

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

Lenten Meditations

COMMITMENT
(The London-Times)

The good life has to contend against two enemies. The first is evil, whether it appears in all its naked hideousness or assumes some disguise which lends it attraction for the time being. The other enemy is neutrality, the spirit which neither affirms nor denies. This is the attitude to life of the man who stands for ever on the bank of the stream and does not plunge in. The reason for this refusal of commitment is fear, concern for oneself and one's security.

He who does not commit himself but remains detached hopes by so doing to avoid injury. That at the same time he cannot hope to achieve any good is a consideration which weighs very little with him. Or perhaps his aim is to preserve his liberty; he fears to give hostages to fortune, to bind himself to something which he might afterwards regret.

He does not see that liberty is exercised in this world not by refusing to give oneself away, but by the right choice of persons to whom, and causes to which, one devotes oneself. He only conquers an empire who begins by burning his boats behind him, as he only can find life's richest happiness who can commit himself to another "for better, for worse."

It is quite true, of course, that nothing here below merits absolute trust; that there is nothing therefore to which a man may commit himself wholly without reserve. Only to God may he give himself in that way.

The soul cannot live without absolute allegiance and, if it cannot find one in God, it tends to manufacture one for itself. And all manufactured absolutes are false and idolatrous; the workman made them and they are not God.

Nevertheless it is not possible to live by an ultimate commitment only. There must also be a proximate one. A man must find something in this world by serving which he hopes to serve God and then commit himself to this. He will do so with a measure of reserve, since the highest earthly allegiance must be held subject to the heavenly.

Yet he will love the fullest partial good he knows and dedicate himself to it, seeking ever to bring it nearer to the absolute good which is in God. He will not be blind to its faults, but he will point them out with the courtesy of a friend rather than with the spleen of a critic.

But he will not make the mistake of those who give their hearts to ideals which can never be embodied in the world where their fellows must live and suffer and hope, and who therefore have no responsibilities.

God is best served by him who commits himself in freedom to things and persons here below, never idolizing them, because they are so much less than God, yet holding them very dear, because God is to be found in and through them.

A Country Garden

By Mrs. Gordon Macmillan

"Tis in ourselves, that we are thus or thus. Our bodies are our gardens; to which our wills are gardeners; so that if we will plant nettles, or sow lettuce; set hyssop, and weed up thyme; supply it with one gender of herbs, or distract it with many; either to have it sterile with idleness, or manured with industry; why, the power and corrigible authority of this lies in our wills." (Shakespeare)

There are many Shakespeare gardens in England and the United States in which only those plants mentioned by Shakespeare are planted. He mentioned so many which are familiar to us today that such a garden looks quite like our own. Bible gardens contained many trees and plants growing in our gardens, such as the Lily of the Valley, Herbs, the Rose of Sharon grapes and Gourd vines; weeping Willow and Tamarisk trees; we seem able to have a Bible garden very easily. When we think of these gardens of the long ago, our interest in our gardens is increased, and we realize the value of gardening through the centuries. Daffodils and branches of pussy-willows are now the flowers of the season, and soon there will be something blooming every week. The wallflower that was brought in from the garden to the garden-room last fall is now in fragrant bloom, and the potted plants wintering in the cellar have been brought to the light. Fuschias, Oleander, Hydrangea, Azalea, tender Chrysanthemums and over-size geraniums. This is the time to slip some of your house-plants if you need to increase them for window boxes and out-door planting.

Garden chairs can be repaired and painted now before the busy season, and stakes painted a good green, because a lovely garden can be ruined with plants tied up to old broom-sticks and fork-handles.

The pruning of old dead wood from shrubs can be done any fine day, and a watch kept for plants heaved out of the ground by frost if they become uncovered, even a pressing in with a heavy foot is some help, and a covering of dry clay from the cellar is a good thing.

The lawn mower should be gone over and sharpened, and the repair man will appreciate having it in his shop before he becomes extremely busy, and it will be a satisfaction all round.

In reading an English magazine I find that window boxes on the facades of Government buildings in London were planted last Autumn with Daffodils and Wallflowers at a cost of nearly \$15,000 and that weather worn boxes have been replaced by new ones made of cedar. Outside Buckingham Palace 50,000 red Bartigon Tulips will nod a greeting to their Majesties from beds near the Victoria Memorial. We can think of many worse ways of spending the taxpayers money, when we read that tourist trade of England brings more dollars to them.

Continued on page 11

ELLEN'S DIARY

By An Island Farmer's Wife

Past sundown this evening, the farmhouses on the opposite slope, their barns and trees and groves, were set beautifully against a background of lovely colors—flame and amber and orange, and it seemed then, so calm and still it was, that even the smallest twig on the lawn trees awaited in silence the dropping of dusk. Then it was, we suppose by way of putting an end to his day's choring that James came, and granddaughter Hilda. They appeared unexpectedly in sight, while awaiting Rob's homing from the city to supper we sat in the bright sun-porch and went over his morrow's lesson with Jamie.

This is not the easy undertaking it sounds, but can become most perplexing, and is indeed better left until the younger lad has been taken to his bed. Because he too must be a participant. He is interested to a point where exclamations of delight interrupt Jamie's power of concentration as each leaf is turned. And then too, he must have his turn at the reading, which can be amusing if folks are in a tolerant mood. And often to Jamie's dismay the leaves are whisked from his detaining fingers to search out "dat dere steam-shovel" a subject of more bewitching possibilities than others that are more familiar.

And odd times with only a roguish dimpling and a glint of mischief in his brown eyes, or again with tears that well, and overflow, and wash down pink cheeks, he must be banished from our presence briefly while the duty—and pleasure, is continued more smoothly and in fairness to the young reader. Then it was we looked up to find the home team approaching the yard—"our own mare", she, that shows white so often his companion! And "the horse" a sizable brownish animal brought to the farm back through the years. And running blithely ahead, the Two Dogs that are Pard—his white coat wavy now, and clean and pretty, and the sable fellow that is Blackie to the family, a long-haired rather handsome creature. And perched on top of the sacks on the sleigh, James, his protecting arm about an obviously well pleased small one.

What conversations these enjoy, this man and the wee maid, so often his companion! And what a bond of affection binds the two! And barely to alight before they were away again. For James declared he "never saw the like of the work today—it left a fellow scarcely time to eat!" What with getting the marketable hogs to the truck near the highway and meeting it on return to receive the sacks of feed, to say nothing of the ordinary round of work about stables, and sties that may be neither slighted or neglected, there was little time left to loiter. But they must go with Jamie to view the pet lamb that already follows the two lads about the barnyard, and James looked in quietly upon the

Continued on page 11



HER ROYAL HIGHNESS PRINCESS ELIZABETH, DUCHESS OF EDINBURGH, who leaves London today for a holiday in Malta with her husband the Duke of Edinburgh. With her is her son PRINCE CHARLES, who must stay at home at Clarence House. A special point of interest in this portrait is that it was taken by Marcus Adams, who had the honour of taking the first photograph of Princess Elizabeth in 1926.

Modern Etiquette

By Roberta Lee

Q. Should soft-boiled eggs be eaten with a spoon?
A. Yes; if served in an egg cup, they may be eaten from the shell with the spoon; or, if you wish, break the egg in two, scoop the contents into an egg cup, and eat with a spoon.

Q. Is it proper to abbreviate the name of the month when writing the date in a social letter?
A. No; the name of the month should be written in full. This is also true of business letters.

Q. What should one use as a decoration for the table when giving a breakfast?
A. A large bowl of fruit or one of flowers is sufficient.

Morning Smile

Courtesy

After a shipwreck, a doctor, a parson and a lawyer found themselves in a rowing-boat without oars. They came in sight of an island, but their only hope of landing was for someone to go over the side through the shark-infested sea and tow the boat to land. Lots were drawn, and it fell to the lawyer. When he slipped over the side the sharks divided, and made an avenue for him.

"An answer to prayer," said the parson.

"No, no, just professional courtesy," commented the doctor.

How Can I!!!

By Anne Ashley

Q. How can I revive wilted lettuce?
A. By washing it carefully in a basin of water, to which has been added two tablespoons of vinegar or lemon juice. Allow the lettuce to stand in this water for about an hour, and then wash in cold water.

Q. How can I remedy the drooping of a straw hat at the brim?
A. The hat can be stiffened by sponging with the white of an egg that has been thoroughly beaten; then place on a hat stand to dry.

Q. How can I remove stains from the fish bowl?
A. Vinegar and salt will remove these stains very readily.

prone to unorthodox and "fly off" the handle tactics, while possessing sound judgment, responsible and dependable when used.

Pioneer Days

In P. E. I.

By F. H. MacArthur

The traveller of today who crosses the Northumberland Strait between Ports Borden and Tormentine, during the winter season, comfortably seated in the passengers' quarters of the world's largest ice-breaking ferry which takes only three-quarters of an hour in passing from shore to shore, plowing its way leisurely through the huge icebergs, untroubled by any kind of weather, knows little about the hardships endured by our forefathers when they had occasion to cross to or from the mainland.

The trip was then made in crudely-fashioned iceboats, solidly built on a flat keel of stout timber, turned up at each end, so that the thing could be used as a sledge when necessary.

The captain occupied a position where he could command a good view; while a couple of other fellows kept a sharp lookout for false openings and treacherous ice mounds. In the centre of the ship, a place was reserved for the passengers who were all huddled together and covered with buffalo robes. The mails, too, occupied a certain space. Indeed, the mail was considered more important than the passengers.

"Get the mails through!" was the cry of the captain.

The men in charge of the iceboats had a difficult task to perform; for, what with the Canadian winters of those days, it was a dangerous job, to say the least.

Every crossing gave plenty of thrills to the traveller. There was always the danger of open water, the constant growling and barking of drifting floes; icy ramparts thrown up along the shores by the incoming and outgoing tides; the blinding snowstorms that swept across the Strait, shutting out everything from view; the sudden drop of the boat from solid ice into a gully of whirling waters. When this occurred, all

Continued on page 11

That Body Of Yours

By James W. Barton, M.D.

THE TREATMENT OF ALCOHOLISM

All over the world today we find a determined effort to stamp out alcoholism. By recognizing alcoholism as a disease, not just a bad habit, the alcoholic, while still ashamed of his weakness or some lack in his make-up, nevertheless has a lift in morale as he goes about his business of "curing his disease."

Some months ago, I attended an open meeting of Alcoholics Anonymous. The executive members of the organization introduced themselves to the meeting with the statement "I am an alcoholic," and gave some facts about the work they were trying to do for their fellow alcoholics. The special speaker, an alcoholic, was a religious worker who held his audience for 40 minutes with the simple but dramatic story of what Alcoholics Anonymous had done for him. He had lost all his positions through alcoholism but had not touched liquor for the past five years. He obtained strength to abstain from alcohol by praying to be kept for just one day at a time.

Despite the excellent work of Alcoholics Anonymous, there are still some alcoholics who appear to require other methods of fighting their disease. I have written before of the large number who have been helped by Benzadrine Sulfate (amphetamine). This treatment consists of a 5 mg. tablet of Benzadrine Sulfate after breakfast and one after lunch with a sleeping tablet (phenobarbital) at bedtime. Both these drugs must be prescribed by a physician who will want to see the effect of the first dose of Benzadrine Sulfate. This drug gives the alcoholic a boost so that he really doesn't need the stimulation of alcohol.

I have written before also about the drug Antabuse, which, if taken before using alcohol, causes the alcohol to make his deathly sick. He will not drink alcohol if he has taken Antabuse.

In "The Canadian Medical Association Journal," Drs. F. Gelman and N. B. Epstein report their treatment of 55 patients, 46 men and 9 women, between the ages of 22 and 64. Of the total of 55 patients, 45 have not returned to their old drinking habits.

Antabuse should be used under the supervision of a physician as the nausea and vomiting may cause severe reactions. "Antabuse" is the trade name for antabus.

Cook's Corner

MACARONI AND VEGETABLE DINNER

- 1 1/2 cups elbow macaroni
- 2 tablespoons fat
- 1/2 cup fine, dry bread crumbs
- 1/4 cup fat
- 1-3 cup flour
- 2 1/2 cups milk
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 2 eggs
- 1/4 cup vinegar
- 1 teaspoon mustard
- 3 cups freshly cooked or canned vegetables.

Cook macaroni in boiling, salted water until tender; drain. Melt the 2 tablespoons fat, add bread crumbs and brown. Add cooked macaroni and mix well. Keep hot. Melt the 1/4 cup fat in top of a double boiler, blend in flour, gradually add milk, salt and pepper. Cook, stirring constantly, until thickened. Beat eggs, add vinegar and mustard. Add a little of the hot mixture, blending well and return to double boiler. Cook 3 minutes. Arrange vegetables around macaroni on a serving platter, pour sauce over macaroni. Yield six servings.

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DOROTHY DIX SAYS -

Acquired Charm

Any Intelligent Woman Can Make Herself Fascinating

DEAR MISS DIX: Do you think that a woman who was not endowed by nature with charm can acquire it by thought and study?

ANSWER: Consider in what charm consists. As near as we can put it in one word, it is in an individual's being agreeable. Pleasant to look at, to listen to, to be with. Any woman can accomplish these feats.

Her fairy godmother may not have endowed her with beauty, but short of being a hideous monstrosity, that does not matter. Any woman can be easy on the eyes who is willing to take pains with her personal appearance.

NEED NOT BE BRILLIANT

Then any woman can make herself an interesting companion. She need not be brilliant or learned; indeed, some of the least charming people in the world are pedantic highbrows who are

Continued on page 11

Household Trapbook

By Roberta Lee

New Shoes

If the new shoe pinches, wring out a cloth from very hot water and lay it across the tight spot while the shoe is on the foot, changing as soon as it cools. This will cause the leather to shape to the foot.

Heating the Oven

After lighting the gas burners of the oven, wait for about two minutes and then open the oven door for a second. This permits the moist air to escape and the oven consequently will heat far more quickly after the ventilation.

Practical Hint

Try using an ordinary clothespin for holding small basins on the stove to keep them from moving about when stirring the contents. This method also prevents many a burn.

Better English

By B. C. Williams

1. What is wrong with this sentence? "I am going to put in a few days visiting my friends."

2. What is the correct pronunciation of "obsequies"?

3. Which one of these words is misspelled? Elitir, hauteur, languer, torpor.

4. What does the word "rectitude" mean?

5. What is a word beginning with di that means "to understand; to detect"?

ANSWERS

- Say, "I am going to spend a few days."
- Accent first syllable, not the second.
- Langour.
- Undeviating adherence to moral standards. "He had never wandered from the path of rectitude."
- Discern.

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The Stars Say - -

By Genevieve Kemble

For Wednesday, March 29 THROUGH the instrument of a particularly unusual or clever action when confronted by peculiar complications backed up by sturdy and commonsense judgment may save the day from strange factors. It is likely that assistance may come from a surprising source, probably have a romantic association. Be quick to manipulate this, although with steady head and practical hand.

For the Birthday

Those whose birthday it is, may find themselves incited to do the unusual, exciting or unique in order to unravel strange impasse of perhaps romantic or indescribable character. There are implications of the dramatic and personal associations, although the proposition must be met with firm, capable and practical hands, backed up by workable and forthright thinking. Shun explosive activities. A child born on this day may be

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FOR THE SMART LOOK IT'S THE

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