrook was caught by an enemy there would be nothing on him to reveal his mission.

"Good. Everything is set for you to go over to-night. You'll have the usual identity device which the (Continued on page 3, Col 4)

## A Morning Smile

Voice on telephone: "Is Mrs. Rowdybush at home?"

Mandy: "If it is one of de ladies what goes on play bridge with her, she an. If you ain't she ain't."

Dear Mrs.—"We hate to be cruel, madam, but if you've tried everything else for slurring in vain, how about trying a little work!"

## In Spite of Problems The Quality Remains Unchanged

NONE of the circumstances of today have been allowed to interfere with the quality of Jell-O and Jell-O Puddings.

War's necessities have limited the supply of Jell-O and Jell-O Puddings—so, if there are times when your grocer is out of stock, we are sorry, and hope that you will be patient till a further supply is available.



## NEW SPRING ARRIVALS

IN COATS, SUITS, DRESSES, BLOUSES, HATS, ACCESSORIES

Priced For Savings



KENNEDY'S Ladies' Ready-to-Wear

154 Great George Street

## THE COOK'S CORNER

RAISIN LOAF

1 cup seedless raisins

1 cup boiling water

1-3/4 cups once-sifted pastry flour

Or 1 1-2 cups once-sifted bread flour

3 teaspoon baking powder

1 teaspoon salt

1-2 teaspoon ground cinnamon

3-4 cup Graham (or whole wheat) flour

1 cup (lightly packed) brown sugar

1/2 cup broken nutmeats

1 egg

1 cup milk

3 tablespoons shortening, melted.

Measure raisins and boiling water into a saucepan; bring to the boil, remove from heat, cool thoroughly.

Measure the once-sifted white flour and add the baking powder, salt and cinnamon; mix the ingredients in the sifter, then sift into a mixing bowl. Mix in the Graham flour, brown sugar, and nutmeats.

Beat the egg until thick and light, add the milk and melted shortening.

Drain the raisins, retaining the liquid. Mix the raisins into the dry ingredients; mix the liquid drained from the raisins into the liquid mixture.

Make a well in the dry ingredients; add the liquid mixture all at once and combine thoroughly. Turn batter into greased loaf pan (about 10 by 5 inches) and bake in a moderate oven, 350 degrees, about 65 minutes.

## Needlecraft For The Home

SOFTLY FEMINE FROCK

And One That You Can Readily Make

Gracious in line, kind to the full-figure, a go-everywhere style—there are so many good things to be said for this dress, that perhaps it's best to let the illustration speak for itself. It's the sort of dress your picture yourself wearing on all those occasions when you want to look your best. Style No. 2712 is designed for sizes 14, 16, 18 and 20 and 36, 38, 40, 42, 44, 46, 48 and 50. Size 36 requires only 3 1/2 yards 36-inch fabric.

Send twenty cents for pattern. Write your name, address and style number. Be sure to state size you wish. Style No. 2712

Name \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ Province \_\_\_\_\_

LOOK SIMPLE WAY TO STOP FAST PAIN AND ITCH OF PILES

Do this—Apply CUTICURA Ointment. Medical ingredients soothe, comfort—all promote relief. A world-wide success for more than 60 years. All druggists. Made in Canada.

CUTICURA OINTMENT

2712 SIZES 14 to 50

By Webster

## LORETTA YOUNG



IT TAKES SOFT, ADORABLE SKIN TO PUT ANY GIRL ACROSS... FACIALS WITH LUX TOILET SOAP ARE A WONDERFUL BEAUTY AID!

"Pat Lux Toilet Soap's lather lightly in. Rinse with warm water, then with cool. Pat to dry." WHIPPED CREAM lather removes dust, dirt, stale cosmetics thoroughly—gives skin protection it needs.

## TILLY THE TOILER

NO FUN IN DISAPPOINTMENT.

LET'S SEE YOUR DRIVER'S LICENSE

GEE OFFICER I MUST HAVE LEFT IT IN MY OTHER SUIT

AND SAY YOU'RE OF MILITARY AGE LET'S SEE YOUR CLASSIFICATION CARD

GOSH! I GUESS THAT'S IN MY OTHER SUIT, TOO

THE IDEA OF NOT BEING HERE I'LL HAVE TO TRY CAB

SAY, DON'T HEAR ABOUT THE SAID WHO WAS TOO SMALL TO JOIN THE WAVES, SO SHE ASKED IF SHE COULD JOIN THE RIFLES?

THAT ISN'T FUNNY, TO ME THE RIGHT NOW

9 out of 10 Screen Stars use Lux Toilet Soap