

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

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Lenten Meditations

FREEDOM FROM ANXIETY
(The London-Times)

"Be careful for nothing," says St. Paul to the Philippians. The sentence is better translated in the Revised Version, "In nothing be anxious." The Apostle is repeating the language of the Sermon on the Mount.

The injunction would cause only frustration were it not accompanied by a sound reason for this avoidance of anxiety. Jesus said "Your heavenly Father knoweth that ye have need of all these things."

St. Paul recalled a greeting, common in the early Church: Maranatha—"The Lord is at hand." Those who used these words reminded their fellow Christians of the hope of their Master's return; but they experienced him also close at hand in the activities of daily life.

They lived in a world made and sustained by God. They knew what God was like. He had showed himself in Jesus—who was still with them through his Spirit. Therefore they could be free from anxieties and meet adversity with rejoicing.

In many pagan religions prayer is little more than a commercial transaction, a bargain with the deity. But those who recollect that God is Father do not approach him in this way. This purposeful recollection is essential if each succeeding care which arises from life's mutability is to be faced and overcome. St. Paul tells how this is done: "In everything by prayer and supplication with thanksgiving let your requests be made known unto God."

Prayer is meant to arise at any time; there is no occasion in life upon which the child cannot approach the Father; no moment when he will be too busy to hear. But the opportunity is more likely to be seen and used by those who pray regularly at chosen times. By supplication is meant "the act of solicitation," the immediate presenting to God of an immediate need.

Yet these requests, which so quickly rise to the surface of the mind, are to be expressed always in an atmosphere of thanksgiving. No one can spend time in the Father's presence without recalling that God has blessed him again and again in a manner wholly beyond his deserving.

Those who at this season get with gladness the new-born Prince of Peace, go forth from kneeling at his shrine to meet an inhuman world with calm determination. In the struggles to which they are called he will be with them. For this is God's world.

DOROTHY DIX SAYS -

Dangerous Game

Girl Dates Married Men "Just For Fun Of It"

DEAR MISS DIX: What is your opinion of the young woman who plays around with married men just for the fun of it? An attractive young friend of mine sees no harm in going out with married men for good times, dining, dancing, driving around in a car until late hours in the night, provided their intentions are not serious and she does not become involved in a love affair. She may be right, but will the single men nearer her own age have the same regard for her? Will her own reputation remain intact?

ANSWER: The girl who picks out a married man for her play-fellow is short on good, hard horse sense. True, he may blow her to more expensive amusements than a poor boy can, but she has to pay too high a price for them.

PAYS WITH NAME

To begin with, she pays with her good name. She may be as chaste as ice and as pure as snow, but nobody will believe it. When a young man takes a girl out and spends his money on giving her a good time, it is a part of the technique of courtship. But the married man is different. He is bound to another woman and when he takes a girl out to dinners and dances instead of his wife, and when she is out with him until late at night a cynical world sees nothing innocent in the companionship.

Then the girl who runs around with married men greatly lessens her chance of marrying. She wastes her beauty and her youth on the men who can't marry her and cuts herself off from the men who could marry her.

Still another danger that a girl runs who goes about with mar-

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Household Scrapbook

By Roberta Lee

Ironing Sleeves

To overcome the difficulty of ironing a sleeve at the part where it is too narrow for the ironing board, turn the sleeves wrong side out, insert a towel or padding the width of the sleeve, and press both sides. The result is perfect work.

Breaking Egg

If a bit of egg yolk accidentally gets into the white when you are separating the two, use a small piece of wet cloth to remove it. The yolk will cling readily to the cloth.

Linoleum Treatment

Linoleum will be kept in good condition, if it is rubbed once or twice a year, during spring and fall house cleaning, with linseed oil.

How Can I!!!

By Anne Ashley

Q. How can I remove ink stains from a silk dress without injuring the material?

A. Try placing the stained part over a saucer and covering it with powdered borax. Then pour peroxide of hydrogen over the borax. Do not pour water over the borax.

Q. How can I prevent my linens from acquiring a gray-looking appearance?

A. Soap adhering to the linens causes this appearance. Rinse the linens first in soapy water, and then follow with two hot rinses.

Morning Smile

No Chase

While entertaining her visiting niece from the east, the social leader of a small western town invited to dinner a young man who had money, a great deal of self-esteem, and a penchant for incessant talking.

Because her attractive niece seemed unimpressed, the aunt whispered to her, after dinner: "You should show more attention to Ralph. The local girls consider him to be a very fine catch."

"Sorry," yawned the niece. "I have neither the desire, the trap, nor the cheese."

The Stars Say -

By Genevieve Kemble

For Friday, March 31
AN impediment, tenacious obstacle or rash action could block the work and create a situation of confusion and could hold up creative work already promising. Only a shrewd and straightforward plan of action could maintain solidity of efforts and ground well covered. Work along lines of least resistance until the impasse resumes in the lap of time. Protect all interests from craft and treachery.

For the Birthday
Those whose birthday it is, may be beset by difficulty due to crystallized or stagnant condition, hold up the desired progress. An element of treachery, intrigue or subtlety may arrest plans, well laid. Meaningful protection all interests, postponing constructive action until the block blows over. Time could fill the gap to advantage.

A child born on this day, may be disposed to force issues by stratagem, questionable tactics or sly routines and to its detriment.

BABY'S BOTTLE

Clean it safely with Baking Soda. Free of lye and caustic. Cleans & brightens. Good for baby's mouth.

COW BRAND BAKING SODA

That Body Of Yours

By James W. Barton, M.D.

DIET AND DECAY OF TEETH

Dentists are not all agreed as to the cause of decay of teeth (caries). There appear to be three opinions. One group believes that carbohydrates (starchy food such as sugar, potatoes, bread) leave particles on the teeth and as these particles gradually dissolve they form acids which attack the outer enamel of the teeth causing tiny holes. Decay results. A second group believes that eating too much starch food means not enough other nourishing foods, thus making an unbalanced diet which causes decay of teeth. The third group firmly believes that the Drs. Agnew, missionary dentists, who from "controlled" experiments state that it is the "wrong" diet which causes tooth decay - not enough protective foods.

An editorial in "The Journal of the American Medical Association" states that as it is hard to control the diet of human beings, it is necessary to turn to experiments on animals to obtain information on dental decay. Two species of experimental animals, the cotton rat and the Syrian hamster have been found suitable for studies of the effect of diet on the incidence or percentage of cases of dental decay. The results obtained on the cotton rat show that animals fed on a diet rich in carbohydrates (starches) uniformly show a much higher percentage of dental decay than those fed the same diet but with protein or fat substituted in part to make up the same number of calories daily. These same results were obtained with the Syrian hamster.

Another point of interest brought out in the studies on the rat is that amount of dental decay in animals fed milk only, was practically negligible. This is in line with the findings of the Drs. Agnew, who stated that milk and other dairy products, which are known, together with leafy vegetables, as "protective" foods, are effective in preventing decay.

By eating some protein - meat, eggs, fish - and the protective foods - dairy products and green vegetables - and rounding out the day's diet with enough, but no more, carbohydrates, the general health of the individual, including the teeth, will be kept at its best.

Filling up with starch food particularly candy and pastry, will leave little room or appetite for proteins and protective foods.

misspelled? Pinnacle, encumber, medicore, acreage.

4. What does the word "deviate" mean?

5. What is a word beginning with "ir" that means "irreparable of existing together in agreement or harmony; discordant?"

ANSWERS

1. Omit up. 2. Pronounce arch-an-jel, not arch-an-jel. 3. Medicore. 4. To turn aside from a course; wander. "Neither stand still, nor go back, nor deviate." - Augustine. 5. Incompatible.

Modern Etiquette

By Roberta Lee

Q. If a hostess finds a guest has left a handkerchief at her home, what is the proper thing for the hostess to do?

A. It is a courtesy to launder the handkerchief and return it by mail. The guest, however, should feel most apologetic for having forgotten the handkerchief, and causing her hostess the trouble of handling, laundering, and returning. The return of the handkerchief requires a note of thanks.

Q. Is the word "ma'am" for "madam," as in "Yes, ma'am" and "No, ma'am" in good taste?

A. No; this is no longer a part of the vocabulary of even a child. One should say just "Yes" and "No."

Q. Is it the privilege of the bride-to-be to select the style of engagement ring she wishes?

A. Yes.

Better English

By M. C. Williams

1. What is wrong with this sentence: "After the game, they proceeded to divide up the money."
2. What is the correct pronunciation of "archangel"?
3. Which one of these words is

ELLEN'S DIARY

By An Island Farmer's Wife

Obviously relieved in the face of the recent seasonal order which prohibits great trucks from tracking the spring roadways, our farmers went to their choring today, well satisfied that everything had combined to work their weal this week, to have our dot of seed potatoes out of cellars, off minds, and away to market before the dead-line appeared.

"Yes," James observed today of this endeavour just past, "if we hadn't made an extra effort - grading the odd evening and making good use of every minute we could spare to it, they would be still in the cellars, probably until May-Day. We just made it," he nodded gravely, "by the skin of our teeth."

This circumstance, of course leaves little margin, but on the other hand it gives folks a feeling of elation and is much to be preferred to that dreadful state which James sometimes holds over the heads of his family, as being "a day too late for the fair." There are those of us that with James respect the idea that "opportunity knocks but once" but others of our number shrug shoulders and offer the opinion: "Leave her alone - she'll knock again, and it is likely increase her offer!" In any event, it gives us a complacent feeling to know that this heavy hauling of ours was completed this year in the nick of time.

Thawing rivulets answering the call of the March sun and thawing wind coursed streamward today carrying with them from the yards the mark of our small boys' glummings as scolded by a guardian they nevertheless managed



Worthy of your preference
KING COLE TEA

to splash and wade among the bewitching ripples. The younger fellow undaunted by any threats or ultimatums, was taken indoors

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Let's have ham for Easter ... the kind that's always grand!

For a crowd or a couple, Swift's Premium Ham makes Easter dinner a festive feast. That wonderful sugar-mellow flavour never varies. Every rosy bite is sure to be tender yet firm. From the careful choosing of each Swift's Premium ham, through the Brown-Sugar-Cure and oven-smoking over hardwood fires, a long series of controls assures uniformity. No wonder Swift's Premium Ham is the best-liked ham in all Canada!

SWIFT'S PREMIUM Ham is perfect every time

Canada's favourite ham comes in 2 styles:
Blue Label, for easy home cooking;
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Swift's unique system of quality-control assures you the same superbly mellow flavour, the same delicious tenderness, in every Swift's Premium Ham.

EASTER FEAST FOR 3: Cook fat on 1 1/2" centre slice of Swift's Premium Ham. Bake in slow oven (325° F.) about 1 1/2 hrs. Increase oven heat to 350° F. Bake 1/2 hr. pineapple preserves and 1 tbsp. prepared mustard; spread on top of ham. Bake 30 min. more. Garnish with "Frisly Lilies."

NOTE: Not so-called "ready-to-eat" - but really deliciously fully cooked as you'd do it at home!

COME-AGAIN SHORTCAKE: Mix baking powder blanch dough, using 3 c. flour. Add 1 1/2 c. fruit, wash berry core. Bake in 2 1/2" tins. Heat 3 c. dried, cooked Swift's Premium Ham and 1/4 c. dried green pepper in 3 c. milk, white sauce. Serve between and on top layers.

Easter finery... Martha Logan's "FRILLY LILIES"

A festive garland for your ham! Peel large carrots; slice thin lengthwise. Loop 3 slices; fasten bottoms together with toothpicks. Insert thin strips of green pepper or green beans in centre of each flower for stamens. Keep in ice water; drain well before using. Cut leaves from cucumber peel.

To bake Swift's Premium Ham (Blue Label) Place fat side up on rack in open pan. Use no water. Bake in slow oven (325° F.): Ham 15 lbs. or over, 15 min. per lb.; 12 to 15 lbs., 16 to 17 min. per lb.; 10 to 12 lbs., 18 min. per lb.; under 10 lbs., 20 min. per lb.; half ham, 22 min. per lb. To give your ham Martha Logan's special Easter-gold glaze, remove ham from pan when time started in cooking schedule is complete. Score fat in diamonds, spread with 1 cup pineapple preserve (or your favourite glaze). Increase oven heat to 375° F. Bake 20 to 30 min. longer, or till glaze is golden brown. Before serving, place whole clove in centre of each diamond; garnish platter with carrot lilies.