

MRS. GORDON MacMILLAN A COUNTRY GARDEN

"Awake thou wintry earth—
Fling off thy sadness.
Fair vernal showers, laugh forth,
Christ is risen!
Easter is the "Turn of the Year."
Light your candles, shadowy
earth;
Give respite from the long dark
night
Of wintertime, when no flowers
bloom
And no buds break to shed de-
light.
Set snowdrop tapers, waxen
white.
To gleam with pale exquisite
light.
Crocus-candles, one by one,
Light to show the winter's done.
Lure the acorn's gold globe
Shine on lawns where thrushes
probe
For worms that sense the loosening
hold
Of winter's grip so cruel and cold
Let primroses with moonlight ray
Turn the year's night into day."
—Pawsey.

Princess Is A "Born Actress" Says Designer

London (AP)—Princess Margaret is understudying the role of a dance-stage play for charity.
The play is "The Frog," adapted from a chiller by the late mystery writer Edgar Wallace. Set designer Reginald Wolley declared: "The princess is a born actress. She has played the part right through several times during the illness of the principal, Mrs. Gerald Legge."
The 22-year-old princess also is helping out as an adviser on costumes and hair styles of the early 1930s, the period of the play.
The play will be presented at the Scala theatre in June. Most of the parts are enacted by society figures.

Contract Bridge By Josephine Culbertson

SHREWDER PLAY NEEDED
It was a good idea for North-South, to compete against the opposing four-club bid in this deal played at match-point duplicate, but South had to play the cards shrewdly to make the sacrifice worthwhile.

East dealer. Neither side vulnerable.

♠ K Q 10	♥ A Q 9 3	♦ K Q 6 4	♣ 8 5
♠ 8 5 4	♥ A J 10	♦ 8 5	♣ K J 10
♠ A J 10	♥ 8 5	♦ K Q 10	♣ 9 3
♠ 9 3	♥ 7 6 5 4 3 2	♦ A 8 3	♣ K J 10
♠ N	♥ W	♦ E	♣ S
♠ 7 2	♥ 7 2	♦ 7 2	♣ 7 2
♠ 7 2	♥ 7 2	♦ 7 2	♣ 7 2

This was the bidding at quite a few of the tables.

East	South	West	North
Pass	Pass	1♣	2♠
1♥	1♠	2♣	2♦
2♠	3♣	4♣	4♦
4♦	Pass	Pass	Pass

East-West could have made four-club scoring 130 points, so North-South did well in outbidding them. This, however, assumes that South would make the most of his chances. Actually, No South in the field did as well as he could.
In several cases the diamond ace was the opening lead—East's prompt heart bid, over North's fumble of one diamond, had indicated shortness in diamonds. When he diamond nine appeared from East, every West followed up with the jack of diamonds. East ruffed and shifted to a low club. The various declarers went up with the ace and led a trump. East won, put his partner in with a club, and ruffed the diamond return. Thus, the penalties in these cases amounted to 300 points—far more than the value of a partial ♠ East-West.

It was strange that not one declarer could see the play which would save the all-important trick and hold the penalty to 100 points. That play, after getting in with the ace of clubs, was to lead the singleton heart to the ace and return the heart queen, discarding the low club from the closed hand. By thus giving East a heart trick—"needless"—South would break the communications between the East and West hands, and in that way preserve dummy's second diamond honor as a sure trick. In brief, the "catch" was simply to give the enemy a heart trick instead of a club.

Ask for it at restaurants

Reach for it at home



HEINZ TOMATO KETCHUP

the sign of eternal life. The poet, from Homer downwards have loved the Lily as the symbol of purity and that is why the Lily is the Easter flower.
There are many different kinds of Lilies. The Ancients used one kind to cure snake bites. Another Lily made its way to Greece, by way of Phrygia, Thrace and Macedonia, to play its part in those civilizations. The Lily that we use on Easter Sunday comes to us from Bermuda and by careful management blossom at Easter Time. Flowers of many kinds are used as well as the Lilies and at no season of the year are flowers as precious as at Easter!

He Chose a Garden
"He chose a peaceful garden
When he longed to pray,
Upon the lovely eve
Of crucifixion day.
He knew the quiet healing
That growing things impart,
The balm a garden offers
To soothe a troubled heart."
—Kendall

The Easter festival of Christians contains many of the customs of the ancient races when they celebrated the new year in the spring, and today in middle Europe you will find Easter eggs decorated with the designs of the ancient Persians. To them the egg was symbolic of new life and of the new year.
The simplest of the old designs use flower forms to symbolize new life on earth. The Persians used dyes made from berries and roots in yellows and orange, and brick reds, and the royal purple from a sea mollusk.
In Palestine the seasons of the year are far more clearly marked

Continued on page 9

Household Scrapbook

By Roberta Lee
Comparative Measures
1 cup equals 1 pint.
2 teaspoons equal 1 dessertspoon.
4 Teaspoons equal 1 tablespoon.
Vines
If grass clippings are placed around the roots of vines and plants, they kept moist, they will give excellent results.

Jewelry
A solution of one half ammonia and one half water is excellent for cleaning jewelry. Then polish with a chamouis.

The Stars Say

By Estrellita For Tomorrow
CLEAR thinking will be essential to overcome obstacles now. Make no agreements which you may find impossible of fulfillment later. Aim for goals that are within your reach, rather than attempt the impossible.
Stick to tasks which you do well and strive for maximum results. Don't try to speed things up. Haste could be costly.
Matters involving investments, property, any project which affects financial security should be handled with extreme caution. The outlook, however, is excellent for domestic and family affairs.

For the Birthday
If tomorrow is your birthday, the next three months should find you in excellent position to forge ahead with new enterprises and the completion of long-pending matters.

By the end of June, you should see a considerable improvement in your financial status and there is a strong likelihood that you will travel during July or August. During the fall months, those engaged in creative work should find the imagination working overtime with results that may verge on the spectacular since the aspects then will be at their best for programs requiring daring and originality.

All Arians are advised against taking financial risks during November and December, however. Guard against emotional tension during this same period.

A child born on this day will be ambitious, versatile and endowed with great personal charm.

DOROTHY DIX Cynical Spinsters

DEAR MISS DIX: I'm a single woman in my middle twenties with a nice job. Since I work closely with several older single women, I am becoming well aware of what happens to them as they grow older, and I visualize myself traveling the same road. They are cynical, selfish, insist on having things their way, and their minds are closed to any suggestions of modernized methods, etc. They are so accustomed to living alone that they are forgetting there are other people in the world. I, too, am getting very irritable over details that don't suit me. While I live with my family, I realize I'm no joy to them. I fuss over trifles, am annoyed when things aren't done as

Continued on page 9

That Body of Yours By James W. Barton, M. D. MALIGNANT HIGH BLOOD PRESSURE

It is unfortunate that so many illnesses have a history of heredity. If the patient knows that the disease—high blood pressure, diabetes, anemia—runs in his family, he is not likely to observe the various methods to fight off or prevent the symptoms of that particular illness. He feels he is already beaten.
One of the common, yet serious, illnesses with a history of heredity is malignant hypertension—high blood pressure.
In the American Heart Journal, Dr. M. F. Schotstaedt and M. Sokolow report a study of 104 cases of malignant hypertension carried out from 1936 to determine the history of papilledema (choked disc)—an eye condition.
In a group of 63 men and 41 women the eye grounds were classified as Keith Wagener (the name of a heart condition). Average age of the patients was 42 years and in half there was a history of hypertension. Hypertension had been present in 74 patients for five months to 27 years but 30 of the patients were now known to have had hypertension prior to the onset of the malignant phase. The "significant" past illnesses with "significant" past illnesses was 56. The average time from the onset of these "significant" symptoms such as disturbed vision to time of death was 87 months, the range being from two weeks to 6½ years.
Of 104 patients, four have survived more than five years and the disease is not progressing. (The patients which I ushered in the malignant phase of hypertension in 79 of the patients was falling eyesight accompanied by hemorrhage in the eyes.) The more sudden the appearance of symptoms, the more rapid the onset of the malignant phase.
In all cases in which autopsy was held, enlargement of the heart was found.
Evidence that along with this high blood pressure there was involvement of the nervous system included headaches, mental disturbances, and convulsions.
Unfortunately, treatment of the symptoms in this malignant form of hypertension gave poor results. However, with the newer treatment, cutting of nerves and diet low in sodium, there appears to be better results obtained.
The lesson here is that where there is a family history of high blood pressure, watching for early signs of malignant high pressure may help the physician to delay or postpone some of these distressing symptoms.

Continued on page 9

Wedding in Halifax



Photographed above following their wedding on February 26, in the Anglican Church, Halifax, are Mr. and Mrs. William Finck with their attendants, left to right, Mr. Frank Melanson, groomsmen; Mr. and Mrs. Finck, Misses Mildred and Gwendolyn Finck, bridesmaids, sisters of the groom.

ELLEN'S DIARY by an Island Farmer's Wife

But already, despite prevailing cold weather, there are farmwives into the spring cleaning... re-decorating rooms, hanging fresh curtains, righting cupboards and closets, clothes-presses and desks. Religiously putting out of mind any temptation to loiter at the chore, or perhaps yielding easily to explore once more, as do we, the saved, hoarded treasures of the old years.
Going back decades to once-familiar scenes at the sight of a faded tintype or photo; in old newspapers, schoolbooks, a wooden-edged slate, indeed turning back to days of other years. A volume of memories in a remnant of curl; piecing together in such moments the fullness of our years. How the spent span of our lives returns to us and something of former generations of the place in the souvenirs that come to light in this season of cleaning!

"It's better not to keep souvenirs," we remember a helper of ours when the children were young, say looking up from her seat on the bed in the little wide-gabled room over-looking the mill and pond at Alderlea. A box which had once held sweets lay open beside her, one which now held treasure-trove of hers.
"They only make one feel lonesome," she continued. "What's the good of times that are past?" she queried with a tremulous smile. "Let them go, I say and don't think of them again! I'm going to burn this stuff this minute..."
"But it isn't 'stuff,'" she mused lifting a trinket she recognized as a service man's gift. "And I can't do away with this, nor one other scrap that's in this box. I guess," she said soberly, "I'll keep them for another year. If they do make me lonely it's sort of a nice feeling—if you know what I mean."
So for the same strange notion we keep the faded roses and ribbons, the four-leaf clovers, the "one golden curl," the baby shoes and other nostalgic fragments of years

Modern Etiquette

By Roberta Lee
Q. What is the correct position for the butter knife on the bread-and-butter plate?
A. Place it at the top of the plate, slightly above the centre, and parallel with the edge of the table, with the handle at the right and spreading edge of the knife towards the guest.
Q. May a bride wear a white dress and veil when being married in a magistrate's office?
A. No. The traditional white is reserved for the church and home weddings. She should wear her going-away costume.
Q. Is it always obligatory to make a call on a good friend who has been bereaved?
A. Yes. A brief note of sympathy is sufficient before the funeral, and a call of condolence should be made soon after the funeral.

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Cook's Corner



GINGER CORDIAL
2 heaping tbs. ginger
½ cup vinegar.
1½ cups sugar.
1 gallon jar of water.
Mix together and shake a few minutes — all ready to drink.
—Mrs. Louis Marshall, Stanhope W. I.

Morning Smile

"Accustomed as I am to public speaking, I know the utility of it."
(Franklin P. Pierce).

Better English

By D. C. Williams
1. What is wrong with this sentence? "Please look and see if she is laying down."
2. What is the correct pronunciation of "research"?
3. Which one of these words is misspelled? Adeu, adequy, adaptableness, addendum.
4. What does the word "vindictive" mean?
5. What is a word beginning with ere that means "inclined to believe"?

ANSWERS

1. Omit "look and," and say, "lying down." 2. Preferred accent is on second syllable, and not the first. 3. Adeu. 4. Disposed to revenge. "Both his words and his actions were vindictive." 5. Credulous.

GRATITUDE IN PRAYER Lenten Meditation

from the columns of the Times, London

The ancient world was no stranger to prayer. In temple and synagogue, in public liturgy and private devotion, men lifted their hearts to God in aspiration and petition. Yet in this respect, as in others, Christianity did not merely enlarge what men already had, it gave them entrance into a new world. They learned to pray with a fervour, a confidence, and a self-abandonment to which they had hitherto been strangers. There are at least three distinctive features of Christian prayer as it is taught and practised in the New Testament.
In the first place, Christian prayer is common. It is no mere spiritual exercise on the part of the individual; he engages in it, even in private, as one who is in partnership with others and responsible for them before God. He prays for others because he knows that he prays with them; he is part of a great company of men and women whose common concern is the kingdom of God. So Paul knows himself sustained, whether in his missionary labours or in the lonely hours of imprisonment, by the fidelity of the Christian groups who think of him as their founder. The Lord's Prayer was designed to be offered by a group and more than one New Testament letter opens with an expression of corporate thanksgiving. There was nothing formal about the corporate prayers of the church; they were to eliminate the personal in order to unite the group. For the common life was not their own achievement, it was the work of the Spirit, and they did but pray as he gave them utterance.
In the second place, Christian prayer is preeminently thanksgiving. The problem of unanswered prayer does not appear to have exercised the Church in its earliest days. So strong was the gratitude for what God had given that what he refused was accepted without demur. The Christian knew himself to have received so much that he could not do less than devote his whole life henceforth to making a return. Nor was that gratitude conditioned by the circumstances in which he found himself at a given moment, for it was offered to God as one who can transmute into blessing even the most adverse circumstances. The supreme instance of this is the last prayer of the Lord himself in the Fourth Gospel, where he accepts the cross in thankfulness that so much has been accomplished and prays that the disciples may enter into his joy. Where gratitude governs prayer there is no room for self-concern or anxiety; the dedicated spirit takes their place entirely. In the third place, Christian prayer is in the name of Jesus. In the synagogue devout souls had prayed as members of the community and had given thanks even in dire suffering; only in the Church was prayer offered in the name of Jesus. This, of course, does not mean the use of a formula, nor does it imply that without this God would be unwilling to answer prayer. "In that day ye shall ask in my name: and I say not unto you, that I will pray the Father for you; for the cause ye have loved me, he will give you whatsoever ye shall ask in my name, and I will pray the Father for you, because ye have loved me, and have believed that I came forth from the Father." Prayer in the name of Jesus is the prayer of the disciple who has learned through him to know God as Father and desires to know him yet more fully. He seeks to enter into the Master's spirit of self-sacrifice and, in deep gratitude for what he has received, offers himself to enter, as opportunity offers, into the service of his Kingdom. So strong was the gratitude.

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by Holeproof

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