

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

## Lenten Meditations

CREATION  
(The London-Times)

The main purpose of the creation story is to set forth God as the creator, the origin and source of all that is. To attempt to bring the details of the story in Genesis into harmony with the scientific account of the origin of the universe is to risk missing its poetry and the deep spiritual insight of the inspired writer.

The method of God's creative activity is a fit subject for scientific investigation; but what chiefly concerns the Christian is that in and through the whole process is the activity and purpose of the living God.

This divine creative activity is not something which revealed itself at a definite point in time "once for all," as the eighteenth-century Deists believed, neither is there anything static about it. The process is continuous. Always God may be seen at work in his universe, upholding it, ordering its movement, and guiding it towards the fulfillment of his purpose.

This must be so if God is the living God. But such a belief carries with it certain implications of the greatest import for human life. It suggests that God is immanent in the historical process; though many are feeling to-day that the process has got out of hand so recklessly has man misused his gift of freedom.

It has never been an easy task for the religious thinker to harmonize the sovereignty of God with human freedom, but it is part of the Christian belief that the omnipotent love of God cannot ultimately be frustrated; that he is the Lord of History, and that his creative purpose for man will finally be accomplished.

That man will one day reflect more perfectly the nature of God is both a Christian conviction and a powerful evangelistic motive.

But God's creative work is not confined either to the material universe or to the general historical process, for the New Testament declares that it is also revealed in the life of the individual. In every man who with repentance and humility submits himself to the leadership of Christ a new and creative act takes place.

This newness of life is not thought of as the summum of human achievement; it is a creative act of God in the soul, both actual and potential; the beginning of a process of regeneration in which the individual grows more and more into the perfection of Christ.

## ELLEN'S DIARY

By An Island Farmer's Wife

Bill, nephew of ours, a Geologist at present attached to the Canadian Department of Mines and Resources, in the Mines, Forests and Scientific Services Branch, and now a resident of Yellowknife, after a Summer spent on survey, which took in wide reaches about and beyond, wrote in the recent letter, which gives us who may not go adventuring far from our pots and pans an insight into the life of that far North, we found quite interesting:

"Yellowknife although a new town, six hundred air miles from Edmonton and several hundred from end of steel, is not what the average outsider thinks of it, in its comparative isolation. It has its golf courses, curling rinks, an arena, two theatres, and indeed plenty in the line of inspiration and amusement. The women have their bridge parties, their Aids and in fact so far as I can see, we have everything here that one could wish for. I was quite surprised to see taxis here, as numerous as in any other place of an equal population in Canada. This is strange when one considers that there are only about twenty miles of road altogether.

So you see that unless a car is used about town, they are, well, useless. Cars are brought in during the Summer on barges across the lake from Waterways, and as there is a portage, the cost on anything at all bulky or heavy mounts to rather alarming heights. I may say that the dog team is still used extensively for bush work and travel outside, where there are no roads and at such undertakings as trapping or staking where planes could be of little value.

Temperatures here range about the same, I believe, as in Western Canada. There is a very cold spell from early in December until the latter part of March in which the thermometer is not expected to rise much above zero. If I remember correctly, our coldest day this Winter came early in the new

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is through individuals who are being "made new" that the corporate life of man will be redeemed, for it is they supremely who are the instruments of God's creative work in human society.

## Timely Notes On Nutrition

By Marjorie G Hill

### LUCK O' THE IRISH LUNCHEON

Finnegan's Favorite  
Pimento Cole Slaw  
Bit O' Green Pinwheels  
Butter  
Apple Pie  
Beverage  
Sure and begorra, St. Patrick would indeed be honored to be present at such a handsome meal as Luck O' the Irish Luncheon. Star attraction is Finnegan's Favorite, a hearty casserole combining macaroni, corned beef and peas under a topping of buttered crumbs. Seasoning including horseradish, and mustard make the dish a favorite with menfolk whether or not their ancestors sailed from the Emerald Isle.

To accompany Finnegan's Favorite are crisp pimento cole slaw and bit o' green pinwheels. To make the pinwheels, roll biscuit dough into a rectangular sheet and sprinkle with chopped parsley. Roll like a jelly roll and seal the edges. Slice to desired thickness and bake. Since the biscuits take such a short time to bake the parsley keeps its bright green color. Good dessert choice for this thrifty meal is apple pie. If you have a shamrock cookie cutter, use little shamrocks for the topping instead of the traditional or lattice crust.

### FINNENAGAN'S FAVORITE

- 4 oz. elbow macaroni
  - 2 tablespoons butter
  - 2 tablespoons flour
  - 1 teaspoon salt
  - 1-8 teaspoon pepper
  - 1-2 teaspoons horseradish
  - 1-2 teaspoon prepared mustard
  - 1-2 cups milk
  - 3-4 cup shredded corned beef
  - 1 cup cooked peas
  - 1-4 cup buttered crumbs
- Cook macaroni in boiling salted water until tender (about 8 minutes). Drain and rinse. While macaroni is cooking, melt butter in saucepan. Stir in flour, salt, pepper, horseradish and mustard. Gradually add milk, stirring constantly until thickened. Fold macaroni, corned beef and peas into mustard sauce. Mix well. Pour into greased 1-2 quart casserole. Sprinkle buttered crumbs over top. Bake in moderate oven (350 degrees) 30 minutes. Makes four servings.

Lenten meals take on new interest when big bowls of thick Salmon Chowder find their way to the table. The galaxy of foods making up this main dish range from noodles and salmon to milk and olives, so it is practically a meal-in-one. Crisp bread sticks and a chilled grapefruit and apple salad complete the menu.

### SALMON CHOWDER

- 3 cups milk
  - 1 cup flaked salmon
  - 1-2 teaspoons salt
  - 1-8 teaspoon paprika
  - 1 tablespoon chopped parsley
  - 1 tablespoon chopped stuffed olives
  - 2 tablespoons chopped celery
  - 2 oz. fine noodles.
- Scald milk. Add all other ingredients in order given. Simmer 10 to 15 minutes, until noodles are tender. Makes 4 servings.

### Better English

By B. C. Williams

1. What is wrong with this sentence? "If I settle my affairs first, I am apt to attend the conference."
2. What is the correct pronunciation of "renew"?
3. Which one of these words is misspelled? Latin, lattice, lateness.
4. What does the word "obscuration" mean?
5. What is a word beginning with pra that means "laudable"?

### ANSWERS

1. Say, "I am likely to attend the conference." 2. Pronounce the ew as in few, not re-moo. 3. Lat-tice. 4. Act of obscuring, or state of being obscured. "The obscuration of several points in his address was unsatisfactory." 5. Praiseworthy.

### Household Scrapbook

By Roberta Lee

#### Squeaking Shoes

When troubled with squeaking shoes, either new or half-soled ones, take an ice pick and put small holes in the shoe back of the ball of the foot. This will let out the air and the squeak will disappear.

#### Cutting Soap

A bar of pure soap can be cut into cakes without breaking it, if a string is put around the bar at the place a cut is wanted, the ends crossed and then pulled.

#### Window Shades

Try cleaning the light-colored window shades with a flannel cloth which has been dipped into ordin-

## DOROTHY DIX SAYS-

### Second Fiddle

#### Girl Fears Memory Of Widower's First Wife

DEAR MISS DIX: Do you think it is possible for a widower to love his second wife as much as his first? (I am 20 years of age and very fond of a widower who is five years my senior. He is very dependable and seems devoted to me, still every time I think of this other woman I feel as if I will only play second fiddle in his life. Yet in my estimation he is the finest man I have ever known.) BETTY LOU

ANSWER: Very often a man loves his second wife better than he did his first. It all depends upon circumstances and which of the two women he finds most congenial. Which one is really his soulmate, as the phrase goes.

#### START NEW CHAPTER

It is ridiculous to say that you feel that you will play second fiddle in this man's life. His first marriage is a closed episode. You start a new chapter in his life. And it is foolish for you to be jealous of the other woman I feel as if I will only play second fiddle in his life. Yet in my estimation he is the finest man I have ever known.

Generally speaking, second marriages are happier than first ones and widowers are better husbands than first husbands because, for one thing, they have been tamed and domesticated and, for another, they have learned about wives from their first mates. They are professionals, so to speak, while the man who is having his first experience in matrimony is an amateur.

The widower does not expect so much of marriage as the young husband does. He knows that a home is an expensive luxury that takes money to keep up, so he doesn't have hysterics every month when the bills come in. He knows that a woman who has to do her housework can't always look like a fashion plate and is waiting for him with a glad, sweet smile. He knows there are times when a woman is tired and cross and has a headache and is grouchy, just as he is. So he takes matrimony on the chin instead of the nerves, and thinks that it strikes a pretty good average after all.

And every first wife leaves her successor a legacy in tenderness and patience from her husband that she never had. For there are very few men who ever look down on the faces of their dead wives with a bitter regret for harsh words they have said, for impatience that they have shown, for the little things that they might have done and did not do that would have made life happier for them.

So marry your man, my dear, and be glad that you are No. 2.

DEAR MISS DIX: A man and a girl are engaged, but no plans have been made for the marriage at any definite time. Both of them are attractive and have been accustomed to a lot of attention from the opposite sex. The man's business is a traveling position which takes him out of town much of the time. This leaves the girl lonely and, as she is popular, she asked her sweetheart's permission to make dates with other boys. He agreed and decided to go out with other girls himself. Will this weaken their love and attraction for each other? What will happen after marriage when this going out with others must necessarily be stopped, and their company is not sufficient to meet each other's needs?

L. A. K.

ANSWER: Marriage is one thing and an engagement is another. As I understand your proposition, the reason this girl and boy crave other companionship is because they are separated and lonely, and that as long as they were together they were perfectly satisfied, with each other's company and desired no other.

That will still doubtless be the case when and if they marry. Married people are in less danger of boring each other than are engaged people because they have everything in common and can spend endless hours talking over trivial details of their daily lives and discussing the most fascinating of all subjects—themselves. I do not see how it will weaken the tie between the girl and the young man for them to go about with others during their enforced separation. Real love, the sort that any man and woman ought to have, is not so easily broken. He agreed and decided to go out with other girls, no matter to whom charms and graces he or she is exposed. A man and woman genuinely in love may enjoy the company of others and admire them and still not waver an iota in loyalty to those to whom they are betrothed.

DEAR MISS DIX: Two men want to marry me. A is brilliant. Has promise of advancement. Likes the things that I do and his tastes are congenial with mine. B has no job. No prospects. Doesn't care for any of the things that I enjoy. He will probably never amount to anything. Yet I love him. Please help me to decide between the two.

PERPLEXED

ANSWER: B has only a physical attraction for you. That won't last and as soon as it is over he will bore you to death. He is a bad bet.

DOROTHY DIX cannot reply personally to readers, but will answer problems of general interest through her column.

### Cook's Corner

#### CRANBERRY CAKE PUDDING

- 1 egg, well beaten
- 1/2 cup granulated sugar
- 1/2 cup milk
- 3 tablespoons melted butter or shortening
- 1 cup sifted cake flour
- 1/2 teaspoon salt
- 2 teaspoons baking powder
- 2 cups cranberries

#### Topping:

- 1/2 cup sifted cake flour
  - 1/2 cup granulated sugar
  - 3 tablespoons butter
- Combine egg, sugar, milk and shortening. Add 1 cup flour, sifted with baking powder and salt. Mix well. Place in well greased 8 x 8-inch pan. Sprinkle the raw batter with cranberries which have been put through coarse blade of the food chopper.

For the topping combine sugar and flour and cut in butter to form fine crumb. Sprinkle over cranberries. Bake in moderate oven (375°F) about 35 minutes. This dessert is good served either hot or cold.

### Modern Etiquette

By Roberta Lee

#### Q. Just what are the duties of a godparent?

A. The duties are not many. He promises to befriend the child always and advise it at any time he is called upon. At the christening he gives the baby a gift, usually a silver mug, a knife, fork and spoon, some suitable piece of jewelry, or some money to start a bank account.

Q. If a man has "junior" after his name, should his wife use the same form in her correspondence and other dealings?

A. Yes; his wife uses the form "Mrs. James Wilson, Jr."

Q. Isn't it preferable to state the reason for declining an invitation, when the reason is a good one?

A. Yes. It is preferable, although not obligatory.

#### WELL-INSURED STATE

Sixty-one of the United States insurance companies have their home offices in Connecticut.



### LADY GLUTTERBUCK

wife of the High Commissioner for the United Kingdom is one of many prominent Ottawa women giving volunteer assistance in the Canadian Red Cross campaign. Divisional Secretary for the British Red Cross before coming to Canada, she has been a member of the Ottawa Campaign Committee for the past three years.

### That Body Of Yours

By James W. Barton, M.D.

### SOME ADVICE ABOUT MOUTH CANCER

When a medical journal of such high standing as "Post-graduate Medicine" gives a dentist ten pages in which to state his views on cancer of the mouth, it shows how closely dentistry and medicine are working in their efforts to detect and so cure early cancer.

Dr. Hamilton B. G. Robinson, Ohio State University, Columbus College of Dentistry, states that the dentist's position of responsibility in recognizing mouth cancer is similar to that of the general practitioner in recognizing cancer elsewhere in the body. As a rule the dentist sees his patients more often than the family physician.

"Since approximately 7,500 Americans die annually of cancer of the mouth, lip, tongue and jaw, reasonable suspicion, early diagnosis, and effective treatment should result in an annual saving of as many as 6,000 mouth cancer victims."

Dr. Robinson's message is that every dentist should, and must be, cancer-conscious with every patient consulting him. Because of this responsibility the dentist must inspect carefully every gum pocket, every space between the teeth, the floor of the mouth, the underside of the tongue and the spaces in back of throat which hold the tonsils, as well as examining the mouth as a whole.

Instead of waiting until cancer is present and then consulting the throat specialist, the dentist should notify the family physician about fissures (cracks in lining of the mouth), ulcers, hard or horny growths, leukoplakia (white spots on lining of the mouth). These white spots, although they come and go, are believed to cause about one-third of all mouth cancers. All above apparently innocent or harmless conditions, may be forerunners of cancer and require observation and treatment. They are caused by irritations—jagged teeth, poor-fitting dentures, crowns, a pipe with a rough stem, and others.

"Any persistent sore or irritation of the mouth and lip which is at all suspicious, should be examined by biopsy (examining a small shaving of the tissue under the microscope.)"

The early treatment of mouth cancer by X-ray, radium or surgery or a combination of these methods of treatment will save life in the great majority of cases. Dr. Robinson suggests that insofar as it is possible, repair or other necessary treatment of teeth and gums should be completely before treatment by X-ray or radium is given.

### How Can I!!!

By Anne Ashley

#### Q. How can I make a substitute for castor oil?

A. Prune juice will prove a good substitute. Soak the prunes overnight. Squeeze them in the water in which they have been soaked, and when they are tender, pierce them with a fork to let out the juice. Do not sweeten.

#### Q. How can I renew black silk garments that have become somewhat worn and shiny?

A. Sponge thrice with strong black coffee, and then iron them on the wrong side.

#### Q. How can I prevent brass

## -Needlecraft-

FOR THE HOME

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### The Stars Say

By Genevieve Kumble

#### For Friday, March 17

THE auspices for this period indicate an exceptional opportunity for forging ahead on all manner of new projects and objectives, creative, productive, long-range and spectacular in importance, under the drive of highly stimulated energies and forces. The mentality is under kindred versatility and resourcefulness for the doing of great things with determination, ingenuity and skill. However, there is danger of over-leaping all bounds, and causing loss of substance, influence, and practical cooperation, fearful of initial costs or gambles. A restrained plan of action would prove successful and less hazardous.

#### For the Birthday

Those whose birthday it is, are confronted by a brilliant prospect for putting over major objectives, of spectacular importance in a productive, skillful and ingenious way, with all the forces ready to back up fresh techniques, daring operations and bold strokes by aggressive and strenuous attack. Capital and influence are imperative for promoting such plans and ambitions, and the stress and tension may incite to rash moves and extravagant notions, destined to scare off the vitally needed cooperation. Keep down costs and modify inflated notions for best and safe support from high places.

A child born on this day has exceptional energy, mentality, and from tarnishing.

A. Rub it once a week, or oftener, with a flannel cloth moistened with sewing machine or olive oil.



2409  
SIZES 10 - 20

### Morning Smile

NOW BE QUIET

A rather gallow youth, just starting out on his career of "dates" remarked to the girl: "I went out with a nurse yesterday."

"Never mind, dear," replied the girl. "Perhaps in a year or two your mother will let you out without one."

great ambitions for accomplishing things in life but may defeat its fondest hopes by overdoing; extravagance; inflationary vision.

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