

# Woman's Realm Social and Personal Fashions Literature

## Lenten Meditations'

SPRIT AND BODY  
(The London-Times)

St. Paul bids his readers to present "your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service."

Archbishop Temple was right when he said that Christianity is the least spiritual of the great religions. In many of the other great religions it is the spirit of man which is thought of as the real man, and the body is either disregarded as irrelevant to the concerns of religion or hated and despised.

Even in Christianity this spiritualizing tendency is not absent, though in the true tradition of the faith nothing is more remarkable than the constant refusal to identify religion with the supposedly more spiritual part of man and the insistence on the body as having its share in the purpose of God for man.

It is not hard to see the significance of this repeated emphasis. If religion were exclusively an affair of the spirit, whatever exact meaning we attach to that word, it could not be sectional, a concern of one part of man's personality, uninfluenced by other parts and with no claim to speak to their condition. The Christian faith has steadily refused to be banished in this way to one corner of man's being.

It is true that both faith and practice have found it difficult to walk steadily on the middle line of New Testament Christianity. No Christian society, and no Christian individual, can ever keep the straight and middle way without the least deviation. Yet, when the Christian tradition is considered at its soundest and best, it will be found always to aim at the centre and not to diverge very far from it. Just because the Christian believes that all men are by creation the children of God, he finds himself concerned with their bodily estate no less than with their heavenly welfare.

Shafesbury and his friends were men who believed passionately that this world is a place of testing and a vale of tears; they placed all man's beatitude in his world beyond. Just because of this they were determined that every man in the world must be respected, cared for, set free so far as possible from misery, and given the best chance to develop his God-given gifts.

None of these things can be achieved by thinking or dreaming; they can be accomplished only by hard and practical work. The highest activity of the Christian life is contemplation; it is a poor life that has not its moments of absorption in the presence and the glory of God. But for those in the body contemplation is not the end of Christian living, it is rather its beginning.

Christian life is service; most Christians are called to serve where they are, in the drab and not very exciting ways of daily life. It is for that reason that they are called to yield their bodies a living sacrifice to God.

## Women's Institute Representatives take Leadership Course



Pictured above are representatives of Prince Edward Island Women's Institute groups who attended the Leadership Training Course held March 15th and 16th in the Vocational School in Charlottetown. Standing, left to right: Miss Maylea Boswell (Supervisor), Miss Mary Robin (Supervisor), Mrs. E. Robertson, Mrs. A. Matheral, Mrs. A. Moase, Mrs. E. Profit, Mrs. C. Rogers, Mrs. L. H. Drake, Mrs. Douglas, Mrs. Johnston and Mrs. J. Wood. Seated, left to right: Mrs. F. Gates, Mrs. J. Herring, Mrs. M. Doyle, Mrs. A. Stewart, Mrs. Malcolm MacLeod (Provincial President), Mrs. W. E. MacKinnon, Mrs. R. L. Burge, Mrs. J. Foley and Mrs. H. Laird.

## The Stars Say - -

By Genevieve Kemble

For Thursday, March 23

AN involved or unusual set of factors calls for some astute and clever brainwork, with many-sided elements to be checked before taking important action. There are indications of change, travel, new position or work probably in new environs and while advancement and promotion are promised, yet the decision must be based on logic and many-sided rationalizing. There are public considerations, in which personality, emotions, glamor may incite decisions.

## If It Is Your Birthday

Those whose birthday it is may be compelled to make some vital decisions, involving change, travel, moves and new contacts, in which work, contracts and personal position demand serious study. Much forethought, unknown factors, personal equation and adaptability are in the balance. Progress, prestige and funds are at stake.

A child born on this day is splendidly endowed with mental, physical, and versatility for a successful career, with change and glamor playing a part in a colorful life.

## A Country Garden

By Mrs. Gordon Macmillan

"Day by day in March, through the medium of small events in the garden, we become aware of a changed mood in ourselves. We are in a state of slow and half-reluctant awakening from winter sleep, with as yet, no eagerness of hope, no assurance of coming warmth and color, only a certain readiness for change which finds expression in a long - forgotten tendency to loiter and today - dream out of doors."

I have on my desk a list of seedling trees, shrubs, bulbs, of many kinds, and peonies from the Cotton Memorial Trust Nursery, these are listed at prices so low that I am sure many will be very happy about ordering some for their gardens. This Cotton Memorial Trust Nursery was established through the generosity of R. L. Cotton for the beautification of rural Prince Edward Island, the roadsides, the drive ways, and the homes. I think it is the most wonderful help to all country gardeners, as in many cases the prices are a fraction of the catalogue prices and there should not be any failures. It is possible to drive over to the nursery and receive the seedlings and shrubs, hurry home and plant them in the same day.

If you have not received the list of the nursery, write to the Prince Edward Island Forest Nursery, Southport, and make out your order right away as the demand may exceed the supply.

The Prince Edward Island Government is assisting in this wonderful work. I do not know of any other Province in Canada, or any other part of the world where the people will find it so easy to garden and beautify their homes. We have the soil, the climate, and now the assistance in procuring many lovely trees and shrubs.

I have been reading "Our Island Story" written by Carrie Ellen Holman and was especially interested in the translation from Jacques Cartier's diary. He describes the Island in these words: "All this land is low and flat, the most delightful that may be seen, and full of beautiful trees and plains," and again "the fairest land that might possibly be seen". Prince Edward Island was named the garden of the Gulf and Governor Patterson's name for it was "The Garden of America." It is very true that the Island has great natural beauty, and I recommend the book "Our Island Story" to all who like to read about the early days and the first settlers.

In the Home Garden report on "What My Garden Means to Me" I am going to quote some from the second award.

To me any garden, but especially my own garden, is a place of temptation. It is a temptation because it is full of many delights, and the delights are enough to lure me away from anything else that I know of. They lure me away from the dishes and the mending, the baking and the correspondence. They also lure me away from worries and dullness, from introspection and discouragement.

The first temptation comes early in the day, before the breakfast dishes are done. The air is fresh, the day is new, birds are singing, and a tour of the garden is not to be resisted. There are now things to be seen: blossoms have opened overnight, fresh colors are to be admired, the new tree looks taller than yesterday, the Peony buds are showing color, some asparagus can be cut for dinner. The recently transplanted Snapdragons are willing and need to be shaded, the dahlias are sprouting and there are caterpillars on the thyme. There are many changes in the garden every day. Each

## That Body Of Yours

By James W. Barton, M.D.

### TREATMENT OF RUPTURED DISK WITH AND WITHOUT OPERATION

The little cushions between the bones forming the spine are called disks. Under severe pressure (a fall, a heavy lift, making a mis-step) this cushion gets pressed or squeezed so hard that it breaks and some of it comes out between two of the spine bones. This is called a herniated or ruptured disk. It occurs most often between the last of the spine bones in the lower back. It occurs sometimes in upper part of the spine, but is much less frequent.

In former days, before herniated or ruptured disk was recognized as the cause of painful low back and sciatica, the condition was believed caused by pressure from one or more sprained joints—sacroiliac, sacro-lumbal—and treatment was rest, sometimes in a plaster cast for weeks and then the application of a supporting brace or belt.

I have previously referred to the number of cases I saw at the outpatient clinic of the Massachusetts General Hospital, Boston, in which the patient was strapped with adhesive tape across the lower back (which included the joints mentioned above) and also the last two joints of the spinal column where the ruptured disks are almost always found. After wearing the adhesive strapping a week or more, sometimes two or more strappings and brace, give as good results as operation.

In "Journal of Bone and Joint Surgery," Boston, Drs. P. C. Colonna and Z. B. Friedenberg report their investigation of 28 cases of ruptured disk treated by rest, strapping and brace or support and compare their results with results obtained in 95 cases by operation. In the 28 treated by rest, strapping, and brace, 8 (28 per cent) were free of pain 8 years after treatment, in those who had undergone surgical removal of disk, 1 to 5 years afterwards, 57 (60 per cent) were free of pain.

From the above two series it would appear that the operative method of removing the ruptured disk gives the best results.

We shall watch for further information on this subject.

year the trees are larger and more impressive, the shrubbery denser, and its blooms more luxuriant, a few handfuls of Daffodils grow into a colony. In addition to the change that comes through growth is the change that the gardener himself creates.

There is much of the thrill of the artist in this creation, but

Continued on page 12

How Can I!!!  
By Anne Ashley

Q. How can I make a substitute for tooth paste?  
A. Keep a small bottle of table salt in the medicine cabinet and use it often on your tooth brush instead of tooth paste. It has a remarkably stimulating effect on the gums.

Q. How can I darn a hole in a garment caused by a button being torn off?  
A. Sew the button securely to a small square of strong tape. Then push the button through the hole, leaving the tape on the underside. Hem the patch to the garment.

Q. How can I clean gold and silver articles?  
A. Try dipping a wet cloth in cigar ashes and scouring the articles.

## ELLEN'S DIARY

By An Island Farmer's Wife

### And a kindly breeze blew on our belated wash this morning, on articles of boyish apparel that were for some years familiar pieces of laundry to us. Gay shirts and sweaters - overalls, and all. "And so it's a boy!" friend of ours remarked of a recent birth, when with feminine interest we chatted of this subject, which remains ever new and intriguing to our sex. "Well now," she smiled, "isn't that nice! I guess it's only a queer notion of mine, and I with girls of my own! but I always think it's easier to do for a boy. They're more simply dressed. What I mean is, there's no frills to iron for them!" And then recalling granddaughter's small gowns and bows, that are altogether bewitching no matter how plain or inexpensive, and knowing well that there is no way of weighing the value of either sex to their loved ones "but frills are so nice to iron!" we said.

With Jeanie a visitor this evening we named the names of the many mothers we knew that in this new year have been blessed by the safe arrival of small ones. It is ever an event of great moment and with the first wall comes the new responsibilities. Ours then to cherish, but also to train by example and word. Our duty too to implant those virtues that are the leaven that grows and which even in the restricted surroundings of remote country places will eventually reach out to touch distances of which a mother may not dream. And what should we teach these bits of humanity that have a way of growing out of our reaches so soon that our teachings must be quickly done? That is the parents' and very often the mother's choice.

What a busy day this has been for the farmers in this neighborhood! Indeed Rob is still at his choring, delayed by his outing to the city, though the night wears away towards the midnight hour. Because in last evening's weighings, marketable hogs were found to be taken today to the city, and on the return trip sacks of commercial feed were carried, that go nowadays to make up their fare. To and from the vicinity of the more interesting each day. Not

for long can we keep his attention. However it is a matter of surprise to his intimates, carefree lad that he is, that many of the letters of the alphabet have been mastered already, as we find them here or there about the kitchen or pantry in the course of our housework - in a colorful row on a calendar, lighting up a package or gleefully and sometimes with much fascination in ours or his fathers interrupted reading!

And all about us today, along snow-free field trails or by the roadway farmers were at various haulings. One hauled firewood, extending the heap in the yard before our eyes to give promise of comfort - of singing kettles, of fresh-baked loaves, of seasonal pies and the tantalizing scents of preserving and pickling and the glow of the hearth-fire reflected on happy faces. We wondered as we watched the team wind along the snow-blanketed meadow if the farmer who cuts and portions and hauls home the wood can have any idea of the blessing this fruit of his labors brings to his own and others.

And with Pard an alert and in-Continued on page 12

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## Morning Smile

ALMOST NIL

Down in a certain southern state, a newly elected representative from a rural district went to pay his respects to the governor. Ignorant of the term of respect he should use in addressing his Excellency, the yahoo called him "Most High."

"Oh," replied the governor, with a laugh. "I'm not the Most High. The Most High is He who has made up things from nothing."

"Well," replied the representative, in a sudden burst of honest emotion, "that mighty near qualifies you, Gov. Just justice of the peace you appointed down in my town is about the nearest thing to nothin' I've seen on two legs!"

## Modern Etiquette

By Roberta Lee

Q. Should the handle of a cup be turned a certain way when passing a cup and saucer to another person?  
A. Yes; see that the handle of the cup is turned to the person's right and the handle of the spoon is placed parallel to the handle of the cup.

Q. What gifts may a girl send to a man, who is a very good friend, when he is ill?  
A. A book or flowers, or just a "get well" card, is all that is necessary.

Q. Should a woman say, "This is Mr. Jones" or, "This is my husband" when introducing him to an acquaintance?  
A. "This is my husband" is the preferred form.

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## Household Scrapbook

By Roberta Lee

The Chinese Way  
The Chinese method for removing ink stains from clothing is to wash the spots with boiled rice. Rub the rice on the stain as you would soap, and wash with clear water. If the first application is not effective, repeat the process.

Tough Rolls  
Do not brush the rolls with water after they are taken from the oven, as this makes the crust tough. Brush them with water or butter before putting into the oven.

Skin Softener  
To soften and whiten the face, neck, arms and hands, mix and apply a little raw cornmeal and sour

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## DOROTHY DIX SAYS -

### Spendthrift Pair

Delude Selves By Thinking They Can Always Earn More

DEAR-MISS DIX: I have been married three years and my wife and I are as happy as any two persons can be. We are both of a gay pleasure-loving nature and, although we both work and earn good salaries, we have not saved a cent. We live well, we dress well, we go to theatres and restaurants and cabarets. But I am beginning to wonder whether it is wise for us to spend all we make having a good time while we are young or if we should lay up something for the future.

ROBERT

ANSWER: I think, Robert, that any young couple who are earning good money and who do not put aside something for a rainy day are not only fools but dishonest.

They are fools because they deliberately delude themselves into believing that they will always be young, always strong and healthy, always prosperous. Yet they know that the sun

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## Better English

By B. C. Williams

1. What is wrong with this sentence? "We shall have to combine together to stop this condition from spreading."  
2. What is the correct pronunciation of "coupon"?  
3. Which one of these words is misspelled? Mien, sleight, believe, conceive.  
4. What does the word "annihilate" mean?  
5. What is a word beginning with vic that means "changes of fortune, condition, etc."?

ANSWERS  
1. Omit together. 2. Pronounce first syllable as koo, not as kew. 3. Slight. 4. To reduce to nothing; destroy absolutely. "Nothing whatever is annihilated. Matter like an eternal river, still rolls on without diminution." - Roucher. 5. Vicissitude.

## Cook's Corner

FLAKY PASTRY

1 1/2 cups pastry flour  
1/2 cup shortening  
1/2 teaspoon salt  
Cold water  
Sift together flour and salt; cut in shortening. Add cold water very gradually, mixing until dough leaves sides of bowl clean. Chill before rolling if possible.

PASTE METHOD PASTRY  
1 1/2 cups sifted pastry flour  
1/2 teaspoon salt  
1/2 cup vegetable shortening  
Cold water.  
Sift flour with salt; remove 1/3 cup of mixture and blend with 3 tablespoons water to form stiff paste. Cut vegetable shortening into remaining flour until mixture resembles small peas. Add flour-paste to flour-shortening mixture; mix well until dough holds together and can be shaped into ball.

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