

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

DAILY LENTEN MEDITATIONS

THERE IS NO PAST, PRESENT OR FUTURE

Rev. Dr. Hensley Henson, Bishop of Durham.

The mighty Church of Russia, which had seemed most strongly rooted in popular faith, and to carry the promise of a great future, fell with a resounding crash.

We look back over the centuries of Christian history, and we see that the terrific experiences of the twentieth century are not without precedent.

DAILY Sugar-Saving MENUS

(FOR WEDNESDAY, APRIL 1)

BREAKFAST
Cereal
Apple Juice
Bacon
Tea

LUNCH
Vegetable Soup
Jellied Prune
Small Cakes

DINNER
Grilled Ham Slice
Creamed Potatoes, Mustard
Lettuce with Dressing
Banana Honey Mould
Tea

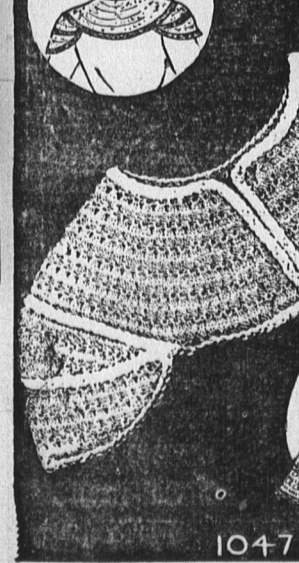
SANDWICH SPREAD
1-2 cup apricots
Honey
1-4 cup crystallized ginger
1-4 cup nuts

Wash the apricots, cover with cold water, let soak for an hour or two then cook over low flame until soft.

MORSE'S TEA

The bouquet and winy flavour of MORSE'S SELECTED ORANGE PEKOE score a home run with Maritime tea drinkers. \$1.00 per pound.

THE NEW MILITARY BIB COLLAR



DESIGN NO. 1047

The new military bib collar with its epaulets is interesting crocheted work. It will give a smart touch to any dress.

To order pattern: Write or send above picture with your name and address with 15 cents in coin or stamps to Needlework Bureau, Charlotte-town Guardian.

To Charlotte-town Guardian Needlework Department

Design No. 1047

NAME _____

STREET ADDRESS _____

CITY _____ PROVINCE _____

BLOSSOM OF CANADA ANNOUNCES THE WINNERS OF THE GRAND CONTEST

Yes folks, it was a grand old battle, and here we are saluting the two winners of the Grand Contest.

The first prize of \$50.00 in cash goes to Mrs. J. A. Crocker, South Nelson, N.S.

The second prize of \$25.00 in cash goes to Mrs. T. C. MacConnell, Scotchburn, N.S.

And to all those who entered both the Grand Contest and the previous monthly contests, we again say "thank you". We're sorry that everyone couldn't win prizes, but we feel sure that every person got a real "kick" out of the contests.

And that's the way it is with Blossom of Canada Flour. You'll get a real big "kick" out of the way your family and friends enjoy the good things you bake with this fine old flour.

Lakeside Milling Company Ltd. TORONTO CANADA

Dorothy Dix Says—

COMPANIONSHIP IS GREATEST MARRIAGE INSURANCE ASSET

Be Interesting, Learn To Talk And You Will Avoid Becoming Bored To Each Other

If any youth or maiden should ask my advice in picking out a mate, I should unhesitatingly reply "Bond or daughter, as the case may be, choose one who is interesting. Be blind to looks. Pass up the virtues. Curb your fancies. Don't even listen to your heartthrobs.

All of these are transitory. In time beauty will fade. The fairest face will lose its bloom and grow old and wrinkled. The most willowy figure will turn into a stringbean or a featherbed. No husbands and wives are so hard to live with as the good ones who always act noble.

Don't be misled by the blather of courtship into thinking that you could listen to John or Mary forever. Any man is a spellbinder to a girl as long as he tells her how beautiful and wonderful and how different from all other girls she is.

THE COOK'S CORNER

LITTLE TOUCHES MAKE COOKING INTERESTING

Smart women know that the price of a dress isn't half so important as how it looks on you and whether or not it suits your personality. Now is it any secret that the little touches often count more than the dress itself.

Meals are much the same. A new kind of bread, for example, can turn the old standard dinner into a feast. Here are a few to do the trick: both made with bran, both with a delicious nut-like flavor and a golden crunchy crust.

1 egg
1-4 cup sugar
1-4 cup molasses
1 cup sour milk or buttermilk
2 tablespoons shortening
1 cup All-Bran
2 1-2 cups flour
2 teaspoons baking powder
1 1-2 teaspoons salt
1-2 teaspoon soda
1-2 cup chopped raisins
Beat egg well. Add sugar, molasses, milk, melted and cooled shortening and All-Bran; mix well; take up stiff flour, baking powder, salt and soda together; add to first mixture with raisins and stir until flour disappears. Bake in greased loaf pan with waxed paper in the bottom, in moderate oven (350 F.) about one hour.

Wipe greasy pots, pans and dishes with paper before washing. In Florida swamps there are oysters that live in trees.

PHILATELIST

King George V of England was an ardent philatelist and had agents throughout the world on the look out for desirable stamps for his collection.

Blouses usually wear out either under the arms or over the top of sleeves. They do not look very nice mended, but sleeves, excess back and sides, can be cut out, elastic and snaps added at the sides, and they can be hemmed all around for a dicker.

Wipe the apricots, cover with cold water, let soak for an hour or two then cook over low flame until soft. Force through strainer, sweeten with honey and cook again until consistency of jam. Cool. Put ginger and nuts through

Home Lessons in Designing Clothes

Starting With Own Dresses Do friends admire your taste in clothes? Dress designing may be your hidden talent!

Why not see if you can't design something for yourself? Our home instruction book shows how professional designers go about it.

You may start your design with just an idea and a straight piece of muslin. This muslin you pin to half of a dress form and cut out at neck and arms to form a foundation pattern.

Then comes the creative part! On the foundation you suggest becoming lines with pins and colored thread, moving them around until you're satisfied.

To add height, you might indicate diagonal pockets or plan on vertical lines or stripes.

And, if you can design clothes for yourself, you can do it for others if you like! Designers are paid well! Our 24-page instruction book tells how to make an original design, take measurements, cut foundation and working patterns. Tells how to market your ability.

Send 20c in coins for your copy of "Dress Designing Self-Taught" to The Guardian Home Service. Be sure to write plainly your Name, Address and the Name of booklet.

Name _____ Street Address _____ City _____ Province _____

Don't Forget MAXWELL HOUSE GIVES YOU ALL THE FLAVOR

The special Maxwell House Coffee roasting process brings out all the full, rich flavor of every bean - roasts it evenly, through and through. Look what you get in the famous blue Maxwell House tin...

More flavor. The Maxwell House blend contains highland-grown, extra-flavor coffees.

No flavor can escape—it's sealed, roaster-fresh, in the famous super-vacuum tin.

No waiting—Maxwell House is already precisely ground for both methods: Drip and Regular.

GOOD TO THE LAST DROP!

Living & Leisure The Woman's Realm

THREE WISE MONKEYS Over a door of the Sacred Temple They sat in their wisdom, the Three—

The little deaf monkey, The monkey who will not see, With their eyes shut to evil, Bars that hear only the right, Lips that are dumb to scandal, They sit in their silent night.

TOO THIN? READ THIS Being overweight may be caused by some organic condition, therefore, the very first thing the wise woman does when she considers herself very thin is to consult her family doctor.

But for the normal woman, there are four basic steps to a rounded physique: (1) Sleep: Resolve to get at least nine hours of sleep each night. Go to bed at the same hour every night and get up at the same time every morning. This is important.

(2) Exercise: This is necessary in order to be ready for a good sound rest. Almost everyone delights in some recreational exercise which she leaves off in winter, or even in summer if she's very thin and languid. So take it up again, whether it's dancing, bowling, any outdoor sport, or just walking. Of course, moderation is essential here.

(3) Basting: Eat regularly. This will be very easy to do if you rise at a regular hour and eat breakfast, instead of just coffee and fruit juice. Milk is a particularly good breakfast food.

(4) Calories: Eat more scientifically - not just quantity, but calories. Leave light salads and clear soups to your overweight friends. Get a calory chart and study it, and remember what would-be reducers find it so hard to face: If you consume more calories per day than the body burns up in energy, you're bound to store it up. Providing, of course, that you're healthy.

Nipples and bottles for "movers" bootful darling" are sterilized as a matter of course. Baby's toys should be kept clean too. Just choose the ones that will wash and every or so scrub them with a good antiseptic health soap bath and rinse in clear water. Clean toys are a good precautionary measure, and a very easy one to take.

PROTECT YOUR AUTO FROM WEATHER The curtailment of automobile manufacture and the rationing of tires have suddenly driven home to

the motorist the importance of protecting his car and its equipment from both unnecessary wear and theft.

As a result many persons who were accustomed to parking overnight on streets and in vacant lots are now building garages. The use of prefabricated and easily applied materials, such as insulating board sheathing, makes the construction of these shelters comparatively simple.

SPITTING FOR LUCK

Perhaps I should have written "expectorating" for luck, as somehow the word "spitting" though given to quite a common and natural function, is nowadays considered indecous! What I want to get at, however, is that strange custom of "spitting for luck." We encounter it everywhere, and that in spite of all that the apostles of sanitation have to say to discourage it.

Spitting on a newly received coin "for luck" appears to be universal; but why a coin and not a crisp note, which a ten shilling or five pound one? We encounter this spitting on coins for luck custom amongst all classes, from the cattle drover of the remote Highlands to the second-hand dealer in the urban "East End"; but the custom is not confined to the occasion of receiving a coin, and may be witnessed in a number of other connections.

The fisherman - perhaps are the most superstitious in any walk of life - spits on his fishing gear for luck, and, of course, on the humble coin he receives for his catch.

Needlecrafts For The Home

The women who are learning first-aid sewing as air-raid wardens, and engaged in other defense activities, are demanding designs they can wear on duty. This simple first-aid sewing style fulfills all their requirements.

Style No. 3378 is designed for sizes 36, 38, 40, 42, 44, 46, 48 and 52. Size 36 requires 3 5/8 yards of 39-inch fabric for dress; 5 3/4 yard contrasting for collar and cuffs; 1 1/2 yards ric-rac.

Send twenty cents (20c) coin preferred for pattern. Write plainly your Name, Address and style number. Be sure to state size you wish. Style No. 3378 Size _____ Name _____ Street Address _____ City _____ Province _____

3378 Size 36 to 52

Easter Parade

Choose the happy Easter season to give her the exquisite loveliness of a Bridal Wreath diamond ring. Its perfect beauty can be proudly paraded through the years because the 4-point guarantee means complete perfection of coloring, cutting, brilliance and flawless quality!

BRIDAL WREATH RINGS

AT LEADING JEWELLERS EVERYWHERE

FREE INSURANCE AND BRIDE'S BOOK

C. W. PATTERSON JEWELLER Gt. George St.

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FOR QUALITY AND VALUE CHOOSE THAT RING AT GODKIN BROS. SUMMERSIDE P. E. I. Bridal Wreath Diamonds & Wedding Rings

See the latest styles here. No obligation. MOASE JEWELER Summerside

A Morning Smile

Jones and Blinks were skating round the local pond. Suddenly Blinks' face broke into a broad smile.

"What's the joke old man?" inquired his friend. "I snapped Ponsonby, the fellow we can't bear at the club, don't you?" said Blinks.

"Yes." "Well, the ice can't bear him either," chuckled Blinks, pointing to the far side of the pond.

"Can we play at keeping store in here, mamma?" "Yes, but I have a headache, so if you do you must be very quiet."

"Oh, all right, mamma. We'll pretend we don't advertise."

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Ganong's CHOCOLATES

THE FINEST IN THE LAND

TRU-VALUE Box 60 1/2 lb.

3378 Size 36 to 52