

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

Lenten Meditation

From The Times, London

THE STORMS OF LIFE WITHSTOOD

"He careth for you"; these simple words are full of comfort and encouragement. In them an assurance is given for which man would look in vain in many religions and many philosophies. In the Bible itself the full light does not come all at once; there are passages in the Old Testament in which God would seem to be the moral governor of the world, much concerned with man's conduct, rather than, as the Book of Wisdom much later described Him, the "Lover of souls." The Sunday brightness comes only with our Lord's words and ministry, and, above all, His Passion. Then, at last, it became quite clear that God did indeed care. And the full revelation of God's love for the world led on to that final word of the Gospel of God, the good news about God in the mystery of His eternal being—God is Love.

The words of St. Peter in the Epistle receive moving illustration in the parables of the lost sheep and the lost coin; even as the shepherd and the woman rejoice over the finding of that which has been lost, so there is joy in heaven over one sinner who repents. The force of the parable would be lost if the sinner's repentance were regarded as all his own work. But that is excluded by the words which appear in a corresponding passage in St. Matthew's Gospel: "For the Son of Man is come to save that which was lost." He came, because He was sent, to do His Father's will. His care for the wandering and the lost, for the outcast and sinners, His readiness to be in their company and to talk to them, at which the Pharisees took offence, was the sorrow in which could be seen, by those with eyes to see, the heart and mind of God.

There is nothing which a man cannot bear more patiently and cheerfully if he knows that there are those who care for him. He will wish that they could be spared the pain which comes to them through his own suffering; yet he may have learnt something of that subtle rhythm in which pain and joy come together, and that love, the best of things, grows, as it takes to itself the sharing of another's burden. The witness of Christian faith, and of that Christian experience which is rooted in the soil of faith, is that this loving care, which is so precious a thing in this world, has its home and source beyond this world. All that here is partial, faltering, and imperfect, in men's care for one another, lives there unbounded and unchanging. To some eternity may seem to call up no better picture than that of an endless uninhabited void; there is another and truer one, that of the uncreated and undying fire of God's love.

With a gradually growing sense of assurance, the soul can reach the steadfast conviction, "Thou, O God, carest for me." No storms of this life can beat down those who hold this conviction and are held by it.

Living & Leisure The Woman's Realm

"LAND OF THE SHAMROCK"

By "John of The Lilies" F. E. I. There's a homeland o'er the water Though it may seem far away, Growing dearer every moment To the Irish heart each day, It's that dear land of Killarney Where her lakes like jewels shine, Glistening there within the sunlight Nurtured by a hand Divine.

Oh sure its there you'll see the beauty In a Colleen's eyes so blue, Full of sparkling mirth and laughter, And an Irish love so true: It's a jewel from the Heavens Cradled by the waves so blue, Kissed by countless sunlit nights Bathed with moonlit nights and dew.

CHORUS

Isle where grows the sweetest shamrock Nowhere else you'll ever meet, It's the land where charming col-leens Grace each village green and Home of Irish wit and banter Blarney stone and wishing well, Cherished Isle that land of Erin Or which Irish love to tell.

Written for tune—"Just a little bit of Heaven."

Once each week or two, set your geraniums in a tub and sprinkle them thoroughly with a clothes sprinkler, both on top and under side of leaves. Feed them a teaspoon of bone meal about two or three times during the winter.

Wall outlets for electrical devices in the kitchen should be placed at table heights. This permits the use of shorter cords with cooking utensils, eliminating coils that are liable to get in the housewife's way.

Modern plant foods are quick acting, and are available to plants before the weather warms up. Well fed in the beginning, plants will soon become sturdy enough to forage more effectively for themselves.

You can't very often find Savoy cabbages in the market because they are not long keepers. Plant seed and raise some at home. They are the highest quality table cabbages. Their dark green crinkled leaves identify them at once.

Chervil is a pot herb you encounter in cook books but seldom see. It is allied to parsley in flavor, but liked better by many cooks. Plant a packet and get a new flavor in soups and stews.

The quickest annual flower to bloom is *Leptosyne stilkmani*, which

will bear flowers in five weeks from seed. The plant grows eighteen inches tall and the flowers are yellow daisies, borne for a long season.

PARENT CLASSES IN SUNDAY SCHOOL

In the future every up-and-coming Sunday school will have groups of parents in classes, studying their children and themselves, in right relation to them. The leaders of these groups will be sympathetic and interested, and who can see the application of psychology to the everyday problems of the parent. As you know, there are some such Sunday schools now.

DRIED FRUITS USEFUL IN DIET

In these days when inevitable shortages occur in certain of our basic foods, we should not overlook the possible substitution of dried fruits and vegetables as a means of balancing our daily diet. Most of us tend to forget that they exist, but they have a definite role to play, especially in war-time.

Dried fruits include the lovely prune, dried apricots, raisins, figs and dates. Peas, lentils, Lima and Navy beans comprise the better known dried vegetables.

These dried foods cannot be considered in any sense good sources of the all-important vitamin C. However, they are all generally fairly rich in iron and copper, and the vegetables have a high protein value. Dried apricots, particularly, have a high percentage of copper, which, health authorities assert, is useful in adjusting the human system to the assimilation of the iron which they also contain.

Prunes and apricots can be very tastefully prepared in desserts, and figs, dates and raisins can be used in puddings or eaten just as they are.

Because of their high protein value Lima beans can very well substitute for a meat dish, which, in these times of meat scarcity, is mighty useful. Baked in a casserole and covered with tomato sauce, they are a very tasty dish. Dried peas, of course, can be used instead of the canned variety as one of the vegetables in a meal. They must be soaked in water in order to make them soft enough for use.

Lentils or split peas are an invaluable addition to soups and stews, lending a piquant flavour all their own, that makes one ask for more.

LOSE ONE SHOE EACH

Americans bought an average of three and a half pairs of shoes a person in 1942 but must get by with three pairs a year now.

New under-arm Cream Deodorant Safely Stops Perspiration



1. Does not rot dresses or men's shirts. Does not irritate skin.
2. No waiting to dry. Can be used right after shaving.
3. Instantly stops perspiration for 1 to 3 days. Prevents odor.
4. A pure, white, greaseless, sanest washing cream.
5. Awarded Approval Seal of American Institute of Laundering for being harmless to fabric.

ArRID is the largest selling deodorant

39¢ a jar Also in 15¢ and 39¢ tins



Victory For Love

By PAMELA WYNNE

CHAPTER XXV

"Grace Dr. Warner is coming back tonight. I've just been on the phone." Joan, her eyes slight, came running into the kitchen. "Who was it?"

"The boy from the Point to see Mr. Wynne," said Grace.

"What on earth for?"

"Can't say, ma'am," said Grace tersely.

"It's so odd," said Joan restlessly. "Why should Mr. Wynne have interviews with Alfred Cummings? Of course, Hugh maintained that he was in the Secret Service, and she had been inclined to think so at first. But surely if he was he wouldn't always be about with Odette Hannan, unless it was, as she had thought at first, that Odette was a spy. Anyway, Hugh was coming that evening, and she would pour out all her misgivings to him. He always put things right."

Dr. Warner, sunk in his favorite chair, a coffee cup beside him on a little table, listened much more attentively than Joan had expected him to.

"I think the best thing is for me to have a chat with Wynne," he said after a little pause. "If he is going to embark upon some devastating adventure he must go somewhere else," said Joan decidedly. "All I do want to know is what is going to happen. It's this sort of



PL 13382 "They serve that man may fly" is the motto of the Royal Canadian Air Force Women's Division, and the girls work mainly in offices, stores and operations rooms so that men may go into the air. In hours of duty, however, the girls sometimes get off the ground for "familiarization flights," and here is AW1 Margaret Brown of Stouffville, Ont., climbing up to the hatch for a flip with Pilot Officer R. McWilliam of Montreal. This is one airwoman, incidentally, who inherits the air force tradition; her father, Roy Brown, was one of Canada's great aces of the last war. R. C. A. F. Photo.

thing that worries me; people coming and going, and him out all the time and not in to meals and Grace looking as if she knew something that she wasn't going to tell me because I was too stupid or something and should fuss."

"And supposing that I get to look as if I knew something that I wasn't going to tell you because I thought it was better you shouldn't know it," smiled Dr. Warner gently.

"I shan't mind, because it's you," said Joan softly.

"Darling," and then, as a piece of coal dropped glowing from the ash-tray, Dr. Warner made up his mind. "Darling, come closer and I'll tell you something." And then, as with a little rush Joan left her chair and fell on her knees beside him, he told her. He had been at the Home, and the resident physician had said it was only a matter of days. In fact, even at this very instant it might be over. "Poor Lucy, what a release," said Dr. Warner gently.

"Shall we have a joint wedding?" With Monsieur and Netta?"

"Will you be happy?"

"Happy?"

(Continued on page 3, Col 5)

Home Service

Letter-Writing Problems Can Be Solved So Easily

Family Conference Over a Note! Stuck again! Every time she writes a letter, the whole family has to puzzle over it. "Is this right," she asks pathetically.

"Well—is it?" I got your invitation. Thanks for asking me. I can come." Sounds awfully flat, but no one's sure how to fix it!

How different when you have pointers on letter-writing, samples to guide you. No choppy, crude sentences, no pen-chewing then!

To a very informal invitation you reply chaffily. "You were a dear to invite me." Or to a more formal one: "It is delightful of you to ask me to dinner on the fifteenth at half-past seven. I will be happy to come."

Such pleasing letters attract the kind of people you like to cultivate, and they certainly influence your business standing.

An employer is impressed when you know the up-to-date business phrases: "enclosed is" rather than "enclosed please find," "received" instead of "to hand."

Our 32-page booklet has 24 sample letters, including letters of sympathy, congratulatory, friendship, application. Gives letter etiquette, errors to avoid; how to make letters interesting.

Send 15c in coins for your copy of Good Letter-Writing Made Easy to The Charlotte-Town Guardian Home Service, Address. Be sure to write plainly your name, address, and the name of booklet.

Name _____ Street Address _____ Province _____

CHEESE AND EGG SPREAD
 1 tablespoon fat
 1 teaspoon sugar
 1-2 tablespoons flour
 2 tablespoons suet
 1-4 teaspoon mustard
 2 hard-cooked eggs, chopped
 1-2 teaspoon salt
 3-4 cup milk
 1 tablespoon vinegar
 2 cups grated cheese
 Melt fat and cook onion in it for 1 minute. Add flour, sugar, mustard and salt and stir till well blended. Add milk. Cook, stirring constantly until mixture thickens. Add vinegar and cheese. Continue cooking until cheese melts and mixture is smooth. Add eggs and cool. Store in a covered jar in a cold place. Makes 1-4 cups filling.

SPANISH SANDWICH SPREAD
 2 tablespoons chopped onion
 1 tablespoon fat
 1 cup thick tomato pulp
 1 egg, well beaten
 1 cup grated cheese
 1-2 teaspoon salt
 Dash of paprika
 Sauté the onion in the fat 5 minutes; add tomato pulp, cheese salt and paprika and cook 5 minutes longer or until cheese is melted. Stir a small amount of the mixture into the egg, return to the hot mixture and cook 2 minutes longer. Store in a covered jar in a cool place. This mixture may be served hot on toasted bread as a lunch or supper sandwich.

Dorothy Dix Says—

WOMEN'S BEAUTY BURDEN GROWS HEAVIER WITH WAR ACTIVITIES

Lucky Man Doesn't Spend Hours Treating Face And Hair After Day At Work Bench

Probably no man ever wished he was a woman, anyway, but the entire male sex must feel that it was the mercy of God that saved them from the calamity when they read the beauty columns now being published in the papers. For these are mainly devoted to urging women workers to preserve their complexions, and to keep their hands soft and beautiful, and their figures lissom.

Hence it must be a matter of prayerful thanksgiving to the weary man laborer, as he lays down his tools after a hard day's work, that he can have of having to rush home, as his female fellow workers are adjured to do, and spend the next couple of hours brushing his hair applying hot packs and cold packs to his face, rubbing forty different lotions and creams into his skin, and taking corrective exercises to keep from acquiring humped shoulders from bending over a machine.

WOMAN'S BURDEN HEAVIER

The necessity of having to appear beautiful though homely has always been the white woman's burden. It was heavy enough to bear in peace times, when women had the leisure and the money and the faith to try to work miracles on themselves, though Heaven knows how many times an ugly duckling trying to transform herself into a swan has always been pitiful enough to wring tears from a heart of stone.

But the mere thought of an exhausted woman war worker, or a tired school girl, or a nerve-wrecked stenographer, or any other woman who toils for her daily bread, having to superimpose on her day's labor hours of work trying to make herself into a glamour girl must make the very angels weep. Yet it has to be done because we are all committed to the theory that no matter what a woman is, she has to be easy on the eyes.

No such inhibition is laid upon men, and there is no other privilege that they enjoy that women envy them so much as the right to even a Nature made them. If a man has brains; if he has charm; if he has talent; if he is interesting, nobody cares a wit whether he is handsome or not. If he were as ugly as a Gargoyle, it wouldn't interfere with his popularity, or his success.

DIFFERENT STANDARDS SET UP IN JUDGING

No girl would refuse the attentions of a man who has a pleasing personality and suave manners, even though he is freckle-faced and fat and is losing his hair, but you can't even imagine a man stepping out with a bald-headed girl, or overweight Susan being the belle of a ball. When an employer hires a lad as a clerk or a bookkeeper, the only look he gives his figure is to see if he seems strong and healthy but when a girl goes looking for a job, a willowy figure has just as much to do with her getting it as her letters of recommendation. No unsightly stout need apply. Nobody expects a great statesman to be as beautiful as a movie star, nor does anyone demand that a Jimmy Doolittle should look like a magazine advertisement of what the best-dressed men are wearing. But any stout peaches-and-cream girl could beat the most astute woman politician. Nobody expects a great statesman to be as beautiful as a movie star, nor does anyone demand that a Jimmy Doolittle should look like a magazine advertisement of what the best-dressed men are wearing. But any stout peaches-and-cream girl could beat the most astute woman politician.

This curious injustice in the matter of personal appearance between men and women also extends to the domestic relationship. To start with, the pretties have the pick of the husband crop. The first thing that attracts a man to a girl is her looks, and if the outside of her head is well enough garished, he frequently never even makes the slightest attempt to find out what is on the inside, if anything.

WIFE MUST RETAIN LOOKS IN MARRIAGE

Nor does the woman's handicap end there. In marriage it is only the wife who is supposed to defy the ravages of time and the general wear and tear of life and remain perpetually young and beautiful, while the husband is privileged to get old, to be bald and paunchy and fat. It is a common thing for an elderly man to divorce his wife for no other cause than that she has gotten elderly and is no longer glamorous, though he never heard of an old wife divorcing her husband because he has lost his boyish figure and is not the ambrosial youth she married, though an old man would no more take a prize in a beauty show than an old woman would.

But there we are. That's the way things are. The curse of Eve that passed on to her daughters is the necessity of having to be beautiful though homely, or, if they aren't, to wear themselves out trying to do something about it; whereas men can be just as ugly as God made them. The lucky stiff!

moustache off, Henry," said his wife. "You look like Hitler."

"Don't worry, dear," he murmured meekly. "The neighbors know us—they know I'm not dictator."

A Morning Smile
 WASTED TIME
 "John, I've been lying awake for hours waiting for you to come home from the wretched club."
 "If that isn't just like a woman. And I've been waiting for hours waiting for you to go to sleep."

NEEDED PROTECTION
 "I wish you would shave that

BABY'S COLDS
 Relieve misery fast—naturally! With VICKS VAPORUB

Needlecraft For The Home

YOUNG LOOKING JUMPER
 Frock
 Softly Styled for Spring Fabrics
 You'll like the way this jumper is cut, with its gathered fullness in front and over the bust. It's excellent for the Spring rayons in wool-like prints, and it's grand for washables. Its lines are just as right for light or dark colors, for plain or checked material. The pattern includes the blouse cut to fit smoothly under the jumper.

Style No. 2588 is designed for sizes 12, 14, 16, 18, 20, 22, 24 and 26. Size 16 requires for the blouse 1 5-8 yards 39-inch fabric; for the jumper, 2 5-8 yards 39-inch fabric or 2 1-4 yards 54-inch fabric.

Send twenty cents for pattern. Write your name, address and style number. Be sure to state size you wish.
 Style No. 2588

Name _____ Street Address _____ Province _____

YOU WOMEN WHO SUFFER HOT FLASHES
 If you suffer hot flashes, dizziness, distress of "irregularities" bite spells are weak, nervous or irritable due to the "middle age" period in a woman's life—take Lydia E. Pinkham's Vegetable Compound. It's helped thousands upon thousands of women to relieve such symptoms. Made in Canada. Pinkham's Compound is worth trying!

2588
 SIZE 12, 14, 16, 18, 20, 22, 24, 26

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Try WHIPPED CREAM LATHER FACIALS for 30 days!

LUX TOILET SOAP'S LATHER LIGHTLY IN—RINSE WITH WARM WATER, THEN COOL!

PAT DRY WITH A SOFT TOWEL. NOW YOUR SKIN FEELS SMOOTHER, HAS SUCH A FRESH LOOK, LOVELY SKIN WINS!

This famous star shows you how she cares for her million-dollar complexion. You'll want to try this gentle facial with Lux Toilet Soap's Whipped Cream Lather—see what it can do to help you have the complexion loveliness that wins Romance!

HOLLYWOOD'S Whipped Cream LATHER BEAUTY CARE