

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

## Lenten Meditations

BELIEF AND ACTION  
(The London-Times)

Belief and action are both essential elements in religion; but belief is primary and action secondary. A tree is known by its fruits; but were there no tree there would be no fruits—in the end, indeed, everything depends upon that part of the tree which is invisible, the roots deep hidden in the ground.

Yet it is not enough to speak of belief. There is a further momentous question; belief in what? There have been false prophecies, ancient and modern, men of consummate faith, who have deluded multitudes because they were, in the first place, self-deluded. They believed in themselves, in their mission, in their destiny, and from this belief they gained power which attracted many to them; yet in the end they drew destruction upon themselves.

Similar motives have prompted many a lesser man. He is sure of himself. He knows what he wants in life, and is determined to get it. No spectacular destruction awaits him; merely the disappointment of failure, or the even more poignant disappointment of success. "He gave them their request," said the Psalmist, "but sent leanness into their soul." Self-trust is half-way to self-depair.

Is it enough, then, to put trust in another—in a friend, a loved one, a leader? This brings an initial freedom to the spirit, yet unless this loyalty be set within a larger loyalty it may prove equally destructive. There is no idol which has no feet of clay. The Christian attitude was once well stated by Lord Charwood: "Towards any great man, alive or dead, except our Lord, the attitude of discipleship is unreasonable and unmanly; towards our Lord, as from a simple reading of the Gospels we all more or less conceive of him, some sort of unaffected discipleship appears, as we go on in life, the only reasonable or manly attitude."

Those who accept this discipleship are called to obedience and to action. They must, in the first place, tell others of the one who is their master—though this also may be done as much by action as by speech. The Christian is called to display his Master's love in action; he must work to transform the world after the pattern his master has revealed. It has been well said that, wherever justice or mercy is in question, there Jesus Christ claims to be sovereign Lord.

The Christian goes forward to action with no self-confidence, but confident in the one who has called him. There will often be failure; but there is a way from failure, through penitence, to new life. He who really believes in forgiveness is saved from the necessity of despair.

## Modern Etiquette

By Roberta Lee

Q. When taking friends driving, should the hostess sit in the front seat with her husband who is driving?

A. No; the hostess should ask one of her guests to sit in the front, while she sits in the back with the other guests.

Q. What are the most appropriate gifts that a man could take to his hostess, when invited to a house party over a weekend?

A. Candy, flowers, something for the "what-not" shelf, or a book.

Q. What is a good way to present a new daughter-in-law to one's friends?

A. An ideal way is an afternoon tea, with dancing or games included.

## ELLEN'S DIARY

By An Island Farmer's Wife

Continuing Bill's letter which tells of his life in The Land of the Midnight Sun.

"The next morning we ran our first traverse. By this we had divided into three groups of two, each group headed by a senior and accompanied by a junior, whose duties were to run lines—and cook. I was thankful when I was chosen for the former because if not, it is likely that our sub-party would have starved to death, as I can lay no claim to being a cook! Then morning saw us go out to work, evenings brought us back to join the others and compare notes on our day. We certainly needed no courting of sleep. Since all the surface of the ground was solid outcrop of granite composition, a walk of six to eight miles over it, soon sent a fellow to his dreaming.

One cloudy day, my assistant and I almost got lost. We didn't realize that we were off the line until about three in the afternoon. Indeed, it was almost eleven before we finally reached camp, and an anxious Chief, who lectured us roundly—and justifiably. It certainly gives one a weird feeling to be wandering around bewildered in an area, about sixty miles from the nearest inhabitant! I may say the incident gave us some good experience, and taught us to keep close to our course.

It was the next-day we moved camp along a series of portages to a large lake still frozen at the time. It was here (Jamie's eyes grew large and round in our reading, and his breathing was almost gone) that we saw our first bear. We were camped on a small island in the lake at the time, and he came down to the edge of it to do some fishing. We didn't go over to investigate as at that time our knowledge of their habits was limited. It happened that we saw very little wild life during the early Summer excepting a few bears, and then kept an appointment with the plane that moved us to another location. We were very glad to see it, since it meant mail and news from the outside.

This time four of us were moved to a small island in the centre of Gt. Slave Lake, where we picked up a large freighter canoe and two outboard motors. From there we picked our way through the islands to the north side of the east arm of the lake and working eastward a distance of about a hundred and eight miles, ran traverses inland about six miles at intervals of four miles. I believe that these three weeks were the most enjoyable of the Summer as there was no paddling to do. I also caught the largest fish there—a lake trout measuring better than thirty-nine inches. We ate part of it, for by this we were becoming a bit tired of fish in our fare. We camped, one night next to an old Indian graveyard—in a scenic setting in a small grove on a nice sunny sand plane. It was enclosed by a picket fence to keep the wolves, etc., from molesting the graves, each of which was marked by a cross.

We eventually reached Reliance and spent three days there with the R.C.M.P. and a group of five Signal boys. During our stay we made an excursion to the mouth of the Lockhart River which empties into the extreme eastern end of Gt. Slave Lake, where we saw the ruins of an old trading post

## That Body Of Yours

By James W. Barton, M.D.

### SAVING TIME FOR THE PHYSICIAN

Many of us laughed when we read some years ago that in English railway stations one could insert a coin in a slot machine on which various ailments were printed and the medicine for that ailment would come out of the machine. The patient was in other words, supposed to know what was wrong with him and make his own diagnosis. As a matter of fact, patients frequently have some symptoms which they think are caused by a certain ailment when they are really caused by another ailment entirely.

What may appear to be a similar method of diagnosis is a sheet of questions which the patient is given by the busy physician before he is examined. The first thing your doctor asks is a history of you, your work, your family or domestic life, your occupation and whether or not you like your work. He then wants to know your symptoms, how and when they appear, how long they last, whether pain is sharp, dull, nagging, and many other questions. As all this questioning takes up a lot of time, it can be seen that the patient's answering all these questions before the examination is a great help to the physicians.

An editorial in "Clinical Medicine," headed "Improving Your Diagnosis," states: "Taking a good history calls for time, more time than may be devoted to every patient. If one could only separate those patients needing a thorough history from those who do not." The patient himself may fill out a form indicating his symptoms in response to simple questions. The Cornell Medical Index as developed at Cornell Medical College is one of the latest and best questionnaires. By entering "Yes" or "No" at the end of a question, the patient shows what fields should be followed up. 185 questions are printed on a double sheet of paper. The type is large enough to be read easily and the questions are worded in common terms so that any patient with a grammar school education can understand them.

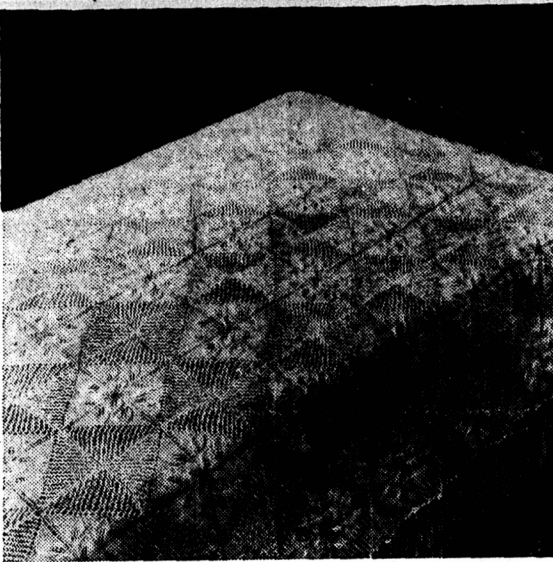
These forms, made up for men and women, may be obtained by physicians from Keeve Brodman, M. D., New York Hospital, 525 East 68th St., New York City, 21.

established in 1834. The old chimneys are about all that remain—I expect these still will be there in another hundred years' time! One of the Constables at Reliance is from Sussex, so that gave us something in common—the Provinces by the Sea to chat about. The next three weeks, one of the juniors and myself spent about a small lake chain where we saw little of unusual interest with the exception of a few eagles—and ice on August third! We did see a beautiful set of falls with a drop of 125 feet, on the Lockhart River, and caribou tracks in the vicinity led me to wonder how many had perished there, attempting to cross above that particular spot where the current was extremely strong.

A succeeding period was spent about a lake in the barrens. . . . Until tomorrow—Diary—Good-night. . . .

TORONTO, March 15—(CP)—The Federated Women's Institutes of Ontario has asked the Ontario Censor Board to ban release of the film Stromboli, starring Ingrid Bergman. Mrs. John H. McCulloch of Brampton, secretary-treasurer of the Federation, said the request was contained in a letter to the Board.

## Unusual Fringed Bedspread



Here's a pattern to please both knitters and crochet enthusiasts. The square motifs are knitted of crochet cotton and form an attractive design bordered by a deep fringe. For instructions for making this KNITTED BEDSPREAD, just send a stamped, self-addressed envelope to the Needlework Dept. of this paper asking for Leaflet No. 6129.

## DOROTHY DIX SAYS—

### Unpopular

Talented, Hard-working Woman Wonders Why She Is Disliked

DEAR MISS DIX: What on earth is the matter with me that people seem to dislike me so much? I am a college graduate, married, don't gossip, hard worker in church and fraternal circles. I succeed in whatever I undertake in a public way. I can play music; can speak or read papers, but never attempt to do any of these things unless asked, yet all the women seem to dislike me because I can.



ANSWER: Perhaps the reason you are not popular is because you are bossy. Most executive people are, even when they don't realize it. The talent of efficiency gets you where you are going, but it doesn't make you friends en route.

Perhaps it hurts the vanity of others to see someone succeed where they have failed or perhaps it is because all of us like to do things in our own way and we resent having someone assume authority over us and tell us just where we get on and get off.

### DO YOU FEEL SUPERIOR?

Or perhaps the reason you are not popular is because you feel yourself superior to the women with whom you are thrown in your club work. Perhaps you are not popular because you talk too much. I know a woman who has every good quality, but whom people avoid as they would the plague just because she has too much tongue. She seems to think that the whole world is dying to know every detail of her private affairs and she never lets anybody get in a word about theirs.

Perhaps the reason you are not popular is because you are not friendly yourself. You have got to meet people more than halfway and do a lot of liking yourself if you want to be liked. If you are not popular, be sure the fault is in yourself. Everybody cannot be wrong about you.

DEAR DOROTHY DIX: My son is almost 12 years old. When he was 4 it was necessary for me to go to work in order to help with the household expenses and save a little money for the future. I could leave him safely because my mother-in-law lived with us. She has just died. I must continue working, as my husband lost his regular job, but between us we earn enough to pay the bills. My problem is the boy. Is it safe for him to be left alone from 3 P.M. until 6 P.M., when we get home? Can he be taught to take care of himself alone during these hours? How can I know that he is playing with the right children?

A WORRIED MOTHER

ANSWER: Can you not find some nice middle-aged woman who,

Continued on page 12

## Pioneer Days

In P. E. I.

By F. H. MacArthur

The manufacture of woollen cloth in this island commenced soon after the arrival of the earliest colonists. At first, it was not carried on to any extent, but some years later the settlers were making practically all articles of clothing required.

As the need for more material increased, a number of carding plants sprang up in various localities. These were often operated in conjunction with a grist-mill or a sawmill.

At Warren's Mills, North River, the skeleton of a once-flourishing carding plant could be seen until recent years, when the building was demolished.

Another operated at Crapaud, one at French River, etc. Perhaps some reader of the "Guardian" will be able to give us more data about these mills, when they began to operate and who owned them. Such information would, I feel sure, be followed with great interest as the story connected with their operation is now almost a forgotten chapter in the annals of pioneer days in this Province.

The wool used to be woven into two distinct kinds of cloth, one called woollen cloth, and the other worsted. The difference was due to the way the yarn was prepared. The worsted cloth was finer and more handsome in appearance, and always went into dress-up garments.

First, the wool received a thorough cleaning, then it was drawn into light strands called runnings. This was combed a number of times, until the fibres lay smoothly side by side. The short ends were combed away. The roving was sent to the spinning room where it was spun into yarn. Two or more strands were often twisted together when a heavier yarn was needed. Then it went to the weavers.

In a changeable climate like ours, woollen garments are very important. Every pioneer family wore heavy woollen underwear, suits, dresses and overcoats. Indeed, they owed their excellent health to the sheep and there were few farmers who did not own a nice flock.

A good ewe would yield about ten pounds of wool, though the average was considerably less.

Shearing usually commenced early in May or not later than the first of June. Some farmers did their own shearing, but almost every community had its travelling sheep-barber. When he arrived, the farmer would send his sons to round up the flock. Then one by one the sheep-barber with nothing but a pair of hand-shears, would clip off the wool, placing the animal on its buttocks, with its head turned to one side. A good shearer could take the wool from a flock of twenty in a single day.

Then, as now, sheep-killing dogs did much damage among the flocks and it was a painful sight to see ewes and lambs torn to pieces by these bloodthirsty murderers. To help prevent slaughter of the innocent and defenseless animals, many farmers at-

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## Household Scrapbook

By Roberta Lee

### Cracker Crumbs

Fine cracker crumbs for bread-ling can be made by putting the crackers into the oven and letting them get brown and crisp. Then roll with a rolling pin so they will be fine and soft.

### Avoid Pinholes

It is a good plan to use thin needles instead of pins when fastening a paper pattern on fine silks and satins. This avoids large pinholes in the material.

It is said that iron rust may be removed from white materials by soaking and rubbing in a little sour milk.

## Cook's Corner

### SALMON WITH MUSHROOMS

1/4 lb. can Salmon  
2 oz. butter  
1/4 lb. cooked mushrooms  
Tomato sauce  
1 glass white wine  
Salt  
Cayenne pepper  
Juice of 2 lemons  
1 onion  
Garlic clove  
Parsley  
Buttered toast  
Flake Salmon, strain liquor. Put Salmon and liquor into casserole, heat over a slow fire, add butter, cooked mushrooms, chopped olives, salt and cayenne pepper to taste, lemon juice, onion and garlic clove, finely chopped, the juice of a tomato or a little tomato sauce, and one large glass of white wine. Serve very hot on pieces of buttered toast. Serves 4.

tached a bell to the rams' neck. When the bell started ringing furiously, the owner of the flock knew that mischief was brewing; so, gun in hand, he headed for the pasture, where he concealed himself till the fatal shot could be fired.

Pioneer children were very fond of their pet lambs, some of which could be seen playing around the home or following the youngsters about like Mary's little lamb. (Continued on Page 3)

## The Stars Say

By Genevieve Kemble

For Saturday, March 18

THE determined and skillful readiness to work in combination with others for mutual advantage, should bear rich fruits. New techniques, fresh ways and means, exceptional initiative and enterprise should put over new projects "with a bang" that should impress the interest and win the practical cooperation of those whose capital and influence are essential to outstanding achievement. Preparedness for major objectives may win surprising and enduring denouement.

### If It Is Your Birthday

Those whose birthday it is, have the opportunity of putting over major plans and objectives of more than mediocre significance. New techniques, bold plans or experiments, aggressively developed and engineered are bound to attract the essential support for capital and other aid to launch advanced objectives. Press for such desired achievements with boundless energy, skill and initiative for heart-warming culminations. Promotion and high production are ready for the grasping. A child born on this day is skillful, ingenious, aggressive and well equipped for a productive and fertile career.

## Better English

By B. C. Williams

1. What is wrong with this sentence? "I shall accept of your hospitality."
2. What is the correct pronunciation of "unguent"?
3. Which one of these words is misspelled? Suspass, trespass, ammass, amehist.
4. What does the word "hypo-glycemia" mean?
5. What is a word beginning with stl that means "to bargain"?

- ANSWERS
1. Omit of. 2. Pronounce un-guent, and not un-jent. 3. Amass, as the peanut. (Pronounce hip-pocampus, I as in high, o as in no, e as in me, accent third syllable). 5. stipulate.

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## -Needlecraft-

—FOR THE HOME—

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MAKES BETTER DOUGHS BECAUSE IT'S EXTRA ACTIVE

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## How Can I!!!

By Anne Ashley

Q. How can I prevent stretching of a lace collar after laundering?

A. Care must be taken when laundering a lace collar to insure a good fit. A good method is to baste it on a piece of white cloth before washing. Let dry, remove from the cloth and press with a warm iron. There will be no stretching or tearing of the lace.

Q. How can I keep rice from sticking to the pan?

A. Before cooking rice, grease the pan with butter, or place a liberal piece of butter on the rice, and it will prevent sticking to the pan.

Q. How can I prolong the life and freshness of cut tulips?

A. Drop a tiny bit of wax into the calyx of each tulip, and it will often double the period of freshness.

## Morning Smiles

Good Lessons

"You skate wonderfully, dear. Did it take you long to learn?" "No; I was fairly confident after three sittings."

Smarty

Teacher: "This morning I am introducing something new. I want you to put twenty questions to me, one at a time, of course—and see how many I can answer." A minute passed, after which a small boy put up his hand. "Pardon, miss. Willie Wright wants to know how many full stops there are in a ten-cent bottle of ink."



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