

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

ELLEN'S DIARY

By An Island Farmer's Wife

Comes now with Friday, week-end for Jamie, and in a habit learned back in such years as he now enjoys, we too find that this evening allows us a sentiment akin to his — one that leaving a fixed schedule behind, now tends to give one more leisurely interests. What a number and variety of favored endeavours Jamie includes in his week-end! One that occupied his time since the afterglow brought him indoors, was a scanning of newspapers and magazines to obtain a selection of material to add to his scrap-book.

It is an activity which before it is ended is likely to keep Rob from his choring or us from our household tasks to "just read what this says — it's only a few words — right here at the bottom of the picture!" When we consider the vast amount of excellent reading matter of this nature that is available to children nowadays, it is to contrast their lot, with a measure of envy to that afforded the children of the long ago. We were not so fortunate as these who by feigning illustrations and scenes as well as the written word, are kept well acquainted with even the recent happenings world-over.

And what of the Comics, ap-

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Pioneer Days

In P. E. I.

By F. H. MacArthur

In today's column, I am going to write about the games, and frolics played by the children of pioneer parents.

Old games like "Blind Man's Buff," "The Game of Flowers," "Jingle Bells," etc., never seem to lose their interest for the young fry and are indeed worth playing today.

The simple games are best for children because they do not tax the memory to any extent. They prefer something with a catchy rhythm, carrying the same words through many verses, with just enough verbal change to indicate the progress of the play.

The game of flowers is simple and sweet. It is played similar to "London Bridge". Two children stand opposite to each other and raise their joined hands. Those forming the ring, pass under the arch, while all chant in unison: "We're looking about for a daffodil A daffodil, a daffodil, We've found one here!"

At the word "here" the arch falls, enclosing the head of the child who happens, at that moment, to be passing beneath their hands. Then all sing lustily: "We find one here; we find one here;

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Household Scrapbook

By Roberta Lee

Tea

The strength of tea is not regulated by the time the water and leaves stand for strengthening, but by the amount of leaves used. The leaves will give up all flavor and caffeine in about three minutes.

Moths

Sponging the rugs with hot water to which a little turpentine has been added, will drive out and keep out moths.

Tough Beef

If the cut of beef is tough, soak it in vinegar water for an hour before cooking. It will do much towards making the meat tender.

Cook's Corner

FRUIT SALAD MIX

Using up the left-over fruit salad. The mix may be stretched to serve 5 or 6 by the addition of banana, peeled, scraped and diced; a diced orange or grapefruit; a few marshmallows, cut into small pieces, and topped with a spoonful of stiffly whipped cream. Garnish with sliced candied cherries.

DOROTHY DIX SAYS -

Awkward Stage

Miss Dix Advises Summer Camp For Shy 16-Year-Old

DEAR MISS DIX: I am a girl 16 years old. I am ugly, shy, awkward. Can't swim, skate, dance. My clothes look clumsy on me. I never had a date and when I am near a boy I get tongue-tied. I am pale and tired all the time and have no energy. I lie awake at night worrying and longing to be like other girls. Isn't there some place where I can go where I can become healthy and strong, where I can learn to swim and dance, and how to be charming and graceful?

DISCOURAGED

ANSWER: A summer camp for girls is the remedy you need. Go to one for the whole summer and, unless there is something organically wrong with you, you will come back well and strong and with a different outlook on life. I have seen so many girls actually made over by a couple of months at a summer camp.

WILL LEARN ADAPTABILITY

In the camp you will be thrown intimately with other girls and that will do more than anything else to cure you of your shyness and teach you how to be adaptable and companionable. The right food and the proper exercise will improve your looks by improving your health, and you will learn how to play the games and do the things that other young people do so that you will fit into any crowd. And you will get away from your family for a while, which is a good thing both for you and the family. All girls and boys should be sent away from home at 16 if their parents can possibly afford it, because at that time they get upon each other's nerves.

The mere fact that you recognize your defects and are anxious to set about curing them is a practical guarantee that you will succeed. For the only people who are hopeless are those who are so conceited

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Lesser Meditations

THE COMFORT OF GRACE

(The London-Times)

The doctrine of grace which carries forgiveness is often said to be unethical because neither sin nor its consequences can be done away. Man must bear the weight of his responsibility or be broken by it, otherwise there is a violation of freedom and therefore of personality, an evil worse than any it could take away. But divine grace does not abolish responsibility for human actions; that ever abides, and human life is what it is largely because the consequences of sin, folly, and ignorance are what they are.

No effects of forgiveness wipe out the traces of sin otherwise than by removing their causes. It is first purpose to enable men to see those consequences in a new light and to accept them in a new spirit, and in so doing to rise above sins and consequences alike. He who would evade consequences proclaims that he is yet unforgiven, for it is one of the main purposes of forgiveness to set men free from all such evasion and its paralysing effects. Moreover, for forgiveness itself does the work of punishment, not by the intention of the forgiver but because the awakened conscience of the person forgiven heaps coals of fire on his head.

Grace alone opens the way to the attainment of man's highest possibilities. To realize what is moral and spiritually required is also to realize the inability to rise to it, an inability made worse by past failures and their effects. Unaided effort must thus issue either in self-centredness and a sense of failure or else, eventually, in insensitiveness and an acceptance of conventional standards.

There is a menace of defeat rather than a promise of victory. It is this deep need of human nature that grace alone can meet. It does so, not by a pretence that man's condition is other than it is, but by conferring a true insight into his place in a world that is God's and so changing man's condition as he accepts the true environment of life.

Divine grace, like faith, "en-gazes by love." It opens the way to deliverance, not by any sub-personal or unethical change in the self, but by conscious insight into the gracious goodness of God, thereby transforming the world as seen by damaged sight into the true vision of it in which there is fellowship with one who shares the burden.

So the moral law is rendered attainable by the love which fulfills it, as it cannot be attainable so long as persons are in the bondage of a legal relation to an impersonal law. It also opens the possibility of further insights because in light itself is inspired.

Morning Smile

Reporter: "What shall I say about the two peroxide blondes who had the fight at the baseball game last night?"

Editor: "Why just say the bleachers went wild."

Modern Etiquette

By Roberta Lee

Q. If a girl does not wish to dance with someone of her acquaintance, is it permissible for her to refuse?

A. Yes, if she has some good reason, but she must make some polite excuse and not dance with anyone else during that dance.

Q. If a guest brings a box of candy to his hostess, should she pass it around to the other guests?

A. Yes, always.

Q. Is it all right for a woman to cross the lobby of a hotel or a restaurant in order to speak to a man?

A. No; ask the bell boy or the waiter to tell the man to come over at his convenience.

The Stars Say -

By Genevieve Kemble

For Saturday, March 11

WHILE there are omens of a setback, obstacle or difficult impasse, holding up or arresting ambitious plans and progress, it is probable that some rather shrewd or astute maneuvering may offset this obstruction. With an enterprising change, compromise or agreement, the difficulty may result in a current postponement, over the weekend, with hopeful activities to be resumed under fresh ideas or new contacts or significance.

For the Birthday

Those whose birthday it is need not be discouraged by a congestion, postponement or limitation in pushing forward to long-range and enduring goals. The difficulty may be a temporary one, in which special sagacity, compromise or a shrewd change to meet opposition may result in a fresh start under new auspices and not an ominous ultimatum. Yielding a point might change the discouraging picture. A child born on this day may have a bright and versatile men-



The moisture in BUTTER-NUT is good wholesome MILK Assured Nutrition for all the Family Eastern Bakeries

Better English

By D. C. Williams

1. What is wrong with this sentence? "When he had completed his work, he returned back home."
2. What is the correct pronunciation of "semi" (prefix)?
3. Which one of these words is misspelled? Millennium, million, vermillion, prescience.
4. What does the word "derogatory" mean?
5. What is a word beginning with er that means "scholarship"?

ANSWERS

1. Omit back. 2. Pronounce semi, l, s as in it, not as in ice. 3. Vermillion. 4. Lessening in good repute; disparaging. (Pronounce first o as in of, accent second syllable). "made some derogatory remark about the man." 5. Erudition.

That Body Of Yours

By James W. Barton, M.D.

MASS SURVEY FOR ALL DISEASES

We are all familiar with X-ray examinations of whole communities and are agreed that time and money for them are well invested. This is not because so many advanced cases of tuberculosis are found by X-ray screening, but because tuberculosis in its early stages may be found in individuals who previously hadn't the slightest suspicion that tuberculosis was present; the only symptoms were a slight cough, a tired feeling and a slight loss of weight.

We are all familiar also with mass examinations for syphilis. In most hospitals a blood examination of various tests would be a concomitant of entering hospital for any disease. This screening is a great factor in preventing the spread of this dread disease.

Still another survey of a community is made if it is thought the inhabitants are not eating nourishing food. This condition may be due to poor soil or other local causes.

As we think of these three diseases or conditions — tuberculosis, syphilis and malnutrition — we can understand why "The Journal of the American Medical Association," in an editorial, quotes the suggestion of Dr. A. L. Chapman, in "Public Health Review," concerning multiphasic screening (examining the individuals in a community for other diseases besides the three above mentioned). The combination of various tests would be economical and efficient for identifying cases that otherwise would not be found. And now that the life span has been so lengthened that there are more old people in the world than in any other age group, diseases due to aging, chronic diseases, would be discovered and the remaining years of many made more enjoyable by appropriate treatment.

Dr. Chapman estimates that a screening of 1,000 apparently "well" persons over the age of 15 for syphilis, diabetes, glaucoma (bulging eyes from pressure) anemia, tuberculosis, obesity, defective eyesight and hearing, high blood pressure and heart disease, would result in finding 976 instances of these diseases. Some of the 1,000 persons screened probably would have two or more of these diseases; whereas others would have none. Remember these are apparently "well" persons.

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Quickly effective. Sweet-tasting — really sticks to a powder, if desired. No "sleepy" stuff — no dulling effect. Get a package today! Cures often strikes in the night. 20 cents! Money back if you are not satisfied.

How Can I!!!

By Anne Ashley

Q. How can I prepare and serve dried beef creole?

A. Shred one cup of dried beef. Then mix one cup of chopped pimento, one cup cream sauce, three chopped hard-boiled eggs, two tablespoons chili sauce, and the beef. Heat and serve on slices of buttered toast, sprinkled with chopped parsley.

Q. How can I avoid tickling the feet of an invalid when bathing them?

A. Draw the wet cloth across the sole of the foot in the same direction, instead of back and forth, and it will not tickle the feet.

Q. How can I remove grease stains from leather?

A. Use pure turpentine or benzene. The spots should be washed afterwards with the well-beaten white of an egg.

Pink Elephants on Parade



Here's an apron that is both useful and decorative. Made of glazed chintz it features two whimsical pink elephants which are appliqued on the lower left portion of the apron. It will provide a good conversation piece at cocktail parties and is simple to make even for the most inexperienced homemaker. An instruction sheet telling you how to make this PINK ELEPHANT APRON is available to you. Just send a stamped, self-addressed envelope to the Needlework Dept. of this paper asking for Leaflet No. E-2084.

BABY'S CRY IS NOT ALWAYS TEMPER

DISTINGUISH between your baby's cry of pain and cry of temper. The "pain cry" should have instant attention. For the feverish distress due to gas on stomach or bowels or those common digestive upsets, give Baby's Own Tablets at once. Mrs. May Mundy, of Toronto, finds they work every time.

"I am the mother of nine children, three of them prize babies, and Baby's Own Tablets have been my only medicine in raising them to the healthy children they now are. As soon as my children became a little feverish I at once gave them Baby's Own Tablets and in a very short time the fever disappeared and the children were normal again."

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And that's not all! They smell that way even if dried indoors! And they stay that way longer... retain that "new-washed" sweetness even after weeks in the linen closet or bureau drawer!

And that's not all! You don't even need to rinse your Surf-clean wash! It will still be the cleanest, sweetest smelling wash you ever had.

First, because Surf has the magic power of grabbing and holding the dirt in the washwater, so when you wring out the water you actually wring the dirt out with it. Out goes every vestige of soil and grease!... to leave your wash really clean. At the same time, Surf's special purifying ingredient takes out every last trace of "dirty

clothes" odor! Your clothes not only look cleaner—they smell sweeter, too.

When you don't rinse your Surf-clean wash, this purifying ingredient goes on working in your clothes—to keep them sweeter longer! (If you do want to rinse, add a little Surf to the rinse-water.)

Surf suds are rich and long-lasting. In hardest water, they do 3 times the work of ordinary soaps. They're safe, too... Surf is all you need for everything from the grimmest overalls to your sheerest lingerie.

All the Surf your grocer now has in his store is the new "no-rinse" Surf... especially developed for "no-rinse" washing. Get some today... and smell how sweet and fresh it will get your wash... even without rinsing!

If it's Surf-clean, it's really clean... EVEN WITHOUT RINSING