

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

Lenten Meditations THREE VIRTUES (The London-Times)

While the mere possession of strength is not in itself admirable, since, to be sure, it is one of those points at which man must yield precedence to the animal, the absence of it detracts from the homage paid to moral qualities. The highest virtues lose their worth and attraction for one who suspects that they are rooted in weakness. And it is precisely this charge which the critics of Christian morality have so often brought against it.

Nor are its defenders as wise as they need to be in this respect. They too have at times presented the Christian virtues in such a guise that they repel those who have learned to prize manliness and robust courage.

It ought to be possible to take some of these virtues and to show that, so far from being symptomatic of weakness, they are in fact the expression of the highest form of strength.

Perhaps it is in the case of humility that such misrepresentation is most frequent. Indeed, a recent writer has defined Christian humility as "the habitual practice of self-deprecation" and is apparently under the impression that he has commended it by such a definition. Whereas surely he has caricatured it. Habitually to depreciate oneself is suggestive of pretence and insincerity; it indeed it does not argue a pathological state of mind.

The pattern of Christian humility is to be found in one who, whether he worked at the bench or accepted the dignity of Messiahship, did so thinking only of God and never of himself. For he who depreciates himself is as self-centred as he who exalts himself.

There is a prejudice against forgiveness, as if it were a weakness to which only those resort who lack spirit to take revenge. But the forgiveness which is described and illustrated in the Gospel is no easy condonation of sin. It liberates the wrongdoer so effectively because it has first stamped upon his consciousness the heinousness of the wrong done.

It is not difficult to restrain the offender, to punish or even to kill him; what is so difficult is to redeem him, but that would be far more effectual. Those who amass arms to-day against an enemy know well that the security they thus obtain is a poor substitute for that which would be theirs could they turn him into a friend.

And what of patience? That is no mere submission to circumstances. It is the serenity and assurance which are his who has inexhaust-

ELLEN'S DIARY By An Island Farmer's Wife

We have just returned from a spot of baby-sitting with James this evening which was only nominal for us, since the small ones at Alderlea, in our care, slept the hours away, caring little for our presence or their parents' absence, on one of their infrequent outings. Beneath a lovely night sky that set stars ashine in the millpond, and lit by a new moon that still climbs in this quarter of it, to its rightful position, to the right of the old mill in the depths of the valley, we motored the short distance with Rob, then on his way to the city. As we approached the place that has known us for so long, it came to mind that it must indeed be very delightful for those out of sight of it for years, to again come within range of the familiar and well remembered lights of home. And how sad to be exiled from it, never more to enjoy the privilege of walking along an old loved lane, or set foot on an esteemed threshold, but only to frequent them, perhaps bitterly in dreams!

Pard came bounding through the old orchard to slip a nose into a hand in the old comforting way, and then trotting ahead, led beneath the wide-spreading white birch on the lawn, along the much trodden path that leads to the house across the lane. There a bespectacled man, who had been reading aloud an intriguing bedtime tale, and a small listening maid with long golden hair, welcomed our entrance with broad smiles, and exclamations of pleasure. And then presently with a lantern that threw its lights familiarly about the yard, James went out to complete deferred ends of choring, and after giving us detailed instructions as to what we should do in the event of Mackie's awaking, granddaughter was content to be taken to her bed. However, as it happened fortunately for all, there were no stirrings, or fretful wakings, only veiled eyes.

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able reserves upon which to draw. Twice in one generation the strategy which aims to win wars by a single lightning stroke has had to yield to that which needed years in which to mobilize and organize its forces till the hour came for the decisive blow to be struck. So he is patient who does not lose heart for the lack of quick results, but who learns wisdom from frustration and grows stronger by what he endures.

Water Softener
To make water softer for washing, use 4 ounces of alcohol and ½ ounce of ammonia. If for toilet purposes, add to this one dram of oil of lavender.

Spring Showers



Satin overchecked fallie in navy blue with frost white is used for a belted coat that is equally at home in sun or shower.

Household Rapbook

By Roberta Lee

Cleaning Stone

To remove marks on stone steps or window sills rub with coarse sandpaper. After the rubbing, they should simply be dusted with a cloth or duster. Stone cleaned in this way will stay white much longer than by using water.

Tender Meat

A tablespoonful of vinegar, or a teaspoonful of lemon juice, added to tough meat, or corned beef, while it is boiling or roasting will make it more tender.

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DOROTHY DIX SAYS-

Infatuated Husband Wife Should Let Him Tire Of Affair

DEAR MISS DIX: I have been married seven years to a man of good character. We have two adorable children and have been very happy together. Lately he has become attracted to a beautiful young woman with whom he is thrown much in church work. I feel sure that so far he has never made love to her, but his infatuation is obvious. Others have noticed it and are beginning to talk about it. Naturally it brings up a jealous flare in my heart. I have tried to laugh it off, tried to think it was nothing to worry about but, in reality, I know better. I don't know what to do. Shall I talk it over with him, or shall I ignore it and let it take its course? I still think he loves me, but his conduct fills me with such disgust I am cool to him.

A WIFE

ANSWER: I suppose that men are as prone to flirtations as the sparks are to fly upward because they are built that way. You remember that William Dean Howells once said that after centuries of civilization men are still imperfectly monogamous.

WOMEN CAN'T UNDERSTAND

This is something we women can never understand. We can never understand.

The Stars Say --

By Genevieve Kemble

For Thursday, March 30

SOME intemperate or over-moderate plan of action will bring reactionary and disagreeable situation, to a crisis, affecting the home, property, funds and probably domestic or family peace of mind. Keep the brakes on, if success, gain and solidity are to be preserved in home, job and assets. Any rash moves, while aggressive could have recoil on personal relations.

For the Birthday

Those whose birthday it is, although eager and "rarin' to go" with force and aggressiveness should keep strictly in the mine of moderation, with firm control, let there be comebacks in private contacts and interest. Keep the grip hand and some constructive work might be accomplished, exciting and prolific. Good work and protecting property and valuables could be accomplished by calm control.

A child born on this day may be fiery, strenuous and militant, but with detriment to its property and domestic harmony.

Morning Smile

Felt Wealthy

The family had eaten bananas, and the charwoman caught sight of the skins, which were about to be thrown away.

"Can I have them, if you don't want them?" she asked her employer.

"Of course," she was told, "but why should you want banana skins?"

"Well, mum," came the reply, "they'll look nice in my garbage pail."

Modern Etiquette

By Roberta Lee

Q. Just what is the difference between "table d'hotel" and "a la carte"?

A. "Table d'hotel" means a set price for each meal, irrespective of which dishes you order. "A la carte" means that you order "according to the card," and pay for each dish ordered.

Q. Is it all right for social correspondence to use envelopes with colored linings?

A. Yes; if transparent envelopes are used, they may be lined with colored paper to make them opaque. But the quieter tones of lining should be used.

Q. Is it obligatory to have ushers in attendance at a small church wedding?

A. No; there may or may not be ushers, according to the preference of the bride and bridegroom.

Cook's Corner

The one-dish main course should assure a balanced meal and therefore should have in it some meat or a meal alternate such as eggs, cheese, milk, beans or fish. It should also have some starchy food, some fat and plenty of vegetables.

Here are several excellent recipes for "one-dish" meals. They come from the home economists of the Consumer Section, Department of Agriculture, Ottawa.

CABBAGE AND SAUSAGE CASSEOLE

4 cups finely shredded cabbage
2 cups canned or stewed tomatoes
¼ teaspoon salt
Dash of pepper
¼ teaspoon paprika
1 cup grated cheese
1 cup soft, dry bread crumbs
6 large or 12 small sausages.

Cook the cabbage in a small amount of boiling, salted water for 5 minutes. Drain thoroughly. Season tomatoes with salt, pepper and paprika. Place cabbage and tomatoes in alternate layers in a greased, shallow baking dish, sprinkling each layer with grated cheese and

Casual Topper



Spring favors the bloused back shorties and this one is fashioned in white wool to carry you through Summer well. The belt in self fabric buttons on or off.

That Body Of Yours

By James W. Barton, M.D.

ANOTHER CAUSE OF ASTHMA

In my student days we did not know the cause of asthma. The patient simply coughed until he brought up a small plug of mucus from one of the branches of the bronchial tubes. Sometimes the patient knelt on a chair with his hands on the floor, and head hanging down between his arms, and coughed until he tiny mucus plug was removed.

Today the physician knows that more than half the cases of asthma are caused by allergy. The patient is sensitive to various substances, such as pollen of plants, furs, feathers, foods. By making various skin and other tests the substance causing the attacks of asthma can often be discovered.

Thus living for a part of the day in a room or chamber free from any substance likely to cause asthma helps many cases.

Several years ago it was found that correcting defects in nose and throat caused disappearance of asthmatic attacks in many cases, so that, generally speaking, physicians today believe that allergy or nose and throat defects are definitely causes of asthma. More recently it has been found that emotional disturbances, such as loss of a loved one, cause some cases of asthma.

Among the defects of the nose is the growth of a spine or sharp process in the septum or wall separating the two nostrils. In "Nose and Throat Journal," Stockholm, Dr. G. de Wit, states that search is often made for defects or other conditions in the nose, for causes of asthma. The fact that the removal of an exceptionally large and sharp spine from the nasal septum had a favorable influence in some cases of bronchitis induced him to investigate this matter further. He had the opportunity to make nose examinations on thousands of soldiers in Java who had asthmatic or other forms of bronchitis. He found that a spine on the septum of the nose was unusually frequent in men with asthma or persistent bronchitis. This spine is located in the back part of the nose, about a quarter inch from the bottom of the nose. It forms during the teens. The fact that asthmatic attacks did not occur until after formation of the spine proves the spine the cause, and the fact that removal of the spine prevented further attacks of asthma gives further proof.

FIGHTING HENS

ORADOCK, South Africa. — (CP) — Twelve black hens belonging to a farmer here attacked and killed a snake 3½ feet long. Hearing the hens making a noise the farmer found the hens busy fighting the snake.

A NASTY COLD BANISHED IN ONE NIGHT?

Particularly at this time of the year, something that will help to banish colds on the chest, is very useful. It was fortunate for Mr. Edgar, St. Laurent, Quebec, that he heard of Nerviline. Read his experience:

"For over a year I suffered with my throat. I used different remedies but without definite results; then I heard of the benefits from Nerviline. I tried Nerviline, and can now appreciate its efficacy. I have adopted Nerviline as my throat remedy—that is why I am in good health today." Nerviline is a strong, penetrating liniment that helps to ease congestion and thereby aids in bringing quick effective relief. 25c at all dealers.

Pioneer Days In P. E. I.

By F. H. MacArthur

When our forefathers came to Prince Edward Island to carve for themselves new homes from the wilderness, they brought with them a few pigs which provided the family with meat the whole year. During the winter months, they ate fresh pork. When an animal was slaughtered the carcass was hung up in some out-building where it was allowed to freeze. Come spring, others were killed and salted down in large barrels to be used throughout the long hot summer days.

Indeed, the lowly pig was the poor man's chief diet, for not only were these animals dirt cheap, but they managed to feed themselves on grass, artichokes and various roots and herbs, which at that time grew abundantly in the mighty forests.

During the summer months the pigs ran wild. They were lank hungry looking creatures with little enough meat over their bones. How did the farmers fatten them for the family larder? Did they pen them up in the Fall and feed them grain and potatoes? They did nothing of the kind. Indeed, potatoes and grain were about as scarce as hen's teeth.

Most farmers grew only enough to supply their wants with perhaps a bit left over to be exchanged at the village store for tea and sugar. The pigs usually fattened on the beechnuts which in those days literally covered the ground in early fall. This was good wholesome pork, much better than a lot of the slaughter-house fed stuff coming to our tables today. True, pork fattened on nuts had a peculiar taste and the flesh was a bit soft when compared with grain fed animals, but the pioneers liked it well enough.

When they felt like having a change in their meat diet, they would go to the woods and kill a few rabbits. A rabbit pie was considered quite a delicacy. This appetizing dish was prepared in the following manner: The meat was chopped up in small pieces, then a generous supply of vegetables such as onions, carrots, potatoes, parsnips were added. This attached to, the housewife rolled out a thin crust which was placed over the meat and vegetables in an extra large pan. The whole was then placed in a hot oven where it was allowed to cook for about one hour. Occasionally the pioneer family had lamb or beef for a change, but money was so scarce, they simply could not afford to eat any live stock that could be sold.

The Indians ate muskrats, coons, foxes and many other wild animals. They were not so choosy about their flesh diet as the whites. However, bears were sometimes killed and eaten by the

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Help for Dizzy Spells and Indigestion Pains

The pain you experience with indigestion nearly always comes from the pressure of wind or gas in the stomach, and is caused by undigested food which has soured and fermented.

If you take Dr. Hamilton's Pills at night, you help flush the system clear of these wastes—then digestion takes place at the proper time, and a better balanced condition of health becomes possible. To assist in quickly clearing up your trouble use Dr. Hamilton's Pills. Sold at all druggists.

It hasn't been too long since scientists discovered that the milk-gruel diet of the past did not nourish growing babies. Research has revealed that infants require the same basic foods as adults, but in a simple, more easily digested form. Canadian babies are now thriving on tenderly cooked, finely strained foods of all kinds and have the world's best chance to live and grow.

Needlecraft

FOR THE HOME

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Timely Notes On Nutrition

By Marjorie G. Hill

THE ERA OF SUPERSTITION IN INFANT FEEDING IS OVER

It is interesting to turn back the pages of history to see just what methods of baby feeding preceded our present up-to-date knowledge on the relationship between infant feeding and infant welfare. If your baby had been born in ancient times you would have subjected him to a rigorous treatment called salting. This procedure involved rubbing the baby all over, except his mouth and eyes, with soda-ash. This mixture was then wiped off and the baby washed in warm water. All this was supposed to harden the baby's constitution. After you had salted the baby you would have wrapped him in swaddling clothes so he would grow sturdy and straight legged. This was done by winding long bands of cloth around the baby's arms, legs and body. The American Indian used a similar process when he laid his papoose on a flat board and packed him with skins, bark, and hide. For centuries, people believed the development of strong bodies was a matter of external treatment rather than diet. It was not until this century that science fully grasped the true role of nutrition in infant welfare.

Milk has always been baby's first and most important food. But up until the eighteenth century only human milk was considered fit for infants. Using foster nurses was a general practise among the well-to-do people. It was not uncommon for babies to be put in squalid nursing homes where they frequently fell ill. When this occurred the nurse would be bled, medicated, or put on a special diet. Up until colonial times babies were fed bread or other solid foods which were first chewed by its nurse and then put into the babies' mouth with her fingers.

Cow's milk was first fed to infants in the eighteenth century. It was a Dr. Hugh Smith who then introduced a sucking instrument, consisting of a long-spouted milk pot ending in a cloth covered knob. There was little further improvement until the rubber nipple was invented in 1861. But even this was connected to its bottle by an unsanitary tube that remained in use for years. Today, nipples are sterilized with the bottles by boiling in water and are stored in a sterile jar when not in use. In fact today many babies are completely weaned from the breast to the cup by the end of the first year without the introduction of the bottle at all. A well known world humanitarian and saver of babies lives was Gail Borden. When Borden was returning from Europe in 1851 on a vessel crowded with immigrants he noted that many babies died because the only milk available for them came from dirty, seaskick cows. It was during this voyage that Borden determined to find a way of preserving milk that would travel. It took him ten years and much travel but as we know, his venture was very successful.

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INSIDE-OUT... SEAMS-INSIDE
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Needlecraft

FOR THE HOME

GOOD EASTER GIFTS

LAME SHOULDER?

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