

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

Lessen Meditations SIN AND FORGIVENESS (The London-Times)

In all probability the offense of Christianity for most people to-day lies where it has usually lain in the past, in its insistence that the most urgent problem of human life is that of sin. No doubt there has been much exaggeration under this head, so that an account of human nature has sometimes been given which is less a descriptive than a caricature with all traces of its divine origin obliterated and its dignity disparaged.

Sin has been taken in too individualistic a fashion, insufficient allowance being made for the evil that comes by the pressure of social and environmental forces. Further, sin has at times been equated with misdemeanours of no great moment, unduly magnified by someone who has dared to set up as a judge of his fellows.

But when all allowance has been made for such considerations as these, the fact remains that to think lightly of sin is impossible for one who derives his inspiration from the New Testament. Each human being is in the world for a mission. That mission does not consist in doing this or that, since otherwise it would be at the mercy of circumstances. It consists rather in being a true person, and that is something which can be achieved in and through whatever circumstances make up one's lot.

But this insight that life is committed to a man for a purpose brings with it the consciousness that he has not risen to that height. It is not that life has been stained with gross evils, but that it has not been taken with that sober thankfulness and glad dedication which are its due. He who is not condemned by his fellows for what he has done may well have his moments of self-examination in which, sadly, he condemns himself for what he has not been.

It is with this situation that forgiveness deals. To understand life in personal terms, to see that to be permitted to be human is to have confidence placed in one by God—this keeps open the possibility of a renewal of the enterprise of living faithfully even when one has failed in it again and again. A person who has trusted another once can reaffirm that trust even when he who has been trusted has shown unworthy of it. When that happens in human relationships, the only adequate response to such goodness is in the resolve never again to betray it. The divine forgiveness has the same efficacy for those who allow the wonder of it to possess their whole souls. God invites a man to take up again the task on which he has defaulted, and assures him that this time he will succeed where before he failed.

Q. How can I make a substitute for cream? A. An excellent substitute for

Timely Notes On Nutrition

By Marjorie G. Hill

SOUP SUGGESTIONS

Warm and welcome, especially in cold weather, soup fits into family fare not only at meals but also as an afternoon pick-up or a bedtime night cap. To save the hurried housewife time and effort a variety of canned soups, also dried soup mixtures, are on grocery shelves. All good cooks know too, that delicious soup may be brewed from inexpensive material, such as dried beans and peas, meat bones, etc.

A thin soup like broth or consommé makes an appetizer to start a hearty meal or the hot cup that cheers between meals. But a sturdier, thicker, more nourishing soup is suggested if soup is to be the only hot dish at a meal, especially for growing children. Too much liquid in soup served along with milk to drink may be so filling that the children will not want other food they need. Soup in school or home lunches for children should be accompanied by a hearty sandwich with protein filling—meat, peanut butter, egg, fish, and a crisp salad (shredded cabbage, lettuce, carrots, etc.), so that the meal will meet children's needs for growth, energy and vitality.

Three types of soups could be suggested for their very nourishing qualities: 1. Cream soups, reinforced with added milk products such as dry milk, evaporated milk or grated cheese; 2. Thick meat or fish soups, with vegetables and rice, noodles, macaroni or other cereal products; 3. Thick bean or pea soup, which is especially tasty if made with ham bone or salt pork and flavorful vegetables like tomato, onion and celery.

Some appetizing ways to step up the protein of soups are: sliced-hard-cooked eggs on top of cream of spinach or asparagus soup. Toast or crackers with cheese melted on top floated on soup. Cooked sausage or small hamburger balls, sliced cooked frankfurter rings, sliced cooked meat added to soup. Peanut butter stirred into cream soup for different flavor and added food value.

cream can be made by beating three eggs to a stiff froth. Then gradually pour over them boiling tea until the thickness of cream is obtained.

Q. How can I keep the hair in curl for a longer time? A. It is claimed that the hair will keep in curl much longer if a teaspoonful of ordinary tea is steeped, a little sugar added, and this applied to the hair. Q. How can I remove yellow stains from porcelain? A. Rub with a paste made of cream of tartar and hydrogen of peroxide.

Health Plan Executive's Job Unique For Women

The fame of Miss Ruth Cook Wilson would be secure if it rested only on the fact that she is the sole member of the Daughters of the American Revolution (D. A. R.) to live peacefully in a province that was built by Empire Loyalists. But this woman from Moncton, N. B., who now is in Montreal with the convention of Blue Cross and Blue Shield executives has more line-crossing to her credit than this.

A brisk, carefully-tailored woman who "is at the age where I stop giving dates about things," Miss Wilson appears to have made a career out of "firsts" and out of contradictions.

To start with, she is the only woman in North America serving as an executive director of a Blue Cross health plan. And her training goes back a long way.

Member of First Class

A native of New Jersey—that is where she picked up her D. A. R. membership which is usually passed to the descendants of the Loyalists who fled from the U. S. A. in order to stay under the Union Jack—this woman executive was a member of the first class in hospital administration to graduate from the Institute of Hospital Administration in Chicago in 1933.

(Miss Wilson let this date slip by accident—but when queried said it would be alright to use it.) Some years after this she came to Moncton for a three month visit—and has been there ever since. While there she has been a leader in promoting public health in the Maritimes.

It was Miss Wilson, for instance, who instigated the first group health insurance plan in Moncton long before Blue Cross invaded that territory. In 1943, however, the Maritime Hospital Association came into being and Blue Cross began insuring people at a hospital cost. Miss Wilson became executive director.

This brought her two more firsts; she was not only the first woman executive director of this organization in North America,



MISS RUTH COOK WILSON

but she also became the first Blue Cross official to have to deal with four governments.

Newfoundland Now in Group

At first it was three—the governments of New Brunswick, Nova Scotia and Prince Edward Island—but after the Dominion expanded a year ago, she also had to deal with Newfoundland as the newest member of the Maritime group. And to date everything has gone smoothly.

Indicative of her success is the fact that at present 25 per cent of the maritime population is protected under the Blue Cross plan.

And there is also the fact that the governments involved—the four provincial ones and Ottawa—have made her chairman of a board to investigate health conditions in the eastern area.

Which, as even Miss Wilson will admit, is not a bad record for a woman who first came to Canada "for a three-month visit—and stayed for years." This descendant of the men who fought Britain for freedom less than 200 years ago is by now a sincere advocate of the Canadian nation—especially where health is concerned—and, despite her chic appearance, apparently a very able one.

ELLEN'S DIARY

By An Island Farmer's Wife

A March rain sparkles against a window, from a night which crowds the panes darkly, to make it rather dreary and yet in the prevailing mildness allows folks a nice respite from the continued frosts of late. But the arrival of this falling weather, for a time over-shadowed Jamie's customary serenity, because this evening was to have given him that special and much anticipated outing to rink. We could sympathize with him in his disappointment, and were agreeably surprised to find little complaining but an acceptance of the facts, and very soon he turned his attention to other interests. Blessed is he, or she, that unable to remedy some unfortunate twist of circumstance or fate at once accepts it gracefully, and bends skills towards gaining therefrom compensating interests and pleasures! Jamie is one who finds no scarcity of endeavours to fill his hours.

Indoors, if left to his own inclinations, he can amuse himself quietly and with engrossing interest, printing, writing, drawing, modelling in plasticine or building make-believe machines with a Tinker Toy, which offers numerous possibilities to such as he. There are, of course, those occasions when he declares he "never saw such a child as that young lad is to bother a fellow" and as well there are the delightful periods when the two play and work as one. However, we sensed a disappointment this evening. "What do you say if we read a few chapters in your book before bed-time?" we proposed. It was an exceedingly agreeable suggestion, and strangely enough, as we read, in a re-reading that has carried us along these pages with a consuming interest many times, we found we were loath to close the book when at length the clock warned him of his retiring hour.

"Black Beauty" by Anna Sewall was the favorite selected tonight, a volume of which "they say that more copies have been printed than of any other book except the Bible." It makes delightful reading, though as Jamie says "rather sorrowful in places" this autobiography of a horse. It is a tale most familiar to older readers, and yet is one that might be passed by, by those of a younger generation, not so well acquainted with the subject as we, even the farm children, nowadays more taken up with the tractor and car. Indeed too many are not inclined to become better acquainted with the horse.

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Pioneer Days In P. E. I.

By F. H. MacArthur

My great-grandfather who loved nothing better than to sit by the fireside and spin yarns, used to tell this one about the time he killed Bruin with a hay fork: "Bruin was 'tolerably thick when I was a young feller, and the critters thought nothin' of sneaking right up to our buildings and stealin' a sheep, or a nice fat porker. 'Every settler was up against the same problem; every bear was a thief, a killer and a rogue. I tell ye, the critters often took us out of our warm beds in the middle of the night and, guns in hand, we'd chase 'em all over the place—sometimes, however, the shoe was on the other foot, so to speak; those were the times the bears chased us. The critters always seemed to know when we were unarmed. A crow too, 'pears to have the intuition, or whatever ye call that cunning knowledge which prompts all animals to seek cover when they see a feller toiling a gun and lookin' so cocksure of himself.

"Wall, that day that me and Bruin had the set to, I was a settin' out for the hayfield, pitchfork danglin' carelessly over me shoulder. . . . I think I was a whistlin' 'The Girl I Left Behind Me.' Anyway, I was passing through the grove that stood between our home and the hayfield, treadin' a narrow cow-path, when the critter rose on his hindlegs and struck at me with one of his powerful paws, sending the fork flying through air like an arrow. It landed 'bout twenty feet further up the path. When I tried to climb the nearest tree, Bruin again reached out his paw and dragged me to the ground faster than ye could say cock-rob-in. But I got up and ran for the fork, with Mr. Bear right on me heels. . . .

"As luck would have it, I managed to pick up the weapon, and then, just as the big black brute rose on his hind legs for battle, I drove the fork, with all the strength I could muster, full into his throat; that was the beginning of the fight! "For the next quarter-hour or so, the enraged animal tried to yank the fork from his throat while I kept pushing him back, holding fast to the handle for dear life. Back, back, he was forced, little by little, to where there was quite a cleared patch of wood, with a fairly deep cradle-hollow. The moment his hind-legs dropped into the hollow, I gave a quick push on the handle and me enemy fell over backwards with a great crashing noise that made the twigs under him snap like nails on a frosty night. Yes siree! . . .

"Now that I had my enemy down, the next problem was to keep him there. For a long time we both struggled around aimlessly, with me having the better of it, then Bruin. Finally, when I was pretty well exhausted, my bristling and backing and ready dog, Troy, arrived on the scene for a good scrap. 'All right, Troy,' I yelled at the top of me lungs, 'sick him! Bite the bloomin' legs from under him! That was all the dog needed to get into action. Round and round Bruin he circled, and with each round he drew blood from the critter's flanks. 'The bear was taken completely off guard by the dog's actions; and then, I landed a few well directed kicks to the critter's belly and the fight was ended.' Great-grandfather had the hide tanned and for many years it served as a robe for the sleigh.

That Body Of Yours

By James W. Barton, M.D.

HEADACHE

I write often about headache because there is no pain or ache more common. And because it is relieved by a cetyl-salicylic acid (aspirin), phenacetin, and other drugs, the patient usually cures himself each time a headache occurs. In previous articles I have stated that there are actually over 200 causes of headache but this is because many of them are due to remote causes. When a patient consults a physician suffering with a severe headache, he doesn't want to know the wants to be relieved of his headache. However, the underlying cause must be successfully relieved and prevented. Thus, Dr. Perry S. MacNeal, Philadelphia, in "Medical Clinics of North America," states that it is essential for successful treatment of headaches that the nature of the headache be learned, in order to avoid the abuse of opiates, delay in finding the cause, and the damaging effects of headache.

In diagnosing the headache the physician has to go by what the patient tells him, as all the symptoms of headache are subjective (what patient states) and not objective (what physician sees). Accordingly, the following questions are asked: 1. What is the pain? 2. Is this headache unusual? does it occur from time to time? Is patient allergic to various substances? 3. Is there history of high blood pressure, having to pass urine at night, any albumin in urine? 4. Any history of an injury? 5. Any symptoms of infection such as chills, fever, prostration? 6. Any history of any chronic disease? 7. How did the headache come on and was there any symptom before the headache occurred? 8. Is there any family history of headache?

In "objective" symptoms, Dr. MacNeal suggests close examination of eyes, tenderness of the sinuses, condition of the ear drums, condition of lining of nose, throat and mouth, odor of the breath, blood pressure, sounds and regularity of the heart, speech defects, enlargement of liver and spleen, jaundice. . . .

DEATH EXPECTANCY Each year, in Ontario, an average of 680 persons are killed and more than 12,000 injured in motor accidents.

Better English

By B. C. Williams

- 1. What is wrong with this sentence? "She is nothing like as pretty as her sister." 2. What is the correct pronunciation of "precedent" (noun)? 3. Which one of these words is misspelled? Asbestos, assiduous, asphaltite, assessment. 4. What does the word "verisimilitude" mean? 5. What is a word beginning with "d" that means "a bone of the shoulder"? ANSWERS 1. Say, "She is not nearly so pretty as her sister." 2. Pronounce pre-sed-ent, first e as in press, accent first syllable. 3. Asphaltite. 4. Appearance of truth or reality; probability. "All characters were portrayed with verisimilitude." 5. Clavicle.

Modern Etiquette

By Roberta Lee

- Q. How should a wedding announcement be worded when the bride's mother has remarried and bears a different name from her daughter? A. "Mr. and Mrs. Paul Woodward announce the marriage of Mrs. Woodward's daughter, Susan Morgan, to Mr. John Arthur White, etc." Q. Is it correct to address a Protestant clergyman as "Reverend Jackson"? A. No; address him as "Mr. Jackson," unless he is a Doctor of Divinity, in which case he is addressed as "Doctor Jackson." Q. When not being used, where should the spoon be laid? A. Upon the saucer. Do not leave it in the cup, bowl or fruit-dish unless there is no plate underneath.

The Stars Say --

By Genevieve Kemble

For Thursday, March 9 IT is probable that well-organized and executed strategies may advance the aspirations and ambitions far beyond the desired hopes and wishes. Ambitions and plans in both private and business affairs could zoom to new heights by well-thought-out but shrewd and clever tactics, in which will and ideals carry on with surprising demonstrations. Financial increases, promotions are in sight for astute manipulation, with happy reactions on private ambitions. Work cleverly for surprising deals or ties.



A Family Favorite A Wellesley, Ont., mother writes: "We like Grape-Nuts for breakfast and I often put a few spoons full in a paper with a little brown sugar and give to the children as a treat instead of candy."

Right Breakfasts Make a World of Difference! Mothers - check this message. A few simple truths about how you can benefit the health of your whole family and benefit yourself, too. Wise Mothers Ban Skipped Breakfasts Poor nourishment is often caused by skimpy breakfasts. Make sure your children get the right variety of food at breakfast to carry them through the morning properly. Otherwise, youngsters at school may get drowsy . . . inattentive. Wise Mothers Favor Grape-Nuts Bright . . . keen . . . better nourished, here's the way to have your family feel and act better all day. To make breakfast more nutritious, more enjoyable include appetizing Grape-Nuts for better nourishment. In only two tablespoons of this highly concentrated cereal there are useful amounts of carbohydrates, minerals and proteins. Delicious with milk or cream. Recipes for other uses are also on the package. Today, order Grape-Nuts from your grocer. Post's Grape-Nuts A Product of Cereals Foods

Household Scrapbook

By Roberta Lee

Hardwood Finish A much better finish can be given to hardwood floors with two thin coats of shellac instead of one thick one. Be sure that the first coat is thoroughly dry before applying the second coat. Biscuits Try using a knife and cutting the biscuits for a change instead of using the customary round biscuit-cutter. This will save time. Match Scratches To remove match scratches from painted surfaces, rub with cut side of a lemon, and rinse quickly with cold water applied with a cloth.

DOROTHY DIX SAYS -

Hard-Hearted Grandmother

Idle Woman Resents Watching Daughter's Children Occasionally

DEAR MISS DIX: We help my parents and do it gladly, although it cramps our budget to do so. We don't begrudge this, but it would be heaven to me if my mother would offer once a week, or even once a fortnight, to take care of my two children while my husband and I went out to some place of amusement, but she never does. Occasionally I will ask her and she agrees to have the youngsters for an hour or two, but she always does it reluctantly, in a way that indicates that she thinks I have colossal nerve to ask such a favor. My mother is not old and is in good health. She belongs to no clubs, goes nowhere and has little work to do, so I see no reason why she shouldn't help me out now and then. How can I put it up to her diplomatically? MRS. JIM ANSWER: This is not a case for diplomacy. It is one where brutal tactics are called for. You have to fight selfishness with selfishness, and so I think you should put up taking care of the children as a business proposition to your mother. Tell her that you are going to use the money that you give her every week in employing some one to look after the children while you and your husband step out, and that if she wishes to earn it you would prefer to give her the job. Perhaps if she felt she was being paid for keeping an eye on the children she would not object to it so much. MOTHER'S RESPONSIBILITY Of course, primarily a woman's children are her own responsibility, and it is up to her to take care of them in the main. She has no right to dump them on her mother half a dozen times a week while she goes off to amuse herself. Any woman who has raised her own family of children has done her share of baby-sitting, and it is her turn to spend her afternoons playing contract instead of giving Junior his sun bath and keeping Johnny from getting run over by automobiles and playing dolls with little Mary.

Cook's Corner

By Genevieve Kemble

PEA AND CARROT CROQUETTES One cup mashed cooked carrots, 1 cup cooked peas, 1 teaspoon minced parsley, 1 cup thick white sauce, 1 tablespoon melted butter, salt and pepper, crumbs and egg. Combine carrots, peas, parsley, white sauce and butter being careful not to mash peas. Season, cool and shape into croquettes. Roll in crumbs, then in egg and again in crumbs. Fry in hot deep fat, 380 degs. F. 3 to 5 minutes. Drain. Makes 6. Morning Smile A doctor told a film actress she was run down and needed a change. "A change," she said. "Do you know that during the last 18 months I've had three husbands, four cars, three jewel robberies, eleven cooks, two divorces, and seven landlords? What other change can you suggest?"

Morning Smile

working the dough over and over in order to use all of it. Match Scratches To remove match scratches from painted surfaces, rub with cut side of a lemon, and rinse quickly with cold water applied with a cloth.

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-Needlecraft-

FOR THE HOME DUST-RUFFLED DIRNDL Here, the latest version of the little basque dirndl—with flounced hemline and quaint yoke ruffles. Perfect for play or parties, depending on the fabric you pick! No. 2489 is cut in sizes 2, 4, 6 and 8. Size 4, 2 yards 35-inch 2 1/2 yards ruffling. Send 25 cents for each Pattern which includes complete sewing guide. Print your Name, Address and Style Number, plainly. Be sure to state size you want. Include postal unit, or zone number in your address. Address: Pattern Department, The Charlottetown Guardian, P.O. Box 2489. Name: Address: City: Province: PIERCING LEG PAINS Are your leg pains like a knife driving through the flesh? Do they make it hard for you to straighten your leg? Thousands recommend Temple's T-B-C's for quick relief of piercing, stabbing, cutting pain. You too, can get relief with T-B-C's. Ask \$1.25 at drug stores.