

Woman's Realm Social and Personal Fashions Literature

Lenten Meditations

LIFE'S RENEWAL
(The London-Times)

Lent is a time of spiritual renewal. The changing face of nature has here its spiritual counterpart. The Lenten emphasis upon repentance implies the need for change, a change of outlook, and where it is needed a new direction in the Christian's way of life.

It is difficult, in the very centre of the process, to realize how profoundly at the present time the pattern of life is changing. To read books which describe the life of the Victorian age, to go no farther back, is to be transported to another world, to an almost entirely different mode of existence.

And the change is bound to affect the corporate life and even the message of the Church. The Gospel, indeed, is in its essence unchangeable, but it must be interpreted afresh to succeeding generations in language which speaks directly to man's condition, and which he finds intelligible; though this is not to suggest that the Church must always be "By doctrine fashion'd to the varying hour," nor to imply that any violence should be done to its noblest traditions.

Such a task does involve the criticism and the reevaluation of time-honoured tradition, and where necessary, the creating of new forms through which the eternal Spirit can more perfectly be expressed. It makes demands which in every age have severely tested the adaptability of the Church and its capacity and willingness to re-state its message in accustomed modes of thought. In one of last Sunday's liturgical lessons our Lord emphasizes this need for outward change in the saying that new wine must be put into new wine-skins.

If it is true, as the Lambeth Encyclical affirmed, that "for those who have eyes to see there are signs that the tide of faith is beginning to come in," one of the Church's main tasks must be to discover how this nascent change in the spiritual climate can be so influential that men may be led to find the fulfillment of their conscious need in the corporate life of the Church.

But this may involve the adoption of new forms of Christian service, and even of worship and devotional expression; the creating as well as the upholding of tradition. The change which belongs to growth is neither revolutionary nor reactionary.

For the individual Christian, too, the season of Lent should mark a renewal of the spiritual life; and if this renewal is to be more than a transient phase, new forms, new channels, through which the life of the spirit can find expression, may prove to be necessary.



Be nice to be near
Use MUM
after every bath
... before every date

MUM

CHEKS
PERSPIRATION
ODOR

ELLEN'S DIARY

By An Island Farmer's Wife

"I've had a nice time," granddaughter smiled politely as she turned to leave at this evening. "they're very nice boys, aren't they—the both of them?" she added in a manner that reminded us of Jeanie. Her words came at the close of an afternoon visit at this house "in the road" made possible for her by the kindness of her grandfather. He had been so busy that he could ill afford to spare the time to bring her.

Indeed his work today was so insistent he declared it "was nothing short of bewildering!" The younger farmer was absent in the city with Rob attending to a matter of shipping, taking thither a "passel" of hogs that according to Jock did very well by his feeding. At only a few days past the five months' mark, these had reached the required weight. In our opinion it would be an ungrateful animal indeed that would not try his best to grow and thrive well, beneath the care of such a faithful attendant! And so, James was busy today. Already the herds have been added to by the arrival — and purchase of calves, and as well, Spring litters are making their appearance in the piggeries.

Various litters have also arrived here, where these occurrences are taken more casually than at Alderlea, with of course varying results, and it seems that when every last one of a litter survives, some good fairy must be whispering encouragingly in small ears, so busy Rob is, alone with his farming. At present the pride of this place is the lambskins that have been born to his flock of four ewes in recent days. Singly and in pairs to total six small ones. As James had hoped, and a matter of pride to us, on occasion Jamie carries supplementary feedings to a pair of these. "They're doing well," he reported this morning, "and they like the cows' milk too." "How can you tell?" we queried curious about his reply. "Ha!" Jamie laughed, "don't you know? Did you never watch a lamb getting fed?" And the younger lad, who acquires an education about the barns that may not be discounted, nodded gravely and observed, "they wiggle their tails when they like their dinner!" For sunny Spring days, lambskins come — to run and play in the new green of the meadows, or wearing as children will, return to lie cozily by their mothers' sides, or in an attitude of rest which has often amused us as we noted it with the youngsters, snugly atop a patient back. "If those lambs continue to do well," Rob said at supper this evening, "they should catch the early market!"

And who last night came knocking at our door? Why James of course! As he did this evening to bear granddaughter home and at the same time to see us to the end of an outing as far as the corner-store. This had to do with our interest in the "sound of a going" recently heard in the Community Dramatic Club, dormant for an interval, but coming now to life. The moving spirit and inspiration for this belongs to our War Bride, who now has not only English born Andrew to love and care for, but as well his brother, one Michael, an Islander—pretty pink and white, with that rare complexion that accompanies hair of an auburn shade and eyes as blue as today's March sky. Another has wide blue eyes. We talked of this lad as tonight with James we drove home through the moonlight. There was a creek to

(Continued on Page 3)

Pioneer Days

In P. E. I.

By F. E. MacArthur

In this and other forthcoming articles, the reader will be given a glimpse into the lives and verses of our Island rhymerasters, especially the low-brow versemakers whose songs are now collectors' items, much sought after. They give a first-hand picture of events that happened many years ago and some of them are rather amusing to say the least.

The ballads reproduced in today's article were composed by Larry Gordon, a Prince Edward Island man who, we are told, inherited his gift from his mother.

Continued on page 12

MOTHERS

JOIN IN THE FUN.

Go to that Party or Dance. TODDLERS' INN NURSERY will take care of your kiddies any time.

PHONE 2380-L
MRS. G. R. BOY
(Nursery Supervisor)
181 Spring Park Road
(Above McGill)

That they are all singable is the reason why they have survived to be included in Lord Beaverbrook's collection of Folksongs. Larry Gordon's songs are mostly written about people and places that he was familiar with. Most of his homely verses were composed

Continued on page 12

A Country Garden

By Mrs. Gordon Macmillan

Spring comes to us in hesitating way, with lingering and backward glance — Clinging to Winter's cloak; her slow advance is that of one who has no mind to stay; A wilful one, at morn all glowing-gay, At noon as cold and cutting as a lance. We hold our hearts and listen for, perchance, Tomorrow she may sing a roundelay:—

Tomorrow she may call the crocus up, And drap the birches in a tender green, And give the sun's own kiss to daffodils; Then, when gold glistens in the lily-cup And meadows verdant wear a deeper sheen, She'll vanish looking backward from the hills.

—Lucy Gertrude Clarkin

This is the way a beloved Island poet has described the coming of Spring in the Maritimes, so different from the Pacific coast of our country where many lovely early flowers are now blooming; but when Spring really comes, to this Island we know that no other place can be half as beautiful.

Growth is so rapid that anything we can do now to relieve the pressure of garden work in the next few weeks should be done, giving us more time to really enjoy the lovely Spring days.

The Home Garden, a small monthly magazine published in New York, conducts a contest among its readers on some garden subject every month. "What my garden means to me" was the subject for last month and I shall give you some excerpts from the winning essays.

Privacy, retreat, escape, way to health — these are words often used in defining the need for gardens, but more important are features that promote mental and spiritual growth.

Beauty, for example. The increasing beauty of my garden means my increasing appreciation of beauty, my ability to experience the most exquisite pleasure in the texture of a leaf, the form and color of a flower, the effectiveness of symmetry in a garden design.

Each year I plant a packet of mixed Shirley Poppy seed. Each year at least one blossom among the hundreds produced is of such refined beauty that it seems unreal. Nothing earthly could possibly attain that degree of celestial perfection. Yet there it is, to be knelt before, to be worshipped with a certain awe. Can one experience such emotion without gaining a deeper understanding of Creation and the Mysterious forces behind it? I think not. And so my garden means greater awareness and understanding of spiritual values.

To the novice, a Kentucky cardinal on a snow-laden hawthorn branch is just a winter red-bird in a tree. Constant association with that and other scenes in my garden has developed a pictorial sense that enables me to extract the fullest pleasure from every harmonious composition, accidental or planned, in my garden or elsewhere. Thus my garden means an ever-present influence toward greater artistic appreciation.

MOTHERS

JOIN IN THE FUN.

Go to that Party or Dance. TODDLERS' INN NURSERY will take care of your kiddies any time.

PHONE 2380-L
MRS. G. R. BOY
(Nursery Supervisor)
181 Spring Park Road
(Above McGill)

That they are all singable is the reason why they have survived to be included in Lord Beaverbrook's collection of Folksongs. Larry Gordon's songs are mostly written about people and places that he was familiar with. Most of his homely verses were composed

Continued on page 12

That Body Of Yours

By James W. Barton, M.D.

FAT FOODS HAVE OTHER USES BESIDES GIVING ENERGY

It is only natural that overweight should out down on fat foods because fat gives more fuel value than either proteins, (meats, eggs and fish) or starches (potatoes, bread and sugar). In fact, the armed forces carry and are fed on more fat foods than in former years because fat gives this increased amount of food value, yet can be packed in a smaller space than these other foods.

In a reducing diet, fat foods are cut down by one-half while proteins are cut down by 25 per cent or not at all. On the other hand, in a body-building diet, in which the individual wishes to increase his weight and his digestive organs can handle fats readily, fat foods are actually increased.

While most of us think of fat foods as just so much fuel or food to supply the body's needs, which is itself most important, Drs. Pearson and Panzer, in the "Journal of Nutrition," have shown that the loss of necessary amino acids in the urine and stools is considerably reduced when the fat, corn oil, is given to the patient. In other words, fat foods "spare" the use of these amino acids, which make protein foods so valuable in maintaining the body tissues. The special dynamic action of proteins from being used or burned too briskly. By prolonging the action of these amino acids, the body gets more of the other foods used or burned, hence the value of some fat food daily not only as a source of energy but as a conservator of valuable amino acids.

In the "Journal of the American Medical Association," Dr. Carlson, the noted food expert, and his associates, report their experiments on orphanage children which show that margarine and butter possess growth-promoting powers not usually attributed to fat foods. This means, then, that fat foods are not only energy producers but possess some special food element that has a beneficial action in nourishing the body. The fact that the armed forces include fats in their "surviving ration," not only for food value but for other nutritional uses, tells its own story.

We should, then, try to include some fat in our daily diet.

Modern Etiquette

By Roberta Lee

Q. What is the correct wording for an announcement of a wedding?

A. "Mr. and Mrs. Horace Green have the honor to announce the marriage of their daughter, Judith Rose, to Mr. Richard Henningway on Tuesday, the twenty-seventh of December, in the City of New York."

Q. How does a widow register at a hotel, as Mrs. Anne M. Rogers, or does she continue to use her husband's full name?

A. She should register as Mrs. Herbert H. Rogers.

Q. It is necessary to repeat the name of the person to whom one is being introduced?

A. If it is not necessary, but preferable if the name is heard clearly.

Q. How can I extract a stubborn rusted screw?

A. Heat a poker or rod of iron until it is red-hot. Then hold to the head of the rusted screw for two or three minutes. It will be easy to withdraw the screw with a screw driver.

Q. How can I relieve the tightness of a pair of shoes?

A. Wring a cloth out of very hot water and place it over the spot where the shoe pinches. Do this while the shoe is on the foot. The heat in the cloth will cause the leather to expand.

Q. How can I cause the shells of hard-boiled eggs to come off easily, and also prevent the yolks from darkening?

A. Place the hard-boiled egg in cold water immediately upon taking them from the hot water.

Q. How can I cause the shells of hard-boiled eggs to come off easily, and also prevent the yolks from darkening?

A. Place the hard-boiled egg in cold water immediately upon taking them from the hot water.

Q. How can I cause the shells of hard-boiled eggs to come off easily, and also prevent the yolks from darkening?

A. Place the hard-boiled egg in cold water immediately upon taking them from the hot water.

Q. How can I cause the shells of hard-boiled eggs to come off easily, and also prevent the yolks from darkening?

A. Place the hard-boiled egg in cold water immediately upon taking them from the hot water.

Q. How can I cause the shells of hard-boiled eggs to come off easily, and also prevent the yolks from darkening?

A. Place the hard-boiled egg in cold water immediately upon taking them from the hot water.

Q. How can I cause the shells of hard-boiled eggs to come off easily, and also prevent the yolks from darkening?

A. Place the hard-boiled egg in cold water immediately upon taking them from the hot water.

Q. How can I cause the shells of hard-boiled eggs to come off easily, and also prevent the yolks from darkening?

A. Place the hard-boiled egg in cold water immediately upon taking them from the hot water.

Q. How can I cause the shells of hard-boiled eggs to come off easily, and also prevent the yolks from darkening?

A. Place the hard-boiled egg in cold water immediately upon taking them from the hot water.

Q. How can I cause the shells of hard-boiled eggs to come off easily, and also prevent the yolks from darkening?

A. Place the hard-boiled egg in cold water immediately upon taking them from the hot water.

Q. How can I cause the shells of hard-boiled eggs to come off easily, and also prevent the yolks from darkening?

A. Place the hard-boiled egg in cold water immediately upon taking them from the hot water.

Q. How can I cause the shells of hard-boiled eggs to come off easily, and also prevent the yolks from darkening?

A. Place the hard-boiled egg in cold water immediately upon taking them from the hot water.

Q. How can I cause the shells of hard-boiled eggs to come off easily, and also prevent the yolks from darkening?

A. Place the hard-boiled egg in cold water immediately upon taking them from the hot water.

Q. How can I cause the shells of hard-boiled eggs to come off easily, and also prevent the yolks from darkening?

A. Place the hard-boiled egg in cold water immediately upon taking them from the hot water.

Q. How can I cause the shells of hard-boiled eggs to come off easily, and also prevent the yolks from darkening?

A. Place the hard-boiled egg in cold water immediately upon taking them from the hot water.

Q. How can I cause the shells of hard-boiled eggs to come off easily, and also prevent the yolks from darkening?

A. Place the hard-boiled egg in cold water immediately upon taking them from the hot water.

Q. How can I cause the shells of hard-boiled eggs to come off easily, and also prevent the yolks from darkening?

A. Place the hard-boiled egg in cold water immediately upon taking them from the hot water.

Q. How can I cause the shells of hard-boiled eggs to come off easily, and also prevent the yolks from darkening?

A. Place the hard-boiled egg in cold water immediately upon taking them from the hot water.

Q. How can I cause the shells of hard-boiled eggs to come off easily, and also prevent the yolks from darkening?

A. Place the hard-boiled egg in cold water immediately upon taking them from the hot water.

Q. How can I cause the shells of hard-boiled eggs to come off easily, and also prevent the yolks from darkening?

A. Place the hard-boiled egg in cold water immediately upon taking them from the hot water.

Q. How can I cause the shells of hard-boiled eggs to come off easily, and also prevent the yolks from darkening?

A. Place the hard-boiled egg in cold water immediately upon taking them from the hot water.

Q. How can I cause the shells of hard-boiled eggs to come off easily, and also prevent the yolks from darkening?

A. Place the hard-boiled egg in cold water immediately upon taking them from the hot water.

Q. How can I cause the shells of hard-boiled eggs to come off easily, and also prevent the yolks from darkening?

A. Place the hard-boiled egg in cold water immediately upon taking them from the hot water.

Q. How can I cause the shells of hard-boiled eggs to come off easily, and also prevent the yolks from darkening?

A. Place the hard-boiled egg in cold water immediately upon taking them from the hot water.

Q. How can I cause the shells of hard-boiled eggs to come off easily, and also prevent the yolks from darkening?

A. Place the hard-boiled egg in cold water immediately upon taking them from the hot water.

Q. How can I cause the shells of hard-boiled eggs to come off easily, and also prevent the yolks from darkening?

A. Place the hard-boiled egg in cold water immediately upon taking them from the hot water.

Q. How can I cause the shells of hard-boiled eggs to come off easily, and also prevent the yolks from darkening?

A. Place the hard-boiled egg in cold water immediately upon taking them from the hot water.

Q. How can I cause the shells of hard-boiled eggs to come off easily, and also prevent the yolks from darkening?

A. Place the hard-boiled egg in cold water immediately upon taking them from the hot water.

Q. How can I cause the shells of hard-boiled eggs to come off easily, and also prevent the yolks from darkening?

A. Place the hard-boiled egg in cold water immediately upon taking them from the hot water.

Q. How can I cause the shells of hard-boiled eggs to come off easily, and also prevent the yolks from darkening?

A. Place the hard-boiled egg in cold water immediately upon taking them from the hot water.

Q. How can I cause the shells of hard-boiled eggs to come off easily, and also prevent the yolks from darkening?

A. Place the hard-boiled egg in cold water immediately upon taking them from the hot water.

Q. How can I cause the shells of hard-boiled eggs to come off easily, and also prevent the yolks from darkening?

A. Place the hard-boiled egg in cold water immediately upon taking them from the hot water.

Q. How can I cause the shells of hard-boiled eggs to come off easily, and also prevent the yolks from darkening?

A. Place the hard-boiled egg in cold water immediately upon taking them from the hot water.

Q. How can I cause the shells of hard-boiled eggs to come off easily, and also prevent the yolks from darkening?

A. Place the hard-boiled egg in cold water immediately upon taking them from the hot water.

Q. How can I cause the shells of hard-boiled eggs to come off easily, and also prevent the yolks from darkening?

A. Place the hard-boiled egg in cold water immediately upon taking them from the hot water.

Q. How can I cause the shells of hard-boiled eggs to come off easily, and also prevent the yolks from darkening?

A. Place the hard-boiled egg in cold water immediately upon taking them from the hot water.

Q. How can I cause the shells of hard-boiled eggs to come off easily, and also prevent the yolks from darkening?

A. Place the hard-boiled egg in cold water immediately upon taking them from the hot water.

Q. How can I cause the shells of hard-boiled eggs to come off easily, and also prevent the yolks from darkening?

A. Place the hard-boiled egg in cold water immediately upon taking them from the hot water.

Q. How can I cause the shells of hard-boiled eggs to come off easily, and also prevent the yolks from darkening?

A. Place the hard-boiled egg in cold water immediately upon taking them from the hot water.

Q. How can I cause the shells of hard-boiled eggs to come off easily, and also prevent the yolks from darkening?

A. Place the hard-boiled egg in cold water immediately upon taking them from the hot water.

Q. How can I cause the shells of hard-boiled eggs to come off easily, and also prevent the yolks from darkening?

A. Place the hard-boiled egg in cold water immediately upon taking them from the hot water.

Q. How can I cause the shells of hard-boiled eggs to come off easily, and also prevent the yolks from darkening?

A. Place the hard-boiled egg in cold water immediately upon taking them from the hot water.

Q. How can I cause the shells of hard-boiled eggs to come off easily, and also prevent the yolks from darkening?

A. Place the hard-boiled egg in cold water immediately upon taking them from the hot water.

Q. How can I cause the shells of hard-boiled eggs to come off easily, and also prevent the yolks from darkening?

A. Place the hard-boiled egg in cold water immediately upon taking them from the hot water.

Q. How can I cause the shells of hard-boiled eggs to come off easily, and also prevent the yolks from darkening?

A. Place the hard-boiled egg in cold water immediately upon taking them from the hot water.

Q. How can I cause the shells of hard-boiled eggs to come off easily, and also prevent the yolks from darkening?

A. Place the hard-boiled egg in cold water immediately upon taking them from the hot water.

Q. How can I cause the shells of hard-boiled eggs to come off easily, and also prevent the yolks from darkening?

A. Place the hard-boiled egg in cold water immediately upon taking them from the hot water.

Q. How can I cause the shells of hard-boiled eggs to come off easily, and also prevent the yolks from darkening?

A. Place the hard-boiled egg in cold water immediately upon taking them from the hot water.

Q. How can I cause the shells of hard-boiled eggs to come off easily, and also prevent the yolks from darkening?

A. Place the hard-boiled egg in cold water immediately upon taking them from the hot water.

Q. How can I cause the shells of hard-boiled eggs to come off easily, and also prevent the yolks from darkening?

A. Place the hard-boiled egg in cold water immediately upon taking them from the hot water.

Q. How can I cause the shells of hard-boiled eggs to come off easily, and also prevent the yolks from darkening?

A. Place the hard-boiled egg in cold water immediately upon taking them from the hot water.

Q. How can I cause the shells of hard-boiled eggs to come off easily, and also prevent the yolks from darkening?

A. Place the hard-boiled egg in cold water immediately upon taking them from the hot water.

Q. How can I cause the shells of hard-boiled eggs to come off easily, and also prevent the yolks from darkening?

A. Place the hard-boiled egg in cold water immediately upon taking them from the hot water.

Q. How can I cause the shells of hard-boiled eggs to come off easily, and also prevent the yolks from darkening?

A. Place the hard-boiled egg in cold water immediately upon taking them from the hot water.

Q. How can I cause the shells of hard-boiled eggs to come off easily, and also prevent the yolks from darkening?

A. Place the hard-boiled egg in cold water immediately upon taking them from the hot water.

Q. How can I cause the shells of hard-boiled eggs to come off easily, and also prevent the yolks from darkening?

A. Place the hard-boiled egg in cold water immediately upon taking them from the hot water.

Q. How can I cause the shells of hard-boiled eggs to come off easily, and also prevent the yolks from darkening?

A. Place the hard-boiled egg in cold water immediately upon taking them from the hot water.

Q. How can I cause the shells of hard-boiled eggs to come off easily, and also prevent the yolks from darkening?

A. Place the hard-boiled egg in cold water immediately upon taking them from the hot water.

Q. How can I cause the shells of hard-boiled eggs to come off easily, and also prevent the yolks from darkening?

A. Place the hard-boiled egg in cold water immediately upon taking them from the hot water.

Q. How can I cause the shells of hard-boiled eggs to come off easily, and also prevent the yolks from darkening?

A. Place the hard-boiled egg in cold water immediately upon taking them from the hot water.

Q. How can I cause the shells of hard-boiled eggs to come off easily, and also prevent the yolks from darkening?

A. Place the hard-boiled egg in cold water immediately upon taking them from the hot water.

Q. How can I cause the shells of hard-boiled eggs to come off easily, and also prevent the yolks from darkening?

A. Place the hard-boiled egg in cold water immediately upon taking them from the hot water.