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

Lenten Meditation

From The Times, London

"WELCOME, DEAR FEAST OF LENT"

In an inspiring passage, St. Paul tells the Corinthians of the kind of life which he and his missionary helpers lived, of the kind of people that they felt themselves to be. There was much to endure, and much to suggest inadequacy and failure: "unknown," "chastened," "sorrowful," "poor," were descriptions that might be applied to them. Yet the predominant note is that of joyful paradox which culminates in the triumphant confidence that while they have nothing they yet possess all things.

Though St. Paul speaks for the ministers of the Gospel, his words convey a message to all Christians, full of inspiration and encouragement. No Christian is exempt from trials, or free from the obligations of acquitting himself as a good soldier of Jesus Christ, and learning to prescribe in his spiritual progress the Perfect a mere who is "temperate in all things," and runs his race with eager desire to win the prize. No Christian should lack the joyful confidence that, hard as the course may be, and severe the trials, it is infinitely worth while to keep on steadily and to endure courageously, and that where there is sorrow, failure, and loss, there, by a divine compensation, are also gladness achievement and gain. It is not a conviction that can always be as a shining light which drives all darkness away. The believer must be steadfast in hard endurance, and he knows that there is no discharge from the frequent weariness of that war. But in the deep recesses of the Christian soul the lamp still burns; its light does not illuminate everything, but it has never go out. Now and then it shines so brightly that the darkness is broken and overcome. Then the Christian knows quite certainly the nature of the truth which is great and prevails. It is the assurance that through all things, be their pressure what they may, he is held in the love of God, and is more than conqueror.

It is partly because in Lent, more than at other times, Christians put themselves in the way of learning something of this truth, that George Herbert's address to it, "Welcome, dear Feast of Lent," is so appropriate. The discipline of Lent will show large variety though. In these days a measure of it enters into the lives of all. But spiritual endurance and spiritual victory can come only as the Christian is prepared to follow in the steps of his Lord, of whom it is written in words equally amazing and inspiring that "He learnt obedience through the things which He suffered."

It is true that to learn by experience and to accept without murmuring whatever comes is, in itself, to do no more than the great Stoics of ancient and modern times have done. But there is this fundamental difference between the Stoic and the Christian: the Stoic is not conquered; the Christian can be a conqueror. He can meet and master all that the Stoic meant by fate, because he has the sure faith that he has to do not with an impersonal world-order, but with a heavenly Father without whom not even a sparrow falls to the ground. In the deepest sense it is true of him that "this is the victory that overcometh the world, even our faith." Such was the victory of Christ's great apostle in the midst of all that he had to bear; and for all Christians there is one battle and may be one victory.

Dorothy Dix Says—

PARENTS MUST RULE CHILDREN BY LOVE, NOT FEAR OR FORCE

Runaway Girl Shows Evil Of Supervision That Keep Youths Ignorant Of Life Today

The other day there was a tragic and pitiful story in the papers of a young girl who had run away from home to escape from a stern father, gotten in with a gang of thieves and murderers, and who was arrested for at least having guilty knowledge of their crimes.

The girl came from a decent and respectable family. The father was a good man and a good father, according to his lights. Probably he thought he was keeping his children unspotted from the world by making them prisoners in a home that was nothing but a jail, and denying them all the pleasures of youth. They were never allowed to go to any place of amusement, not even a movie. They dared not stop on the way home from school to buy a glass of soda. They could neither visit nor be visited by any of their friends. And they had to be in bed and the lights out by nine o'clock every night.

DRUNK WITH FREEDOM

The oldest boy ran away from home when he was 17 and went to the city. When she was 15 the sad little heroine of this story followed him. The brother tried to take care of her the best he could, but she was starved for pleasure, for excitement, for all that went with the bright lights She was drunk with the first freedom she had ever known, and there was no holding her. She went the limit. She plunged into an orgy of dissipation that made her old in sin before she was old in years. And before she was 20 she had wrecked herself in soul and body.

I hope that the story of this girl will make a lot of the overstrict parents, who believe in the lock-and-key school of virtue and that they can keep their children pure and undefiled by shutting them away from the world, do a little honest thinking about how to prepare their youngsters for life.

I hope it will make them realize, first of all, that the heavy father business is out. Definitely. Whether they like it or not, children have been emancipated and they will no longer stand for tyranny of a despotic parent. The average adolescent boy and girl now are as sophisticated in their teens and know their way about as well as their fathers and mothers did in their twenties, and if things are made too disagreeable for them at home, they just walk out on the old people.

CHILDREN MUST HAVE CONFIDENCE IN PAREATS

The only way that parents can control their children now is by being friends with them, and by having made their sons and daughters respect their judgment, and trust their kindness and good will so much that they are willing to be guided by them.

Then I hope it will make many a middle-aged man and woman remember again their own youth and all the foolish little things that made them so happy, and the equally silly things that broke their hearts. I hope they will remember how their feet ached to dance, and how excited they were over their first bicycle, and how they felt they might just as well lie down and die and be done with it in a world so full of disappointments if it rained on the day they were going to a picnic, and how crushingly humiliated they were if mother or father insisted on taking them to the party, instead of letting them go alone as if they were grownups.

There is no other safeguard you can throw around children that is so potent as the memory of a happy home and cooperative parents. If boys and girls know that their fathers and mothers are anxious for them to have every pleasure, they listen when father and mother say "no."

And I hope it will make many parents realize the folly of trying to protect their children against temptation. It can't be done. At every turn of the road temptation is waiting for the youngsters, and the thing to do is to teach them to recognize it and to resist it. Ignorance isn't innocence. It merely digs the pit into which innocence stumbles.

WHAT EVERY WISE PARENT MUST REALIZE

Mothers and fathers can't go through life holding their children by the hand. They have got to be on their own, sooner or later, and then they will fall or stand, according to what they have been taught, not from what they have been kept from knowing about. When Sally goes to work, Mother can't follow her into a busin ss office, but she can wise her up to married bosses who are flirtatious. Mother can't stop petting parties, but she can teach Jane to have some respect for her own lips. Father can't suppress the liquor traffic, or eliminate bad women, but he can put his son on his guard against them. And parents can do a lot to dispel the allure of forbidden fruit by not forbidding it, but by letting the children see that is isn't so sweet after all and that it leaves an awful bad taste in the mouths of those who eat it.

And, finally, I hope this girl's story will make parents see that they can't make children good by force. They have got to rule by love and not by fear and hate. If they want their children to stay in the home, they have got to make home attractive instead of a dungeon. Otherwise when they lock the door, the youngsters climb out of the window and the big, bad wolves devour them.

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.

Products of General Foods

A Morning Smile

Betty—Did you hear about the fellow who stayed up all night figuring out where the sun went when it went down?

Oliver—No; what happened?

Betty—It finally dawned on him.

How to relieve MONTHLY
FEMALE PAIN

You who suffer such pain with tired, nervous feelings, distress of "irregularities"—due to functional monthly disturbances—should try Lydia E. Pinkham's Vegetable Compound. It has a soothing effect on one of *woman's most important organs.* Also a fine tonic for the stomach! Made in Canada.

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

THE STONE-BREAKER'S PLAN

A country minister, passing an old stone-breaker one day on the roadside, remarked cheerily: "Ah, Sandy, I wish I could break the stoney hearts of my congregation as easily as you can break those stones."

"Weel, sir," replied Sandy thoughtfu'y, "You try my plan. Gang doon on yer knees."

LENGTH OF SKIRT IS IMPORTANT

(By Joan Gardner)

There's no single answer to the question: "How long shall my skirt be?"

First, how tall are you? And how slim? If your hips are not large, so that your figure does not look squat, you can wear your skirts a little shorter, particularly if your skirt is flared. For this type, just below the knee is right. Teen-age girls can wear them even a little shorter.

If you are very tall and slim, drop your skirt an inch or two If you are average height and not "heavy," skirts midcalf length are most becoming —particularly now that slim skirts are now.

If you are short and thick-limbed, wear your skirts a little on the long side. It will give your figure better proportion.

All skirts, including the short dinner dress, follow these rules.

A Job Only You Can Do

Price Control Questions And Answers

Questions and Answers on Price Control will appear in The Guardian as a regular feature each day. The questions are those which have reached the Wartime Prices and Trade Board from housewives in this region. The answers are prepared by the Board. Readers who have intelligent questions to ask on price control are invited to send them in writing to the Women's Reginald Advisory Committee of the Wartime Prices and Trade Board, Chappell Building, Charlottetown.

Q When one is having glasses fitted by an optician for the first time, must the full amount be paid at the time of purchase?

A Such aids to sight are exempt from the consumer credit regulations of the board.

Q When a large amount of dental work is being done, must the full amount be paid promptly at the conclusion of the work?

A This is a matter to be settled between dentist and patient.

Medical and dental services are not covered by the consumer credit order.

Q Can you tell me if there has been a rise in the price of cotton print by the yard?

A There has been no authorized increase in the price of cotton prints over that of the basic period. There is a limit on the number of new designs, however, and some manufacturers are therefore using the same designs on different quantities of print.

Painful, Chapped Lips Avoided

Soreness Instantly Relieved

Sore, chapped lips make life miserable in cold weather. Painful and unsightly, their cracked, rough surfaces are easily infected. Don't run this risk! Prevent chapping with Lypsyl. Its wonderful emollient action protects the delicate membranes, keeps the lip tissues from becoming dried out by cold, biting winds, so that lips stay smooth and soft in all weather. When lips are already chapped, Lypsyl gives quick relief, seals the wounded membranes against dangerous germs, hastens natural healing. Get Lypsyl at your store today and use it regularly. Sold everywhere in handy stick form.

LYPSYL Natural Red or Invisible White for Men and Women

HE'S ALL A'DITHER...WHEN SHE SAYS: "COME HITHER!"

FOR SHE HAS THAT Schoolgirl Complexion

"S'say...you're super!" sez he. "You sure are easy on the eyes. What are you doing tonight?"

Yes, Good-Lookin'. You've got him with your come-hither complexion. And easy does it—with daily PALMOLIVE BEAUTY MASSAGE.

Why not start today on *your* Palmolive way to beauty. *Here's all you do: Each time you wash, massage Palmolive's beauty-rich lather into your skin . . . like a cream . . . for a full 60 seconds—then rinse, that's all!*

Remember, because New, Improved Palmolive is made with Olive and Palm Oils—Nature's finest skin-conditioners—it *soothes sensitive skin* as it cleanses and beautifies.

YOU'LL WIN HIS AFFECTION with a PALMOLIVE COMPLEXION

Needlecraft

For The Home

SUCH A NICE FROCK

To Make in a Quaint Little Print

There's a lot of young charm in this little basque style! it seems to suit so perfectly all the quaint and colorful prints that you find in wash fabrics and challis, which in turn suit the growing-up youngster. She can wear it for any occasion, from school to parties And do be sure to make plenty of crisp little blouses, that keep a girl fresh and dainty.

Style No. 2014 is designed for sizes 6, 8, 10, 12, and 14. Size 8 requires 1 7-8 yards 35-inch fabric for the jumper and 1 1-4 yards for the blouse.

Send twenty cents for pattern. Write your name, address and style number. Be sure to state size you wish.

Style No. 2014

Name

Street Address

City Province

THE COOK'S CORNER

CHEESE STRAWS

Roll out your favorite pastry and sprinkle half of it thickly with old Canadian cheese grated finely and allowed to dry out. Cover cheese with other half of pastry and fold again, and roll out to original size and repeat — using 1 cup grated cheese to each cup of flour in the pastry. Less shortening may be used in your pastry for cheese straws. Let pastry chill thoroughly preferably overnight, then cut into strips 3-4 to 1 inch wide by 4 inches long. Bake at 450 deg. Fahr. until puffed and golden. Pile in rows of three, log fashion to serve. These are good with any fruit salad.

HONEY COOKIES

Oatmeal

One cup vegetable shortening, 2-3 cup honey, 2 eggs, 2 cups flour, 1 teaspoon baking powder, 1-4 teaspoon nutmeg, 1-2 cup milk, 1 cup oatmeal or rolled oats, 1 cup raisins, 1-2 cup chopped nuts (these are optional) Melt the shortening, add the honey, mix well and add the beaten eggs. Silft flour, baking powder, salt and nutmeg and add alternately with milk. Put oatmeal through food chopper and add. Finally add the raisins and nuts and beat well. Drop by teaspoons on baking sheet and bake at 425 deg Fahr. for about 12 minutes.

WASHINGTON, March 8 —(AP) —Agriculture Secretary Claude Wickard rescinded today the order prohibiting the slicing of bread by bakers. He said its disadvantages outweight its advantages. The prohibition went into effect Jan. 18. Canadian regulations prohibit bread slicing by bakers in the Dominion.

Chest Colds
To Relieve Misery Rub on Genuine
VICKS VAPORUB

Living & Leisure

The Woman's Realm

MERCY IS GOLDEN

There's nothing one in life can do,
More noble or more brave,
Than speak a kindly word or two,
Some lesser life to save.

George H. Sweetnam

HINTS ON ETIQUETTE

When you are riding on a train or bus, do not put your feet on the seat in front of you where other people must later sit. If there is room and you want to be comfortable on two sets, at least put a paper or handkerchief on the seat opposite you before placing your feet.

NEW CELANESE HOSE DRIES IN 8 HOURS

NEW YORK — Every few minutes brings a new stocking story, perhaps because women are always looking for and expecting news from this quarter.

Now comes enthusiastic reports of rayon stockings made of Celanese yarn, which dry in eight hours, instead of the prescribed 48. The swift-drying secret lies in the fact that technically this is an acetate rayon and a viscose type. Acetate rayons don't absorb as much moisture as the viscose rayons, consequently they dry overnight, thoroughly and safely.

Celanese rayon stockings cling to the ankle and do not bag. They do not stretch with wear — and they feel more like silk, and it's about the sheerest 75 dernier you've ever slipped your hand into.

SIDE BUTTONING REPLACES ZIPPERS

NEW YORK—Side buttoning with real buttonholes and dainty self-covered buttons take the place of a zipper on a subtly designed dress of shocking pink rayon jersey of which the buttons are the only ornament — just the dress with which to wear a necklace or other costume jewelry or real jewelry, if you're so fortunate.

LIFE OF MATTRESS DEPENDS ON CARE

These are the days to appreciate a good mattress. All the materials from which it is made are hard to get and the situation isn't likely to improve for some time.

A great deal of the life of a mattress depends on care.

Protect it with a mattress cover Use a quilted pad between bed sheets and mattress.

Strip, sun and air once a week.

Vacuum and brush every six weeks.

Turn end to end every two weeks. Turn top to bottom.

Never bend, roll or stand mattress on end.

BRUSH YOUR TEETH AFTER EACH MEAL

The teeth should be cleaned after each meal. As it is often impossible to brush them after the noon-day meal, the general recommendation of dental authorities is to brush them at least twice a day after breakfast, and before going to bed at night.

The after-breakfast brushing keeps the teeth clean until noon, a matter of four to six hours Thorough cleaning of the mouth at night assures one that the teeth will be practically free of decaying food particles for from eight to twelve hours of the twenty-four.

The teeth should always be brushed thoroughly before retiring. The natural activity of the lips, tongue and muscles of mastication during the day keeps the teeth bathed by a more or less constant flow or saliva.

This process helps to remove the food particles and keeps the teeth partially clean. At night the mouth is at rest. If food particles are allowed to remain in the mouth during sleep bacterial action can take place undisturbed

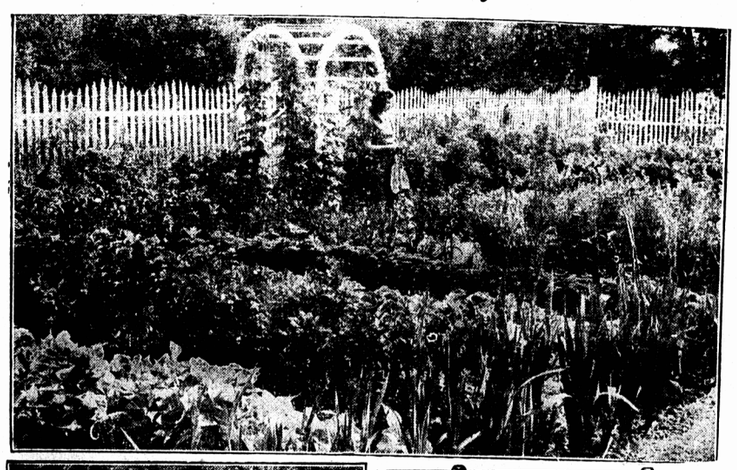
Even under highly sanitary conditions, the mouth offers ample opportunity for the growth of bacteria. And since the germs thrive best in a warm, moist, dark environment, the utmost precaution must be taken in the bed-time cleaning of the teeth.

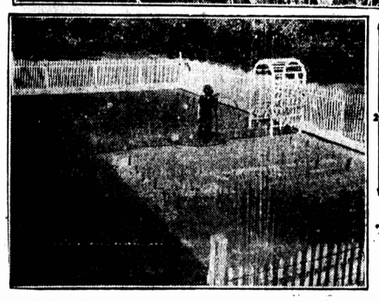
One of the worst penalties of colds or nasal catarrh is a stuffy, choked-up nose. It keeps you awake at nights... robs you of taste, smell and natural breathing. Yet it's so unnecessary. Get Mentholatum today. This soothing balm penetrates the respiratory tract... allays soreness and inflammation ...opens up the blocked passages... and promotes free, effortless breathing again. Mentholatum gives quick relief for colds, stuffy nostrils, nasal catarrh — *or money back.*

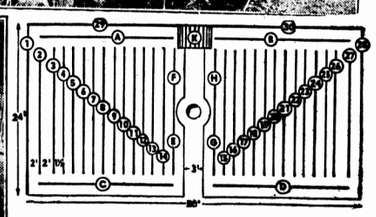
TUBE OR JAR 30¢

MENTHOLATUM Gives COMFORT

This Victory Garden Yielded a Bountiful Harvest in 60 Days







Top—Garden made by James H. Burdett, at Homewood, Ill., as it appeared June 15, 1942 To left: Same garden May 1, after all hardy crops had been Sown. Above: Diagram of garden layout.

Government authorities urge that Victory Gardens should cover an area of at least 25x50 feet. An idea of the crops that can be grown in approximately this space is given by the experience with a garden 24x50 feet made last year.

The garden faced south and enjoyed full sun all day. It was surrounded by a picket fence, on which lima beans, cucumbers and tomatoes could be trained. A wire or picket fence is the ideal boundary for the vegetable plot, far better than a hedge, shrubbery border or wall. It allows air to circulate freely, which helps destroy fungi and mildews, and a fence has no roots to compete with your crops for food.

It is vital that a vegetable plot shall have at least six hours' sun a day and the soil be free from the roots of trees and shrubs.

Rows in the garden ran north and south, which gave the most equal distribution of sunshine. The rows were short, which enabled plantings to be divided easily, to produce continuous crops of short-harvest vegetables. Short rows also make cultivation easier, as the gardener gets a rest at the end of each row. Where cultivation is by hand there is no gain in efficiency from long rows.

The planting schedule in this garden follows:

1Pole lima beans on fence.
2—Swiss chard.
3—Wax beans, first planting.
4—Carrots, first planting.
5—Green Beans, first planting
6—Beets, first planting
7—Leaf Lettuce, first planting
8—Parsnips, mixed with radishes.
9—Escarolle, first planting.
10. —Onion sets, first planting.
11—Parsley
12—Turnips.
13—Leaf Lettuce, second planting, 7 weeks after first
14—Egg Plant
15—Peppers.
16—Sallsify (Oyster Plant).
17—Green Beans, second planting, 5 weeks after first
18—Onion sets, second planting, weeks after first.
19—Peas, dwarf.
20—Escarolle, second planting, 8 weeks after first.
21—Peas, semi tall.
22 Celery.
23—Beets, second planting, 6 weeks after first.
24—Kale.
25—Carrots, second planting, 8 weeks after first.
26—Broccoli.
27—Italian Marrow.
28—Cucumbers trained on fence.
29—Red tomatoes trained on fence, 12 plants.
30—Yellow tomatoes on fence, 12 plants.

Letters on the plan refer to flowers which were planted as follows: A—Zinnias; B—Marigolds; C and D—Gladioli; E and G—Red, white and blue centaureas; F and H — Chives, which serves as food and also flowers; K on arbor —Red, white and blue morning glories.

When first crops were exhausted, the following were planted to succeed them in the same space; 3 —Beets; 4 —Green beans; 6—Leaf lettuce; 7 —Onion sets; 9—Carrots; 10—Endive; 12 —Green beans; 19 — Chinese cabbage; 21 — Winter radishes; 26—Wax Beans.

All the fresh vegetables needed for a family of four during a season of four months were produced in the garden, with a continuous yield, and great variety. There was also a surplus for canning, though to produce all the winter supplies more space would be required.

Earnest Victory gardeners will not try to fit a ready-made plan to their own garden plots, but will accept it as an example to be followed in principle, and adjusted to their own family preferences, taste, and the physical conditions of their garden space.

Home Service

New Fashion Art Course Step to a Paying Career

Study Art In Home Lessons

Two girls! One is a well-paid fashion artist. The other, "seeing no way" to develop her own talent for art, tries to resign herself to a dull future.

But there is a way by which the amateur with no opportunity for training can learn to draw. You can study at home.

Charts and instructions show you how to produce the well-proportioned, glamorous figures used by department stores and publications

Instead of attempting to draw figures detail by detail you follow the simple block-in method of professional artists.

A first step is to make a long vertical line for the body. Then you get the pose of the figure by drawing horizontal lines for shoulders and bust, for waist and hips When hips or shoulders tilt, each pair of lines will slant in different directions as in our diagram.

Proportions for face and figure are determined by simple rules then you progress to details.

Our new 24-page home course gives step-by-step instruction, with 158 illustrations and diagrams, in drawing the fashion figure. Tells how to draw fabrics, furs; explains pen and wash, perspective, foreshortening.

Send 15c in coins for your copy of Fashion Drawing Made Easy to the Charlottetown Guardian Home Service, Address. Be sure to write plainly your name, address and the name of booklet.

Name

Street Address

City Province

Don't Put a Cold in Your Budget!

DURING THE "COLD" SEASON I HIDE MY HANKIES PRAISE THE THOUGHT AND PASS THE KLEENEX TISSUES IT'S EASY ON HUBBY'S NOSE...EASY ON MY LAUNDRY BUDGET!

(From a letter by V.P.B.)

TELL ME ANOTHER AND WIN $5.00 says KLEENEX

IF YOU CAN'T GET KLEENEX AT YOUR DEALER'S TODAY...

please realize that the popular demand for Kleenex exceeds the production at this time... that our armed forces are using and are entitled to considerable quantities of their favourite tissues.

Steps are being taken to assure you of Kleenex and your dealer will have a supply in a day or so. We are grateful for your patience.

DON'T ARGUE- ONLY KLEENEX HAS THE SERV-A-TISSUE BOX!

SAVES TISSUES-SAVES MONEY
BECAUSE IT SERVES UP JUST ONE DOUBLE TISSUE AT A TIME