

Woman's Realm Social and Personal Fashions Literature

Lenten Meditations

TEMPTATION
(The London Times)

Christians pray that they may not be led into temptation, but also for grace to withstand it. Christ taught men to pray to be delivered not from temptation but from the actual evil. He knew it must needs be that temptations come. Man, in his appointed path, is to face them, while asking not to be led off that path to find them.

The same wise counsels, together with comfort and encouragement, are offered by St. Paul in I Corinthians x, and are never superfluous. "Let him that thinketh he standeth take heed lest he fall." It is not only a rebuke of all presumption and confident self-trust, but also a warning that danger often lurks just where strength is assumed, because that is the point which is often left unguarded.

But from warning the Apostle at once passes to encouragement, the more necessary because temptations are as unavoidable as the air we breathe. They are not to be sought nor feared; there is none but such as are common to man or "such as man can bear."

When sorely tried by the seductions of evil from within or without, there is bracing comfort in the simple reflection that there are no extraordinary, unheard-of dangers, difficulties, or doubts; from which it follows that to allege peculiar and exceptional circumstances can never excuse, if even mitigate, capitulation.

The struggle is the same for all, and the encouragement is not only that all temptations are the common human temptations; they are also such as man can bear. Other men, by the grace of God, have found a way out, or through; and it is no less human to withstand temptation that it is to be tempted.

The purpose of the trial is not that man may fall but that he may rise. St. James, whose general outlook is rather different from St. Paul's, urges Christians to count temptations "all joy," because the proof or testing of faith works patience or endurance. Strength is always developed by some resisting force, and the power gained in resisting one temptation is thereafter available against others.

Greater encouragement follows. If man will but be true, temptation has its limits: "God is faithful, who will not suffer you to be tempted above that ye are able." The fatal error is to abandon the burden of being in the highest sense human. Faced with temptation, courage is but another name for faith, and the first step to victory is always to believe that the battle need not be lost.

It is a modern weakness too easily to assume that the presence of temptation not only explains but goes far to excuse almost any moral collapse, as frequently in novels which are put forth as studies of life but are little more than exhibitions of disease. There is need of the virile faith that virtue can hold its ground as long as life.

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ELLEN'S DIARY

By An Island Farmer's Wife

"Are these something new?" we inquired of our hostess, as we selected one of the attractive cookies that was among the variety of sweets and sandwiches that were arranged about and across our plate at lunch-time, on a recent evening, when leaving our current cares behind, we had come to look in upon life in a neighboring farm-home. When for the moment familiar surroundings lose their charm, or even if one can find no fault in them, or has no cause to chafe beneath her particular yoke, it is always refreshing to rest home interests awhile and his away to new scenes, if only briefly. "I like to get away," busy friends of ours used to say, "it's only as far as just to be out of sight of home - somewhere that I can stay long enough," she would laugh, "to gain possession of heart and soul again!" We can see this idea in the practise of the busy professional or business man who steals away to a spot of fishing, or the farmer on his infrequent and well-earned outings - perhaps only a Sunday stroll along his fields.

And the housewife is well advised to stay her broom and her cooking, and leave her sometimes extremely confining four walls, to look upon new scenes. Although there was a time that we looked upon the practise with some condensation and even amusement, we know now that those women of the long ago, who of an afternoon put on a fresh gown and clean apron, and picking up their knitting or a piece of sewing came along the Summer fields or roadway to a short or lengthier "kaley" contented living. In the fresh interests and surroundings, one finds new points of view. The cares that heretofore had been worrisome problems have a way of "folding their tents" and if not vanishing altogether, at least dwindling in importance, and so refreshed and inspired one returns with a new zeal and enthusiasm to her own living.

Our hostess laughed merrily at the question. "Mercy no, Ellen!" she said, "why Ann used to make these for Willie, when he was courting her, didn't you know? - that's what kept him paying his attentions so long!" "And if the truth could be told," her husband offered fondly, "that's what mother worked faster." We laughed, knowing both circumstances. After a stroll through the starry crispness, that was silent but not lonely, and an hour that had gone by on wings, we had come to this lunch-time. This still remains a pleasant custom with farm-folks, though sometimes rather embarrassing to the less provident of cooks - this breaking of bread with a guest.

"Run down to that crock in the cellar, dear, and bring up some of those cookies," she had asked him. One could tell by her tone that these were special. "Some June Bugs, Ellen," she explained "they're sort of a dainty, and nice to have on hand when company comes. And this time of year you never know who's dropping along. That's what I like about the Spring - folks are able to visit more!" The kettle was steaming and the best plates were already laid out on a table - while these are, adorned by a wild rose design, wide as a hand, and later when last crumbs had been enjoyed and cups happily read, she went over the recipe. "There's really nothing to it," she said "just beat an egg well, add a half cup of white sugar, and the same of walnuts, cut finely - and dear me, I'm forgetting! a half cup too of dates chopped, snipped, I should say," she laughed, "because I use the scissors. A dash of salt, and a drop or so of vanilla, and thicken the mixture with shredded coconut. You drop them then by small spoonfuls on a baking pan or sheet, bake in a moderate oven."

"A new undertaking commences tomorrow!" Rob smiles, thinking of it even as he reads. "I'd wager that it will be a busy day around here!"

Household Scrapbook

By Roberta Lee

Cotton Crepe

Cotton crepe, cut into one-yard lengths, makes very serviceable dish towels. They do not require any hemming nor ironing. They give a fine polish to glassware, do not shed lint, and are very inexpensive.

Care of Hams

Large hams, after they have been cut, are often inclined to mold. To prevent this, spread lard over the cut portion and put away as usual. Then, when another slice is cut, the meat will be as fresh as ever.

Removing Odor

The odor of fresh pain or cigarette smoke can be removed from a room by leaving overnight a large bowl of water, into which has been added a teaspoon of ammonia.

Timely Notes On Nutrition

By Marjorie G. Hill

DAILY DIET FOR MOTHERS

Good nutrition for the baby requires good nutrition for the mother. During the prenatal period the mother's food builds the unborn baby, and in addition, supplies nourishment for her own body. To meet these demands, the expectant mother must eat liberal amounts of protective foods, such as milk, eggs, vegetables and fruits. The amount of food the expectant mother needs will vary with her size and also with her work or exercise. An underweight mother should increase her food so as to bring her weight up to normal. If the mother is overweight, the doctor who is watching her regularly will advise her how to adjust her diet. A gradual increase in the food the expectant mother eats is necessary to supply the material needed by the growing baby. The total gain in weight during pregnancy should be not more than 15-20 pounds. In case the mother gains too rapidly, she may omit certain foods, such as fats, starches, sugars and other sweets. The total amount of milk taken daily as a drink or in foods should not be reduced below four cups. The recommended daily diet for mothers includes the following amounts of foods:

- Milk - four glasses.
- Fruits - for dessert, raw, cooked or dried.
- Potatoes - in their jackets, along with two other vegetables, preferably green and yellow ones. A raw vegetable salad might also be included.
- Cereal - one serving of whole grain cereal and at least three slices of whole-grain bread.
- Meat or fish or cheese - every day.
- Eggs - one every day.
- Vitamin D in the form of a fish liver oil.
- Water - two or three glasses a day.
- Foods to omit if you gain weight too rapidly are: Candy, nuts and popcorn. Rich desserts such as cakes, pies and pastries.

Between meal foods such as sodas, sundaes and soft drinks. Cream in coffee, on cereals and desserts; use milk instead. If you don't like to drink milk, you can still get a quart with your meals in the following ways:

1. Cook cereal (1-4 cup) in one cup milk or in 1-4 cup water and 3-4 cup milk.
2. Eat cereal with 1-2 to 3-4 cups milk instead of cream.
3. Eat milk toast, made with whole grain bread, for breakfast or lunch occasionally.
4. Have cream soup, such as cream of tomato, cream of split pea, or chowder made with milk. Eat cooked vegetables in white sauce frequently.
5. Eat cheese, as a substitute for some of the milk. A 2-inch cube of cheddar cheese is equal to about 1 1/4 cups of whole milk. Cottage and cream cheese have less calcium.
6. Use milk in making gravy and desserts, such as tapioca, rice pudding and custards.
7. Drink hot chocolate as a beverage, or flavour milk with a little hot coffee, vanilla etc.

The importance of a good diet during pregnancy cannot be overstressed. It has been proven that the complications which may occur during pregnancy, such as anaemia, miscarriage, pre-mature birth, are considerably lower among women who eat proper food. Also, that the average duration of labour is less among women on a good diet.

Some of the illnesses of babies during their first six months of life are colds, pneumonia, rickets, bronchitis and anaemia. It has been found that babies born of mothers who had a good all round diet were more healthy than those babies whose mothers had a poor diet - they had fewer of the principal illnesses of early infancy. So mother - do watch what you eat - choose your food well and wisely!

Moodies VANTA BABY GARMENTS

TRAINING PANTIES
SLEEPING GARMENTS
VANTA TOWELS
RED SHEETS
DIPATAB VESTS AND BANDS
COMPLETE LAYETTE SET



PARIS PUTS ON THE DOG - Paris' fashion centre is all-a-dither over the showing of its new spring collection for 1950. Don't be surprised if some of the enthusiasm bubbles over into Mom's own wardrobe. Any evening, for example, you might come home and find her lounging in the Impish Dalmatian-hound print costume above. The spotted slacks, topped by a black wool jersey blouse and an orange crepe scarf, were put together by designer Balmain. Or maybe she'll be ready to roam in Christian Dior's ononakin taffeta afternoon dress, below left. Its enormous cowl-collar of starched white handkerchief linen has a black chiffon tie. The dress is finished with a full gathered skirt and long, narrow sleeves. Maybe she'll be cute as a cupcake in Jean Patou's pleated georgette blouse, below right. This one's done in a cool linen green, gathered into a flattering ruff at the throat and held in place by a navy grosgrain tie.



DOROTHY DIX SAYS -

Parents' Problem

How Much Help Is Due Grown Children?

DEAR MISS DIX: What does a father owe his children after they are 20 years of age? If he has fed and clothed and given them an excellent home and a college education and has further advised and counseled them, is it still his duty to finance them in business and keep on financing them, even to his own embarrassment? Or should he give them a sound, sensible talk at their majorities and tell them that they must stand on their own feet? The father was reared in a school that had to work and he had no other idea than to make the way in life a little easier for his children than he found it for himself.

ANSWER: Probably there is no other question in the world that is quite so difficult to decide as just how much parents should help their children. For, however they solve it, it is fraught with danger. If they help too much, they are likely to turn their children into dependents who never learn to stand on their own feet, and, if they refuse all help, they may cripple a child for life by removing the guiding hand it needed to cling to until it was strong enough to walk alone.

ARE TWO SCHOOLS

There are two schools of thought on this subject. There is the stern father who, when his children are grown, chucks them out into the world to sink or swim, and who refuses to throw them even so much as a life preserver. I have known wealthy fathers and mothers who have stood stoically by and watched their children almost perishing in their struggle to make a livelihood. They have seen their children shabby, undernourished, overworked, doing without the medical attention they could not afford, and they have not helped them. Of course, the parents' justification is that their harshness is that necessity is the anvil on which character is hammered out, and that those who must work or starve are driven to labor. All of which is true. But there is no merit in unnecessary martyrdom and it has always seemed to me that it was the duty of parents to at least help their children over the rough places at the beginning of the journey of life, if they could.

On the other hand, of course, there are the overindulgent parents who give their children more than they can afford and who raise them up to feel that Father will always pay the bills and nothing is ever expected of them. These remain perpetual babes through life who always have to be led by the hand.

Modern Etiquette

By Roberta Lee

Q. When placing the guests at a dinner party, at which all the guests are "coupled off," should the woman be seated to the right or the left of her male partner?

A. The woman is seated to the right of her escort.

Q. Is it sufficient to send a printed card of thanks in acknowledgment of a wedding gift?

A. No; the donor is always entitled to a personal letter of thanks.

Q. Is it good manners to take bread with the fork?

A. In no circumstances is it good manners to lift bread with a fork.

Morning Smile

Well Put

They had just been married and were about to start on their honeymoon. He was embarrassed to the point of forgetfulness, but met the situation expertly.

"Why, Harry, you've bought only one ticket," reproached the bride. "Just like me, dear," stammered Harry, "always forgetting myself."

Hard To Do

"Why on earth do you keep pulling that ridiculous face?"

"The doctor told me to keep smiling and have a stiff upper lip."

Pioneer Days In P. E. I.

By F. H. MacArthur

Whenever a few neighbours dropped in to spend the evening, someone was sure to bring up the subject of ghosts, witches and other bizarre and unusual tales of which our forefathers were most fond of hearing and repeating. The more fantastic and hair-raising the yarn, the better they liked it. Even the womenfolk put aside their knitting and the children sat about with their ears wide open so that not a word of the story-teller would be lost.

Ghost stories led the list of weird yarns, but the old-timers frequently narrated breathtaking epics that had to do with the occult and mystic, tales of vampires, werewolves, strange monsters of the land and sea, as well as stories of other planets, the future and voyages between worlds.

Indeed, they were well versed in such things, and while everybody could spin a few hair-raising yarns, in every district, one or maybe two persons who so outshone the others as story-tellers that they were often referred to as "bogies."

While I do not put forth the claim that all of our ancestors believed such stuff, there is plenty of evidence that most of them did. They believed, for instance, that certain places were haunted by their former owners. Some went so far as to claim they had actually seen the ghosts of deceased persons flitting about in these old shanties; and, told often enough, these fantastic yarns fastened themselves, to such an extent, in the minds of the people that both young and old travelled about in great fear. Hardly a forest, stream or lonely road on the Island was without its wandering ghost.

Even the children were permitted to listen to such tales, and when it came time for them to be put to bed, they became so frightened that big brother or mother would have to lie down beside them until they dropped off to sleep.

Some mothers objected to having their children listen in, but the fathers usually took an opposite view, contending that it was better to let the youngsters hear the stories so that when they grew up, they would know all about such things. If strange creatures roamed the land - and of course they believed they did - then why try to keep the facts from the young ones?

Witchcraft, too, had its ardent supporters and while there is no records of anyone having been prosecuted for practicing the art on this Island, there was more than one person suspected of being a witch.

The superstition concerning witchcraft did not have its birth in the New World but was carried here by the first settlers. The same is true of ghost stories and other outlandish tales. They were handed down from father to son, generation after generation, until changing times caused all such tall stories to become stale and out-moded.

The spinning of weird and bizarre yarns may have supplied a need in days when facts and newspapers were beyond the reach of most families; but we are thankful that the children of our generation do not have to sit around the fireplace or stove listening and shaking with fear while someone spins a hair-raising whopper.

How Can I!!!

By Anne Ashley

Q. How can I make a dry mop?
A. Tie pieces of cloth firmly to the end of a discarded broom handle. Sift the pieces of cloth into strips about one inch wide, dip into kerosene, and then let it dry for several hours, or overnight, before using.

Q. How can I loosen hardened putty when removing a pane of glass?
A. Try spreading soft soap over the putty. After a few hours the putty will become soft and will be easy to remove.

MUSTARD on ROASTS

brings out Hidden Flavours

Colman's Mustard

That Body Of Yours

By James W. Barton, M.D.

THE EMOTIONS AND BLOOD PRESSURE

Now that most men and women know that high blood pressure is the commonest cause of heart strokes (coronary thrombosis), and brain stroke (apoplexy), blood pressure is the health subject most frequently discussed when old friends meet one another. One who claims his blood pressure is 100 or more thinks he is a "sicker" individual than one whose blood pressure is only 100.

While high blood pressure is a serious matter if due to organic disease, why physicians are trying to teach their patients is that a high blood pressure at a given time may be down to normal an hour from that time.

A boxer, whom I had examined before his bouts for several years, was driven to a city 250 miles away for a special bout. On the way, the car, in trying to avoid an accident, went into the ditch and rolled completely over. While the boxer was unhurt, his blood pressure was so high that the examining physician, at 2 P. M. refused to pass him. He pleaded with the physician that he had boxed in large cities, including New York, and had always been allowed to box. The physician, against his better judgment, allowed him to box. When I examined him the following day his blood pressure was, as usual, normal. The point here is that emotional or exciting circumstances, even the fear of having the blood pressure tested, may send it up 50 or more points.

In "The Journal of the American Medical Association," Dr. David Ayman, Boston, states that all patients with either mild or severe hypertension (high blood pressure) have constant variations of blood pressure levels. The "upward" tendencies, or rises, in blood pressure are usually due to emotional reactions either pleasant or unpleasant, and the drops in blood pressure are caused by relaxation and calmness. "The variations may amount to extremes of 100 mm systolic and 40 mm diastolic during the course of minutes."

It is because of the effects of the emotions on the blood pressure that your physician doesn't always take your blood pressure when you consult him regularly.

The Stars Say -

By Genevieve Kemble

For Wednesday, March 22

AN aggressive and concentrated marshalling of the forces and faculties should be brought to bear on a lagging uncertain and difficult set of circumstances, in which major objectives call for strenuous attack, skill, ingenuity, with well-studied programs. Much progress depends upon direct action with accurate and energetic initiative. Certain changes of plans may prosper after careful analysis or consideration. Much is to be gained by timely action.

Those whose birthday it is may find important projects of more than passing significance in line for dynamic action, especially in a rather complicated state of affairs, in which keen insight, quick and accurate action, with well-laid-out plans, should yield fruitful returns. Aggressive attack with initiative and perhaps fresh surprising culmination to desired ambitions. Courageous action might offset complications in judgment.

A child born on this day may be courageous, dynamic and aggressive, furthering its ambitions by skill, ingenuity and courage.

Needlecraft -

FOR THE HOME

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Pretty Accessory Set for Summer



If you don't already know how to crochet, here is a pretty hat and bag which will inspire you to try your hand at this pleasant pastime. Crocheted of white pearl cotton this little helmet and pouch-bag will complement your summer dresses and you'll find them as useful because they are easy to launder. To receive directions for crocheting this HELMET AND BAG SET send a stamped, self-addressed envelope to the Needlework Dept. of this paper and request Leaflet No. PC 5315.

Cook's Corner

LEMON SPONGE PIES

- 1 cup milk
- 1 cup sugar
- 2 egg yolks
- Pinch salt
- 5 tablespoons flour
- 4 tablespoons lemon juice
- Grated rind of 1 lemon
- 2 tablespoons butter
- 3 egg whites
- Baked pie shell
- Scald milk in top of double boiler. Beat egg yolks until light. Add sugar, salt, flour, lemon juice and rind to beaten egg yolks. Add slowly and blend thoroughly. Pour hot milk on top slowly, stirring vigorously to blend.
- Add butter and continue to stir until mixture is smooth and well mixed. Allow mixture to cool for few minutes. Beat egg whites until stiff but not dry. Fold carefully into mixture. Turn into 9-inch baked pie shell. Bake in moderate oven 350° for 25 to 30 minutes.

Better English

By D. C. Williams

1. What is wrong with this sentence? "The three first men will be chosen to go next week."
2. What is the correct pronunciation of "scummen?"
3. Which one of these words is misspelled? Temperment, judgment, impediment, benefited.
4. What does the word "infest" mean?
5. What is a word beginning with de that means "to lessen in price or estimated value?"

ANSWERS

1. Say, "The first three men."
1. Pronounce a-ku-men, a as in an, unstressed, u as in cube, accent second syllable. 3. Temperment.
4. To trouble greatly by numbers or by frequency of presence. The building was infested with rats.
5. Depreciate.