

Lenten Meditation

from the columns of the Times, London CHALLENGE TO MAN

The question that John the Baptist addressed to Jesus from his prison-cell: "Art thou he that cometh, or look we for another?" was natural enough in the circumstances.

ELLEN'S DIARY

By An Island Farmer's Wife

"Then came the Armistice—and the spell of difficult re-adjustment to civilian life. He went west at that time, drifting south to the ranch country. What stores he can tell you of those years! Of riding the range tending cattle, of round-up times, and cutting out from the herd the calves to be branded; of driving miles instead of horses at some of the work about; of adobe houses and strange foods and piquant spiced dishes of roasting chickens, mud-wrapped, in their leathers and all."

"Even poor old fellows, Ellen and poor old ladies!" he teased, obviously pleased with the tale. "The next time I see that man, I'm going to ask him if he can throw a lasso!" he nodded.

"Of course he can," Jamie said. "How would he be a cowboy, if he couldn't do that? If he couldn't first, why he'd have to learn!"

"The farmers came in then to supper, with Gage at their heels, they from their choring and he from his damp but definitely pleasurable coasting along the yard."

"This had been a quiet day with a lazy wind of the south and gray lowering clouds. But no rain, despite the bluejays' forecasts from the orchard—and spring-signs in the world so that it may hang together a while longer; they are not ready yet for a new world from the hands of God."

"Still, as of old, the answer to the question: 'Art thou he that cometh, or look we for another?' is not information but challenge."

Wedding in Halifax



Mr. and Mrs. Ernest MacEachern are shown above following their recent marriage in St. Catharines Church in Halifax, N.S. The bride is the former Florence McInnis, R.N., of Elliotville, P.E.I. The groom is the son of Mr. and Mrs. Ernest MacEachern of Mt. Stewart, P.E.I. The attendants are Miss Pauline MacDougall of Halifax, N.S., and (right) Mr. Johnny MacDonald formerly of Mt. Stewart, P.E.I.

Fashion Festival in Montreal May Promote Canadian Textiles

By Christine Sirois (Canadian Press Staff Writer)

MONTREAL (CP) — Canadian textile producers, beset by rugged competition from abroad, are pinning their hopes on Montreal's Canadian fashion festival to boost lagging demand for their products.

The six-day festival was officially opened Tuesday night by Mayor Camille Houde. Organizers say they hope 100,000 persons will view the displays.

"Most impressive feature so far has been the excellence of Canadian designs in swim suits, raincoats and children's clothing."

For April showers coats with rayon sleeves are back in vogue, whether they be in rayon, leatherette or cotton.

Raincoat Attractions Star attraction in the first of the seven fashion parades put on in connection with the festival was a raincoat created from grey nylon. Straight cut in distinctive material. It achieves its flair with collar and buttons fashioned from black leather.

For swimming, blue and rose are the choice colors. One suit in royal blue with a long scalloped torso trimmed with pearls aroused great interest. Others called for pleats, depending for impact on the brilliant colors of the fabric.

In tailor, Canadian designers

Authoress Prefers Starlings To Cars

TORONTO, (CP) — Mazo de la Roche, author of the well-known Jaina books, says starlings "have been read by thousands in many countries. She lives in residential Forest Hill, a Toronto suburb, and her views on starlings were made known in a letter to a Toronto newspaper columnist. She wrote:

"I realize that it may be necessary to keep down the number of the starlings in certain localities, but I am filled with wonder by the ferocity shown by many people when the question of eliminating certain creatures comes up."

"It seems they would do away with everything but themselves and motor cars. "Doubtless these people will have their way and the future will see long lines of cars and trucks, bumper to bumper, filling the air with their fumes, staining the streets with their oil, blaring their stinking way through the streets of a birdless city. "But if any of these gentlemen appear in my street with their guns to destroy my starlings, I pity them."

The Stars Say - -

By Genevieve Kambie

EXCELLENT influences will prevail tomorrow. Intuitive ideas, backed by solid common sense, should yield profitable results. It will also be a fine period in which to seek favors, to look for a job or to widen the scope of worthwhile projects. Those in creative fields should do exceptionally well.

Community and welfare programs are under especially good auguries during the evening hours and, if you can take part in such activities, you should find them exceptionally gratifying.

For the Birthday If tomorrow is your birthday, you may look ahead to a year in which achievement will depend largely on your personal efforts. During June and July you should receive some cooperation from business associates but, generally speaking, you will not be able to rely on the promises of others.

Not only would speculation be foolhardy for you this year, but it would be unwise to indulge in any form of extravagance. Domestic and social affairs should prosper except for a brief period during October. Watch for exceptionally fine business and professional opportunities during November and December.

A child born on this day will be conscientious, self-reliant and adventurously inclined.

Contract Bridge

By Josephine Culbertson

A MATTER OF TIMING

When playing an undoubted contract at rubber bridge it is well worth while to buy an extra trick or even two tricks if the line of play adopted gives you a better chance to fulfill the contract. There is no excuse, however, for failing to cash the maximum number of tricks if it does not reduce the probability of winning the one needed trick. Consider this deal:

Bridge deal diagram showing North-South vulnerable, North: ♠ 5, ♥ KJ10, ♦ AK962, ♣ K542; South: ♠ 1062, ♥ 73, ♦ 873, ♣ AQ1063.

Bidding table with columns for North, East, South, West and rows for Pass, 1NT, 2NT, 3NT.

South's two-no-trump rebid was questionable, but his hand was too good for a minimum spade rebid, and he felt that a leap to three spades might paint the picture of a better spade suit with less on the side.

In any case it was not South's bidding but his play that was so open to criticism. West led the four of hearts, and South won in his own hand so as to lead the diamond jack. West covered and dummy's king won, West presumably feeling that his best chance for nine tricks was to find the spade ace on side, declared led dummy's singleton and, when East played the deuce, put up the king. West won and promptly shifted to the jack of clubs — and that was South's doom. Before he knew what hit him, East ran five club tricks and West took two more spades. So South was down 400 points even though he had not been doubled.

Canadian Pianist in N. Y. Recital



Joan Rowland, 23-year-old Canadian pianist drew enthusiastic praise from both critics and audience in her second New York recital at Town Hall. The Toronto girl, who made her debut with the Toronto Symphony orchestra at 11, has given recitals over the CBC and with the Buffalo and Chataqua Symphony orchestras. Her successful Town Hall recital climaxes years of hard study.

That Body Of Yours

By James W. Barton, M.D.

HEART DISEASE AND HIGH BLOOD PRESSURE

I have written before of how life insurance companies either refuse to insure overweight men and women or else charge a larger premium in proportion to their overweight. These companies have learned that lean men live longer and it is by having their policyholders live longer that these companies are able to make more money for their policyholders.

From the Cardiographic Department of Mount Sinai Hospital, New York City, we learn the following facts that should help us to keep our weight within normal limits.

"Statistics compiled by insurance companies have shown conclusively that overweight alone is injurious and shortens life. In middle and later life the lowest death rates were observed in those whose weight was below average for age. There is overwhelming evidence that obese persons have a much higher death rate from heart disease than those of average or lower weight. The difference has been as high as 60 per cent for men who are 25 per cent or more overweight."

In a series of 10,000 unselected persons, 28 per cent were found to be 10 per cent or more above their ideal weight according to sex and height.

In their report on the relationship of obesity and (coronary sclerosis) heart disease, they show the investigation of the blood pressure in 74,000 men gainfully employed in 16 industries, plus Air Force fields. This report presents information showing the limits of normal blood pressure recently proposed by Dr. Masters and associates. This large series of cases is representative of the general population. It will be noted that after the age of 40 women are definitely more obese than men. The group was divided into the following classifications: underweight (10 per cent or more), average weight, overweight (10 to 24 per cent above average) and obese (25 or more per cent above average) according to the standard weight tables. The ages of the men serving as controls ranged between 20 and 64 years and 90 per cent of the patients also fell between these limits. Although some of the evidence is somewhat conflicting, the following facts were found:

"Overweight is much more common among men who suffer with heart disease than in the control groups, but independent research workers found that overweight predisposes the patient to angina pectoris (pain in chest) and congestive heart failure."

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Pancake Race Winner Gets Kiss & Cooker

OLNEY, England (AP) — Mrs. Joan Keech a bricklayer's wife, Tuesday won Olney's half of the annual Shrove Tuesday pancake race against the housewives of Liberal Kansas, and with it a pressure cooker, a silver cup and a kiss from the church vergar.

While 500 townsfolk cheered, the 32-year-old housewife and mother sprinted ahead of 24 rivals and collapsed into the arms of the vicar, Rev. Ronald Collins. "I made it," she gasped. "But never again."

Her time of 1:22 was only five seconds slower than the record set last year by Olney's flying housewife, Isobel Dix, who retired after winning three times.

Later Tuesday, when the sun got around to Liberal, a fast field of housewives there were to take of over a similar 415-yard course. Flipping their pancakes, they will try to beat the Olney time and bring Liberal its second win out of six tries since the Canadian became traditional.

Liberal got into the event when its mayor telephoned Vicar Collins and said, "We want to see if the American housewife is as fast with a pancake in her skillet as her British cousin."

Most of the competitors have been practising for several days with flour-and-water tossing them in their gardens and kitchens.

Modern Etiquette

By Roberta Lee

Q. When asked to write a letter of recommendation for a person who you know has been dishonest, negligent and immoral, what should you do?

A. The best thing in a case like this is to tell that person you make it a point never to write letters of recommendation. Under no circumstances should you be forced to write untruths about any person.

Q. My husband's name is James R. Stuart, while that of his father is James O. Stuart. Should my husband affix "Jr." to his name?

A. Because of the difference in middle names, this is not necessary.

Q. Is it proper to thank a waitress every time she serves one a dish?

A. No; but one should acknowledge any special service, such as bringing an extra spoon or fork.



HERMIT COOKIES 1/2 cup butter or dripping 1 cup brown sugar 1 teaspoon cream tartar 1/4 teaspoon soda 1/4 teaspoon salt 1/2 cup currants 1 egg beaten 2 teaspoons cold water 2 cups flour Flavor with nutmeg. Drop by spoonfuls and press with fork on greased tin and bake in a moderate oven.

—Mrs. Brendon Curran, Alberry Plains W. I.

Woman Composer Dies In U. S.

STAMFORD, Conn. (CP)—Mrs. Mabel Wood Hill, 83, composer well known for her transcriptions of Bach, died in hospital here Tuesday.

Her compositions have been heard in the United States, Canada and England. Mrs. Hill's published songs included "Edo," "Oxford Garden," "The Gull," "The Hills," "Aesop's Fables," "Calliope or the Vocal Enchantress," "The Tidy Dawn," "Les Yeux" and "Where?"

Anne Adams Patterns



DOUBLE VALUE for your sewing time! This is the season's most practical, prettiest Wrapron — make it also in a brief version for a coobler apron! See the neckline — it's out low for cool flattery. Check that diagram — couldn't be easier, faster sewing.

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Send order to ANNE ADAMS, s/o The Guardian, 60 Front Street West, Toronto, Ontario.

The Gauchos of the Argentine plains, noted for horsemanship, are chiefly of Spanish-American origin.

How Can I!!!

By Anne Ashby

Q. How can I keep snaps together when saving those that are ripped from an old garment? Snap them together on a piece of heavy paper or cardboard. There will not be the annoyance of finding one side of the snap and not the other when needed.

Q. How can I remove white spots from furniture? A. Try using two parts crude oil and one part turpentine. White stains left by alcohol on furniture can be removed by rubbing them with spirits of camphor.

Q. How can I lighten a dark kitchen? A. A dark kitchen can be lightened wonderfully by using unbleached muslin window shades.

Household Scrapbook

By Roberta Lee

Linen Closet An excellent linen closet can be made from an unused bookcase. If curtains are fastened inside the glass doors it will add to the appearance.

Cracked Egg Wrap a cracked egg in a piece of waxed paper, the kind in which bread is purchased, and the contents will not bubble out while it is boiling.

Basting Threads Try using a crochet hook or a nut pick for pulling the basting threads, and see how much easier it is.

Morning Smile

With her well-loaded barrow, the portly woman was making a gallant effort to reach the top of the hill.

A man who was passing, seeing her struggles, lent a hand. After sustained effort the top was reached.

She was grateful. "Thanks, lad; do you smoke?" "I do," he said hopefully. "Ay," she replied. "I thought as much, the way you've been puffin' and blowin'."

Better English

By D. C. Williams

1. What is wrong with this sentence? "She looks good in that dress because she is taller than myself."

ANSWERS 1. Say, "She looks well in that dress, because she is taller than I."

GARDEN NECESSITY With few exceptions, garden plants thrive best where there is adequate calcium, or lime, in the soil.

DOROTHY DIX'S COLUMN

Girl And Two Beaux

She Is Undecided Which Is The Man For Her

DEAR MISS DIX: Since I am 26 years old, you may think I should be able to handle my own problem—but this one has me stumped. It's simply that I don't know which of two men I love.

Last summer I met Michael, who appealed to me very much. He had every quality a girl could want in a husband, but he is Italian and I have heard that men of that nationality are very fickle. Other than that, he's A-1.

Rob came into my life just recently. My girl friend has known him for some time, and was determined to have us meet. He's a very nice young man, and I know he would always be reliable. He has been married before and knows just what the responsibilities of marriage are. I really can't make up my mind between the two men and I must decide soon.

IS SHE IN LOVE

ANSWER: Some people seem to make life a very simple matter. By attributing definite qualities to certain races or nationalities, they figure all personal questions are solved. This is a fallacy that is far from fact. Stop and consider a moment. Have you ever known fickle men who weren't Italian? You bet your life you have. In fact, your Rob, with a broken marriage behind him, is much more likely to be an offender in that department.

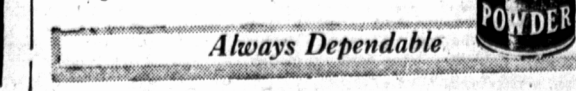
No, dear Fay, I'm afraid you'll have to decide between your beaux on other grounds. The one you've chosen is most dependable. The probability is that you're not in love with either man. Each has qualities that appeal to you, each has characteristics that are not harmonious. I suggest that you keep both as friends, for a while, and see if the decision doesn't come of its own accord. See other men, too, and perhaps your dream-boat will arrive—a third party. But do yourself as any notions based on such vague ideas an ancestry being responsible for capriciousness.

DEAR MISS DIX: I am 49, the mother of three married children. My husband and I have been happy and devoted for 30 years—until he had an affair with another woman. He talked about divorce, but he suddenly realized what a fool he was, said he was sorry, and is trying to make it up to me. What should I do?

ANSWER: Get down on your knees and thank God your husband was returned. The man has confessed to you, is contrite, and making amends. The slate of the past can't be wiped clean, but it needn't break up the rest of your life.

Peanut Butter Pinwheel Loaf

Mix and sift into a bowl, 3 c. once-sifted pastry flour (or 2 1/2 c. once-sifted all-purpose flour), 5 1/2 tps. Magic Baking Powder, 1/4 tsp. salt. Cut in finely 7 tb. chilled shortening. Combine 1/4 c. milk and 1/2 tsp. vanilla. Make a well in dry ingredients and add liquids; mix lightly with a fork. Knead for 10 seconds on lightly-floured board and roll out to 1/2" thick rectangle, 8 1/2" along one side. Cream together 1 tb. butter or margarine, 1/4 c. peanut butter and 1/2 c. lightly-packed brown sugar; sprinkle on rolled-out dough. Beginning at an 8 1/2" edge, roll dough up like a jelly roll and place in a greased loaf pan (4 1/2" x 8 1/2"). Bake in a hot oven, 400°, about 45 minutes. Serve hot, cut in thick slices, or cold, cut in thin slices, lightly spread with butter or margarine.



Always Dependable

Alice Brooks Designs

Look—it opens flat for jiffy ironing! Mom, make a flock of these — they're pinaflores now, sundresses later on! Simple to sew, cinch to embroider. Pattern 7216: Child's Sizes 2, 4, 6, 8, 10. Pattern pieces, embroidery motifs. \$14.45. Send Twenty-five Cents in coins for this pattern (stamps cannot be accepted) to ALICE BROOKS Designs c/o The Guardian, 60 Front Street West, Toronto, Ontario. Please print plainly Name, Address and Pattern Number.

For Colds use lemon and soda

Put the juice of one lemon in a half glass of water and add 1/4 teaspoon bicarbonate of soda (baking soda). Take this excellent neutralizer several times a day to help reduce acidity and relieve discomfort.



7216 SIZES 2-10 by Alice Brooks