

Woman's Realm :- Social and Personal :- Fashions :- Literature

The HOUSEWIFE and HER ACTIVITIES

A PRAYER

Grant us the will to fashion as we feel, Grant us the strength to labor as we know; Grant us the purpose, ribbed and edged with steel, To strike the blow. Knowledge we ask not—knowledge Thou hast lent; But, Lord, the will—there lies our bitter need. Give us to build above the deep intent— The deed—the deed! —John Drinkwater.

MINERAL SALTS AND SUGAR STRENGTHEN WEAKENED HEART

"The heart is a muscle; indeed, it is the most important and also the most indefatigable of our muscles working tirelessly every minute of the day and night writes a doctor in New Health Magazine. It has been found that when the heart of an animal is cut out, it will still beat a certain time and then the beat gets weaker and weaker until it stops.

If a solution of sugar is now introduced into the heart it will continue to beat regularly again. The addition of certain mineral salts, especially of lime, potassium, carbonate of sodium, etc., will have still better effects, and the heart will beat still better and still longer. Convinced that what is doing good to the heart of an animal already dead will do more good to a live heart, I have given my patients, suffering from a weak heart, a diet rich in these elements. I have obtained quite good results, the functioning of the heart having been much improved."

EVEN THE CHILDREN SHARE REDUCING MANIA

An inquiry indicated that 30,000 metropolitan school children have a distaste for milk. The head teachers discovered that most of the objectors were "girls who are afraid it will make them too fat."

COCOA HINT

If cocoa is a favorite drink in your household and yet some members find it not very digestible, it will be made much more so after it has been allowed to cool and reheated after the globules of fat have been removed.

MUST DRINK WATER EVERY HOUR

It is said a tribe of fishermen known as the El Molo, inhabiting the desert wastes in Kenya Colony, Africa, cannot live without water more than three hours. As a rule they drink every hour during the day, even an hour and a half without water causing cracking and bleeding of the lips. They spend their days swimming in the waters of Lake Rudolf and fishing from frail rafts constructed with palm branches. Fish is almost their only diet and they have no opportunity of varying their menu, unless they are fortunate enough to spear a hippopotamus. The water of Lake Rudolf is undrinkable to any one but the El Molo, for it contains a large quantity of soda and has an objectionable taste. The proportion of soda in that lake increases yearly, and it is believed that this fact has caused the "fishermen to become a deformed race.

DUCHESS OF KENT "SWEETEST GIRL ONE COULD WISH TO KNOW"

Miss Florence Forrest, of Port Hope, Ontario, who has been in

Jamaica all winter the guest of her aunt, Mrs. Lewis Emery, Jr., had the honor of being invited by the Duke and Duchess of Kent for luncheon at "Sunset Lodge" where they have been spending their honeymoon. "Sunset Lodge" is the attractive bungalow which its chaperone, Mrs. Emery put with its staff of servants—at the command of the Royal couple. Writing to her mother in Port Hope, Miss Forrest describes the Duchess of Kent as "extremely beautiful and wonderfully charming—just the sweetest girl one could wish to know." Of the Duke of Kent she said: "He is tall and fair, has curly hair and blue eyes and is not stilted, as his pictures seem to make him." They made her very much at home, said this young woman who was called to the Bar in September last, and will upon her return, take up the practice of law.

COUNTRY COURTESY

In order to preserve the amenities of the countryside in England, patrols are to be organized this year by the Council for the Preservation of Rural England. The duty of the Countryside Wardens, as they are termed, will be to persuade, educate and help the public to keep the various rural resorts unspoiled. The Wardens will be volunteers and will work in co-operation with a number of other organizations.

Mainly, the duties of the patrols will be of an educative character and it is hoped to attain the desired object by persuading the public to observe a courtesy code. This includes, among other requests, the following: Please close gates. Don't injure fences or anything belonging to others. Make a point of burying litter or carrying it away. When you go, leave the place as you found it. Avoid carving your name or initials anywhere. Growing crops such as hay, clover and oats are someone's livelihood. They are spoiled if laid flat. Put our fires, which should never be lit where they may spread, and wherever they are lit, take every care they do not spread. Do not foul streams of standing water.

BEN-HUR

By GENERAL LEW WALLACE

CHAPTER VI

Along the home stretch—sixth round—Messala was leading, next him Ben-Hur. Messala, fearful of losing his place, hugged the stony wall with perilous clasp; a foot to the left and he had been dashed to pieces; yet, when the turn was finished, no man, lacking at the wheel the tracks of the two cars, could have said: "Here went Messala, here the Jew!" they left but one trace behind them. As they whirled by, Esther saw Ben-Hur's face—whiter than before. Simonides said to Ilderim: "I am no judge, good sheik, if Ben-Hur be not about to execute some design. His face hath that look." "All the spectators rew a long breath, for the beginning of the end was at hand. The Sidonian, Byzantine and Corinthian made final efforts but were practically out of the race. Thereupon, with a readiness perfectly explicable, all the factions in the crowd except the Roman joined in Ben-Hur and openly indulged their feeling. "Ben-Hur! Ben-Hur!" they shouted.

TAKE BURDOCK BLOOD BITTERS THIS SPRING

For that tiredness, listlessness and sluggishness that comes over you as the warm weather approaches.

After the long winter months the system needs a general toning up by cleansing and purifying the blood of its impurities.

B.B.B. is just what you require to do this. It will make you feel bright and vigorous, and "full of pep."

Get a bottle at your druggist's and see how quickly it will rid you of those all-gone, don't-care-to-work feelings of

"SPRING FEVER"

THE COOK'S CORNER

FONDANT

(for dipping small cakes) Two cups sugar, 1/2 cup boiling water, 1/2 teaspoon cream of tartar, 1/2 teaspoon glycerine. Combine ingredients in graniteware saucepan, stir and place over heat and bring to boiling point. Boil rapidly without stirring until when tried in cold water a jelly like ball may be formed (238 deg. Fahr.) Pour into bowl cool, and stir until white and creamy. Turn out on platter (or marble slab) and knead with palms of hands until smooth. Return to bowl, cover with waxed paper and let stand 24 hours, then heat until melted, in dish placed in larger dish of boiling water. Flavor and color.

TO GLAZE CAKES WITH FONDANT

Beat white of one egg slightly, and add 1 tablespoon powdered sugar. Apply with a brush to the sides of cakes. After glazing, cakes should stand overnight before dipping.

TO DIP CAKES

Melt butter over hot water, stirring a little to prevent crust from forming on top. Take glazed cake on 3-tined fork and lower in fondant to the depth of the cake. Remove from fondant, invert, and slip from fork to a board. Decorate by dipping with ornamented frosting, and nut meats, candied cherries, angelica or candied violets. For small ornamental cakes pound cake mixture is baked a little more than one inch thick in shallow pans, and when cool put in squares, diamonds, triangles, circles, crescents, etc.

A Body Builder

WHEN you feel run down, when your blood is thin or stomach gives trouble, with gas, or "sour drings," try Dr. Pierce's Golden Medical Discovery. If you are thin-blooded, need to put on healthy flesh—the tonic for you. Mr. James Howarth of St. Louis, Mo., writes: "My appetite failed, I lost weight and strength, and caught cold easily. This state of health also affected my digestion. I took Dr. Pierce's Golden Medical Discovery and fully regained my lost health. I picked up in appetite and weight." All druggists. New size, tablets or liquid, \$1.00. Large size, tablets or liquid, \$1.35.

From the benches above him as he passed, the favor descended in fierce injunctions. "Speed thee, Jew!" "Take the wall, now!" "Let him not have the turn on the again. Now or never!" Either he did not hear or could do not better, for half-way round the course and he was still following; at the second even still no change.

And now, to make the turn Messala, he drew in on his left-hand side, an act which necessarily slackened their speed. His spirit was high; more than one altar was richer of his vows; the Roman genius was still present.

On the three pillars marking the final goal, only six hundred feet away, were fame, fortune and a future ineffably sweetened by hate, all in store for him.

That moment, Maluch, in the gallery, saw Ben-Hur lean forward over his Arabs and give them the reins. Out flew the many-folded whip in the driver's hand; over the backs of the startled steeds it whirled and hissed; and though it fell not, there were both stinging and menacing in its quiet report. "The man passed thus from quiet to resistless action, his face suffused, his eyes gleaming, along the reins he seemed to flash his will; and instantly, not one, but the four Arabians as one, answered with a leap that landed them alongside the Roman's car.

Messala, on the perilous edge of the turn, heard but dared not look to see what awakening portended. From the people he received no sign. Above the noises of the race there was one voice and that was Ben-Hur's.

"On your left! On your left!" the Jew urged his Arabians. "What, Antares, do thou linger now? Good horse, Aldebaran! 'Tis done, 'tis done! Ha, we have overthrown the proud. The hand that smote us is in the reins evens the glory. He is steady. The work is done, Best!" "There had never been anything of the kind so simple; seldom anything so instantaneous.

CHAPTER VII

At the moment chosen for the dash, Messala was moving in a circle round the goal. To pass him, Ben-Hur had to cross the track; and good strategy required the movement to be in a forward direction; that is on a like circle limited to the least possible increase.

The thousands on the benches understood it all; they saw the signal given—the magnificent response; the four close outside Messala's outer wheel, Ben-Hur's inner wheel behind the other's car—all this they saw.

They heard a crash loud enough to send a thrill through the circus, and, quicker than thought, out over the course a spray of shining white and yellow flinders flew. Down on the right side toppled the bed of the Roman's chariot. There was rebound as of the axle hitting the hard earth; then the chariot went to pieces and Messala, entangled in the reins, pitched forward headlong.

To increase the horror of the sight, the Sidonian who had the wall behind, could not stop or turn out. Into the wreck full speed he drove; then over the Roman and into the latter's four, all mad with

PRINCE'S CHOICE



Princess Marie de las Mercedes of Bourbon was picked by Prince Juan of Spain as his bride. Renunciation of royal rights by his elder brothers who married pretty commoners makes him heir-presumptive.

A Morning Smile

PRESENCE OF MIND

A young traveller in soap was relating some of his experiences to his friends at a birthday party. "While walking along the front at Brighton, with my samples," he began, "I heard a shriek from the beach. On looking over to see what was the matter I saw a maiden carried away in the surf."

"Of course, you dived in to save her," murmured a sweet young thing. "I quickly undid my case," he went on, "and threw her a bar of my famous soap."

HAPPY FAMILY

A census taker asked the woman at the door: "How many in your family?" "Eleven," snapped the answer, "me, the old man, kid, cow and cat." "And the politics of your family?" "Mixed. I'm a Republican, the old man's a Democrat, the kid's Wet, the cow's Dry, and the cat's a Populist."

Dorothy Dix

Hurrah for the State That Took Its Courage in Both Hands and Held a Jubilee for Mothers-in-Law - It's Time Some One Celebrated This Ever-Present Help in Time of Trouble, Instead of Throwing Brickbats

In Texas they have been celebrating a unique festival. They have been glorifying the mother-in-law and they had paid public tribute to one of the banquets and speeches and all and paid public tribute to one of the world and one of the least, appreciated.



This is belated justice, but the remarkable thing is that it comes at all, for no other character has been so trampled and misrepresented as that of the mother-in-law. So long have we regarded her from the joke-smith's point of view, or seen her as the moralist pictures her as the shadow that hangs over the home of the newly-weds, that we have lost sight of the fact that, in reality, she is a loyal providence upon whom those who have married her children never call in vain in time of need.

When all is well and prosperous and the domestic machinery is running on greased skids, wife may have to give husband an unusually good dinner and seek the psychological minute when he is well fed and so amiable a child could handle him, to break to him the news that Mother is coming for a nice long visit. Or husband may want to prostrate wife floral offerings and candy before telling her that Mother wants to know if it would be convenient for her to come for a month.

But far otherwise is it when Old Man Trouble has descended upon a household; when there is a new baby coming and Johnny has the measles and Tommy has broken his arms and the cook has left and there is not a clean place in the house to sit down, nor a bite of food that is fit to eat, and the bills are running wild. Then the wife saying that mother-in-law has answered the SOS call and will be in on the evening train is tidings of great joy. Oh, believe me, mother-in-law may be the forgotten woman most of the time, but she is always remembered in a domestic crisis, and as her competent hands bring order out of chaos and as her strong shoulder slips itself under his or her burden she looks like a guardian angel to many a distraught young in-law.

In special has mother-in-law proved her worth during the depression. No matter how little her income, she has shared it with her in-laws. No matter how tiny her home, she has somehow made room in it for the men and women her children married. She has kept them out of the bread-line. She has cheerfully cooked and scrubbed and taken care of the child-rearers so that they could take a job. Many a man who would have gone bankrupt had kept going because mother-in-law lifted from his heart the devastating fear of what would become of his little children if he could find no work.

So let us hope that out of this experience sons and daughters-in-law have come to a finer appreciation of mother-in-law's real qualities and a realization that even the finger she sticks in their pies belongs to a helping hand that never fails them.

Mothers-in-law, being human, have, of course, their faults. They

that she knew not their whereabouts. He spent days trying to find them, but he could not, and finally he returned to the task of raising and training his army.

CHAPTER IX

At that time, the boy who had given water to Ben-Hur had grown to manhood and was preaching religion and healing the sick about Judea.

Anxious to see the future King of the Jews for whom he was to fight, Ben-Hur, with Balthasar, went to visit him. At the first sight, he recognized the youth of Nazareth, but he saw in the gentile aspect of the preacher none of the qualities which meant war-like leadership and in the strong which followed him no resemblance to the courtiers he had seen about the emperor in Rome.

In Balthasar's eyes however, the Redeemer had come, and the two followed Him, watching His miracles and hearing His words. At length Ben-Hur believed as did the others.

Amrah had heard, too, of the miracles of the healing of lepers and of others. As tidings of them came, and of the approach of the Preacher to Jerusalem, she rushed to her old mistress and the daughter and told them of His coming.

The stricken woman, near the road which led to Echpaze and Bethany. At the third hour they watched a throng going in the direction of those places.

At the fourth hour a great crowd appeared over the crest of Olivet, of the thousands carrying a palm-branch in their hands. Then the noise of another multitude approaching from the east drew their eyes that way.

"What is the meaning of this?" asked Tirzah. "He is coming," answered the mother. "Those we see are from the city going to meet Him; those we hear in the east are His friends bearing Him company. It will be strange if the two processions do not meet before us here."

The people in the east came up slowly. When at length they had formed a line in the midst of them a man riding in the midst of what seemed to a chosen company which sang and danced before Him.

The rider was bareheaded and clad all in white. There was no need to tell the people that this was He—the wonderful Nazarene!

"He is here!" cried the mother. "Come, my child."

They slid to their knees on a white rock. (To Be Continued.)

GOWAN BRAE

The following is the honor roll of Gowan Brae School for the month of March:—

- Grade X—1 James O'Keefe, 2 Florence O'Keefe, 2 Nellie Howlett, 2 Kenneth Mullyally, 2 Fennelly Howlett, 2 Kevin Howlett, 2 Eleanor McQuaid, 2 Alicia Mullyally, 2 Joseph Mallard, 2 Mary Mallard, 2 Tommy Yorsion.

- Grade I (a)—1 Joan Howlett, 2 Billy Mallard, 2 Geraldine Mallard, 2 Florence O'Keefe, 2 Billy Howlett, 2 Fennelly Howlett, 2 Joseph Mallard, 2 Kevin Howlett.

(Patriot Please Copy)

KINGSTON SCHOOL

Standing of Kingston School for the month of March:—

- Sr. Dept. Grade X—1 Dorothy Auld, 2 Lena Paul, 3 Eleanor Willis, 2 Grace IX (a)—1 Daisy Paul, 2 Florence Younker, 2 Jeanette Docherty.

- Grade VIII—1 Hilda Auld, 2 Vera Livingstone, 3 Vera Willis, 2 Stewart Colwill, 2 Grade VI—1 Calvin Holmes, 2 Ralph Green, 3 Valfrid Boyce.

Primary Department

- Grade IV—1 Aetha MacFadyen, 2 Myron Holmes, 3 Bobbie Younker, 2 Grade III—1 Clyde Holmes, 2 Lorne Docherty, 3 Gordon Docherty.

- Grade II—1 Norene Auld, 2 Leith Newson, 3 Mildred Paul and Alton Willis.

- Grade I—1 Roy Green and Howard MacGregor, 2 Harold Green, 3 Joseph Willis, 3 George MacGregor. Perfect Attendance:—Lena Paul, Irving Willis, Vera Livingstone, George Newson, Harvey Newson, Douglas Docherty, Myron Holmes, Aetha MacFadyen, Gordon Docherty, Clyde Holmes, Leith Newson, Roy Newson, Norman Willis.

Principal—Flossie M. Younker. Assistant—Alma G. Newson.

NORTH WILTSHIRE WOMEN'S INSTITUTE

The North Wiltshire Women's Institute met, at the home of Miss Marcella Cullen on Tuesday evening, March 25th.

There were 10 members and 1 visitor present. The president, Mrs. B. Deacon, presided and the meeting opened with the Institute Roll Call followed by the Creed. The minutes of the last meeting were read and adopted and the roll called. One former member paid her dues.

The regular committees reported and new ones were appointed as follows:—Sick; Mrs. Easter, Mrs. G. E. McLean, School; Mrs. R. Easter, Mrs. Johnston Program; Mrs. J. G. MacLean, Mrs. Lane.

- FASHIONS FOR SPRING -

It's a favourite in Paris. No wonder! It's exquisitely lovely as the original in white stiffened fine thread lace.

The extreme simplicity of this model makes it lovely for plain mousseline or organdie embroidered in ring or spot design.

In navy blue chiffon, you'll find it very handy to have hanging in your closet for late afternoons and informal evenings.

Two color effects are very impressive for evenings, as dusty pink crepe with the cape of wine.

Style No. 885 is designed for sizes 14, 16, 18, years, 36, 38 and 40-inches bust. Size 16 requires 4 1/2 yards of 39-inch material.

Price of PATTERN 15 cents in stamps or coin (coin is preferred). Wrap coin carefully.

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MEADOW BANK SCHOOL

Report of Meadow Bank School for March:—

- Grade 2—(8r)—1 Terris Miller, 1 Hazel Miller, 1 Hazel Boyle, 2 Dorothy MacLean.

- Grade IX—1 Dingwell MacFadyen, 2 Jean Boyle.

- Grade VII—1 Stewart Miller, 2 Clifford White, 3 Vernon Drake.

- Grade VI—1 Orville Murray, 2 Waldie Miller, 3 Eric MacFadyen.

- Grade V—1 Elmer Glow, 2 Daphne MacLean.

- Grade II—1 Pauline MacLean, 1 Norris Scott.

Perfect Attendance:—Hazel Boyle, Stewart Miller, Waldie Miller,

87. Laura Crosby, Teacher



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have their peculiarities; so have we all. Some are meddlesome. A few are so possessive that they cannot bear to give their children up to mere wives and husbands. Now and then there is one who is a home-wrecker. But the great majority of them are good, kind, normal women who are glad to have their children marry and whose greatest desire is to see them get along in peace and happiness with their mates.

Unfortunately, young people are so steeped in the tradition that their mothers-in-law are their hereditary foes that they frequently fall to give them a chance to be friends. They go into marriage with a chip on their shoulders and the settled determination that they are not going to let mother-in-law put anything over on them. They are willing enough to listen to counsel from their own mothers and to take advice from any stranger, but let mother-in-law make the slightest suggestion and they are up in arms at once.

And they are jealous of her with as bitter and consuming a jealousy as can tear the human soul. No bride would admit it, but she wouldn't be more green-eyed than she is when she sees him with his arms around his mother and the two having a loving confab together. And every time an artless young wife says to a husband that Mother thinks you should do thus and so, he sees red and feels like committing murder.

And, of course, mother-in-law, with the best intentions in the world frequently stirs up in a minute more trouble than malice could invent in a week. Only if she can't see she lacks tact and knowledge of how to handle a situation or smooth the fur of a son-in-law or daughter-in-law the right way. She is so wrapped up in her children and so anxious to be with them all the time that she fails to realize that they are not as interested in her as she is in them, and she gives them too much of her society. She is a grand cook and she proffers unsought advice to the bride who is in a competent wrestling with pots and pans. She is an expert who can't keep from showing a budding amateur how to run her house, and that puts the amateurs and mother-in-law becomes persona non grata.

And that is why mothers-in-law should never live with their married children if it is possible to avoid it, because it is so much easier to appreciate the fine points and many virtues of those with whom we are not thrown in daily contact. Distance lends enchantment to family relationships as well as mountains.

But it is grand to hear that mothers-in-law have come into their own and are having fiascos given in their honor, and having roses thrown at them instead of brickbats. DOROTHY DIX.

Lunch; Mrs. R. Easter, Mrs. Clark, Mrs. L. Campbell, Mrs. Johnston.

The school committee reported that arrangements had been made for the school-room scrubbed regularly. The members expressed themselves satisfied with these arrangements. Other matters pertaining to the school were discussed and it was decided, on motion, that the Institute would bear the expense for certain repairs. Mrs. B. Easter was appointed to interview the school board regarding same. A letter of appreciation from a member for fruit sent while she was ill, was read by the secretary. The secretary reported having received the annual grant. The proceeds from the supper held March 4th, amounted to \$37.50.

from sale of lunches \$41.00. \$21.00 was deposited to the Institutes account in the Bank and there is a substantial balance on hand. The play committee reported that they were reading a number of plays but had made no definite choice. Miss A. Easter invited the members to her home for the April meeting. The questionnaire on "Legislation" was then discussed and two interesting papers were read. The questionnaires for the next meeting will be those on "Agriculture" and "Public Health." collection amounted to 80 cents. The meeting closed with "God Save The King" after which a delicious lunch was served by the lunch committee.

ANNUAL CONVENTION of the P. E. I. TEACHERS' FEDERATION will be held in Prince of Wales College Hall Charlottetown Tuesday - Wednesday - Thursday April 16th, -17th, -18th Addresses by Hon. W. J. P. MacMillan, M. D. C. M.; Dr. A. S. MacFarlane, Superintendent of Education, New Brunswick; H. H. Shaw, Superintendent of Education, Prince Edward Island; Howard Court, Supervisor of Teacher Training All interested are cordially invited to attend.

To glaze PAINTS - VARNISHES - ENAMELS LEAVE NO BRUSH MARKS