

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

Lenten Meditations

O Lord God, in whom we live, and move, and have our being, open our eyes that we may behold Thy Fatherly presence ever about us. Draw our hearts to Thee with the power of Thy love. Teach us to be anxious for nothing, and when we have done what Thou hast given us to do, help us, O Lord our Saviour, to leave the issue to Thy wisdom. Take from us all doubt and mistrust. Lift our thoughts up to Thee in Heaven, and make us to know that all things are possible to us through Thy Son our Redeemer. — Amen.—Bishop Westcott.

Eternal God, lead us into the blessedness of the mystery of communion with Thee. Bow our spirits in deepest reverence before Thee, and uplift us into a sense of kinship. Send the spirit of Thy Son into our hearts, crying "Abba, Father," that all unworthy fear may be banished by the gladness of Thy perfect love. Thy love is like the luminous heaven, receiving into it purity, the foulest breath of earth. Thy gentleness is like the sun, seeking to cheer and warm the dark hearts of men. Touch us, O our Father, with a feel-

A Morning Smile

TRUTHFUL ENOUGH.
The mistress of the house entered the dining-room just as a burglar was in the act of purloining the silver.

"What are you doing?" asked the lady.

"I am at your service, madam," said the thief.

SARCASTIC
And so you are the noble fellow who rescued my wife at the risk of your life?" said Mr. Tightfist. "Take this shilling, my brave fellow, as an expression of my thankfulness."

"And then he added, softly: 'You know better than I do what your wife's worth.'"

One of Thy great realities, for though our thought about Thee is better than our words, our experience is better than our thought.—Samuel McComb.

Your Individual HOROSCOPE

By Frances Drake

For Friday, April 4th
MARCH 21 to APRIL 20 (Aries)
From all planetary indications it looks like a fine money-making day. Gains through sound investments, expansion, improvements and advertising shown. Be doubly ambitious.

APRIL 21 to MAY 20 (Taurus)
No chance for a "down-in-the-mouth" countenance this peppy business day. And if you show you've put a good price on your investments, others will accept you at that high value. Advance the right way and happiness will attend success.

MAY 21 to JUNE 21 (Gemini)
Your achievement will most likely come through your innate ingenuity and inherent knowledge of serving the public well. Selling, shopping, attention to one's personal appearance and health are on the sponsored list.

JUNE 22 to JULY 23 (Cancer)
"Ties" from a personal and business standpoint, but sound plans into execution; work on inventions and ideas of worth; confer with those whose knowledge will aid you. Be amenable to suggestions.

JULY 24 to AUGUST 23 (Leo)
We find helpful and reassuring indications for you who will apply yourselves first to paramount duties and demands of your position. Late afternoon and evening more favorable for recreational and restful diversions.

AUGUST 24 to SEPTEMBER 23 (Virgo)
You born after September 6 will need to be especially patient with detail work. All of you: refrain from needless anxiety and hindering worry. If you are scabrous about this, gains are possible.

SEPTEMBER 24 to OCTOBER 23 (Libra)
Study, rechecking, errors, frauds and waste; stepping up production; seeking and giving sound advice are on today's list of favorites. Help through others prepared.

OCTOBER 24 to NOVEMBER 23 (Scorpio)
No difficulties you can't surmount if you exercise the powerful will you possess. All matters important to the preservation of our democratic way of life, religious beliefs and future security are especially favored by benefic aspects.

NOVEMBER 24 to DECEMBER 23 (Sagittarius)
You'll have to sit tight and refrain from careless surmises if you exercise the powerful will you possess. All matters important to the preservation of our democratic way of life, religious beliefs and future security are especially favored by benefic aspects.

DECEMBER 24 to JANUARY 23 (Capricorn)
Your "go" and "stop" signals are similar to the charts for Sagittarians. Take things in your usual stride. You will make the surer advancement this way. Tact!

JANUARY 24 to FEBRUARY 23 (Aquarius)
An in-between sort of period that must be handled according to the supply and demand. You can extend yourself without overstraining to get important matters finished.

FEBRUARY 24 to MARCH 23 (Pisces)
Minor affairs, your usual routine and familiar issues are first favorites. Day can be productive of much gain with your good offices backing your interests and activities.

A CHILD BORN ON THIS DAY
will have a fair for the scientific, perhaps be deeply religious and a profound thinker. Such an individual is worth your patient care and intelligent understanding. A baby thing in your usual stride. You will make the surer advancement this way. Tact!

SCRAMBLED EGGS
Scrambled eggs should also be cooked slowly and over low heat. An important thing to remember here is that scrambled eggs continue cooking after removed from the heat, with the best consequence of them. Therefore, take them from the fire when they are a little softer than you want to serve them—they will reach the right consistency by the time they are eaten. If you like them mixed with milk or cream, add only 1 tablespoon of either of these to 1 egg.

FRIED EGGS
Melt butter or fat in a pan over low heat and drop the egg or eggs into the pan. Shake the pan while cooking so that when the eggs are cooked they can be slid off the pan easily with a spatula. Maintain a low heat all during the cooking time.

VA-TRO-NOL
From Developing Right at Start
At the first sign of a cold, put a few drops of Va-tro-nol up each nostril. Its stimulating action aids Nature's defenses against cold.

VICKS
... And remember—when a head cold makes you suffer, or transient congestion "thins up" nose, spots sleep, or irritates throat, Vicks Vapo-Rub helps clear nasal passages, clearing clogging mucus. Enjoy the relief it brings.

RARE OLD HEXAGONAL AFGHAN DESIGN
This crocheted afghan may be created in one or three colors. The hexagonal medallions are set together as each is completed. Pattern No. 900 contains list of materials needed, illustrations of stitches and complete instructions.

GOthic
For a rounded breast contour and pointed effect. Has the WIDE-R-AIZE feature. Is light and airy. On sale at all smart shops.

900
This crocheted afghan may be created in one or three colors. The hexagonal medallions are set together as each is completed. Pattern No. 900 contains list of materials needed, illustrations of stitches and complete instructions.

900
In order pattern: Write or send above picture with 15 cents in coin to Needlework Department, Charlotte-Town Guardian.

900
NAME _____
STREET ADDRESS _____
CITY _____ PROVINCE _____

PROTECT PRICELESS OLD FAMILY RECIPES WITH MAGIC BAKING POWDER
MAGIC BAKING POWDER
IT'S ALWAYS DEPENDABLE!
MADE IN CANADA

THE COOK'S CORNER
CHEESE CRUST APPLE PIE

2 1/2 cups sifted flour, 3-4 teaspoon salt, 2-3 cup shortening, 1-1/2 cups grated cheese, 1-3 cup cold water (about), and 2 to 2 1/2 cups cooked apples (sweetened).

Mix and sift flour and salt. Cut in shortening with pastry blender or two knives until evenly mixed, and add the grated cheese. When thoroughly mixed, add water in small amounts until a dough is formed, and using only enough water to make particles hold together. Shape in ball, place in bowl, cover and let rest roughly 10 minutes. Roll dough on lightly floured board. Line pie plate with pastry; add the cooked and sweetened apples, and add a dash of cinnamon. Cover with apples with the cheese crust, and bake in a hot oven (425 degrees F.) for 24 to 30 minutes until done.

LEMON MALLORET
20 marshmallows
1 cup water
Juice 2 lemons
2 teaspoons sugar
Dash of salt
egg whites
Method: Cut the marshmallows in halves or quarters and combine with the water in the top part of a double boiler. Cook over boiling water, stirring constantly until the marshmallows are melted. Remove from the heat, add lemon juice, salt and 1 teaspoon of the sugar. Cool until it begins to thicken, then fold in the egg whites that have been beaten stiff with the remaining 1 teaspoon sugar. Combine thoroughly. Spoon into freezing tray and freeze without stirring.

VANILLA PAREAIT
1-2 cup sugar
1-4 cup water
2 egg whites
1-2 teaspoon vanilla
1 cup whipping cream
Method: Combine egg sugar and water in a pan and boil until forms a very soft ball when tested in cold water. Beat the egg whites until stiff and gradually beat in the syrup mixture. Add the vanilla and beat until fairly stiff, and the mixture is cool. Now add the cream that has been whipped until stiff and beat until firm. Freeze until of the desired consistency.

PINEAPPLE MOUSSE
1-2 cup pineapple juice
1-2 cup crushed pineapple
6 table-spoons sugar
1 table-spoons granulated gelatin
2 table-spoons cold water
1 table-spoon lemon juice
1 cup whipping cream
1-4 cup dried fruit
1-4 cup chopped maraschino cherries
Method: Sprinkle the gelatin over the cold water and allow to stand for 5 minutes. Combine the pineapple juice and crushed pineapple and bring to the boiling point. Add the soaked gelatin, sugar, and lemon juice. Stir the mixture until the gelatin and the sugar are completely dissolved. Cool until the mixture begins to thicken, then stir in the nuts and cherries. Whip the cream until thick, but not stiff, and fold this into the gelatin mixture. Turn into a freezing tray of a mechanical refrigerator and turn the cold control to fast freezing. When the mixture is firm, turn the cold control half way back to normal and keep it there until ready to serve the mousse.

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Dorothy Dix Says—

PUBLIC OPINION CANNOT BE WANTONLY FLAUNTED

Young Girls Who Decry Advice And Run The Rosy Pathway Always End In The Thorn Patch Of Shame

A man who has a 19-year-old daughter who is running wild and who is beginning to be talked about asks me if I will write something about his case. He says that she has been on the perilous path down which she is starting. I would gladly do so, but when did I ever heed a warning? Though you spoke to it with the voice of men and of angels it would not listen, for the tragedy of youth is that it believes in its own immunity to punishment and is certain that, no matter how high a price others have paid for their follies, it will escape scot-free. It believes that all its elders are oldards whose ideas have been outmoded, and whose advice is just senseless mumbled that is no more to be taken for a pattern of life today than Grandma's design for making petticoats in a day of streamlined lingerie. As for the vaunted wisdom of age, youth scoffs at it. Why, poor old Grandpa and Grandma didn't even know how to live. Grandpa tolled and scrimped and saved and Grandma washed and cooked and reared half-a-dozen children, and they thought it was childish for a girl to even show her ankles. They would have thought one who smoked a cigarette was not better than she should be.

The dumb chicks! They were dead and didn't know it. They were smart like their grandchildren who take their fun as they find it while they are young and can enjoy it. So what can I tell this girl of 19, who thinks she knows all of life because she knows nothing of it; who thinks she can take care of herself in a world in which she will be best by dancers at every step; who believes that she can dance without ever having to pay the fiddler, and who triumphantly asserts that this is a changed world in which all of the old traditions and inhibitions have been scrapped?

I can tell her that she is mistaken. That it is the same old world, run on the same principles with the law of cause and effect working out in the same inexorable way, and that when we break these laws we are punished, just as the sinner has always been punished. And that no exception will be made in her case. But she will not believe me.

Gossip Is Never Quiet
I can tell her that no girl can snip her fingers in Mrs. Grundy's face and get away with it. She may say: "What do I care what some frumpy old woman says about me? I am going to do as I please, and if I don't get home until 5 in the morning and my boy friend spends his Sundays in my little apartment, what business is it of theirs?"

None, public opinion. But women make public opinion. They give a girl her rating, and she stands or falls by what they say about her. Some day she may lose the job she wants or the man she is breaking her heart for because of her reputation. It isn't enough for a girl to be good, she has to look good.

Always Day of Reckoning
But there comes a day of reckoning. The men with whom she has drunk and petted drop away one by one. They have married some little girls who will make good wives and mothers. The wild girl looks in her mirror and sees herself old and raddled before her time, for liquor and dissipation do horrible things to women.

When she is sober enough to balance her accounts she realizes what a losing bargain she has made when she traded off the peace and security and happiness of her life for a few parties.

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Living & Leisure

RETURNING BIRDS
Soon homing birds will come again, Robin and thrush and oriole; Soon homing birds will come again Chanting their songs in sun or rain. With what sad notes from wooded hill, While in the pathway of the moon, When all the sweet spring night is still, Plaintively calls a whippoorwill.

FOOT NOTES
If you have been on your feet a lot "doing your bit" take this tip to relieve those poor tired feet. Soak your feet for at least fifteen minutes in a basin of water which has been added two table-spoons of Eps-salt. (There is a

There is a half portion revival of interest in taffeta, falles, and program. Permit us to point out that the tail-portions of these still fabrics are used most effectively with softer silks, rayon or wools. While you may see a number of entire frocks, suits and an occasional coat of taffeta or faille, it is never to meet garments with a panel lengthwise, or a band widthwise, or a yoke, or a jabot, of the taffeta, or faille, or program, the dress coat, or jacket retaining that soft, smooth character imparted by the softer fabrics, contrast in surface make a nice evaluation of the two fabrics and the panels or bands accent line.

CHAPTER XIII
Tonia wondered why Michael was contending in her. Probably, she thought, it was because of her disguise as mid-mannered, sympathetic Sally Martin. Sally was the sort a man would confide in.

"Sally, that was her name," he said. "She let me down hard and it hurt. I've been queer on glamour girls ever since."

"So she was a glamour girl?" "That's what society pages and gossip columns called her. Debutante, 1938. You know the sort—hard and wise and self-sufficient."

"I wouldn't know," Tonia said. "Michael looked at her. 'I guess you wouldn't. You're different. I guess that's why I liked you from the minute I met you in that roadside lunchroom.'"

"Liked me, Michael?" "He grinned. 'Not romantically. I'm done with romance, just as I'm done with glamour girls.'"

"Just how did I appeal to you?" "Tonia watched him as he considered her query. He had completely accepted her as the girl he had met in the lunchroom.

"There's something warm and simple and friendly about you," he said. "No hardness. Patricia was diamond hard. Beautiful but cold."

"So you liked me because I'm the opposite of a glamour girl?" "Right—and don't be offended. It's something for a girl to be natural."

Tonia had a queer sinking feeling. Michael, she thought was going to hate her when he learned that she was Tonia Lane, who had come a long way on glamour.

When they left the night club, Michael drove out the highway to the airplane factory. He pointed out the building that housed the design room where he worked. Then, as they drove homeward through the dark countryside, he told her something of his work, talking eagerly and enthusiastically.

He talked all the way to the hotel, then grinned as he stopped the car before the entrance.

"Sorry," he said. "I talk to you like I would to a man."

"I guess," Tonia said, "I'm that sort of girl."

"You're pretty sweet," he helped her out of the car and

Girl Without Background Shows It in Her Manners

Wrong Time To Remove Coat
What sort of girl is she? Her nice clothes tell one story, her awkward manners another.

A girl used to well-bred circles would know better than to pull off her coat, making a great "to-do" before taking her chair at a restaurant. The smooth way is to seat yourself, then let your coat fall over the top of your chair.

By such little ways you are learned—you show what you are, that you're not the crude sort who embarrass a man by diving after your dropped gloves, by opening the car door yourself.

Now, saying good-night, will you thank HIM for your ton, asking, "When will I see you again?"

He sees you're the gracious poised type men are proud to take places. You'll let him do the picking up and the door opening.

At the evening's end you'll say, "I had a lovely time," instead of a crude, "Thank you," for he's supposed to be grateful for YOUR company. And you'll remember it's his place to ask, "When will I see you again?"

Simple rules, but know them and add to your popularity! Our 32-page booklet tells what's correct on dates, in public, entertaining, on dances, the theatre, introductions, invitations, travelling.

Send 20c in coins for your copy of Etiquette: The Correct Thing To Do To The Guardian Home Service. Be sure to write plain your Name Address, and the Name of booklet.

MIDDLE-AGE WOMEN
NEED THIS ADVICE!
Thousands of women are helped thru "triple action" WEE Lydia E. Pinkham's Vegetable Compound—known for over 60 years in relieving female functional troubles. Made in Canada.

Amateur Glamour Girl

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