Hints For Homebodies

Written for The Statesman by Jessie Allen Brown

Women Must Work

Municipal elections are over once again. Some of the women candidates were successful and some were not. Women differ from men over elections. Most men get out and canvas for themselves to try to ensure their election but very few women will do any canvassing for themselves. If women want women on their municipal boards, they will have to work for it. Women will not ask for support for themselves but they can get out and work for the other woman. Women are not experienced politicians and if they want to get any place, they need to take a leaf from the men's book and learn to work. Women must support their own candidates and not only vote for them but work for them.

Jessie Allen Brown

Too Many Movies

A woman said she was worried about her son, who is just entering his teens, as he wanted to spend all his time at the movies and never could find anything to do around home that did not bore him. She wished he would stay at home and read, but he was no reader. Wondering if there was anything much for him to read at home, the question was asked if they had many books. "Oh well, we have some books." Further questioning brought out that they are chiefly Dickens, Thackery and George Eliot, an inheritance from the father's side of the house, and not much else. Asking if the boy had many books, the reply was that he had a few but that his last new one was a Christmas present the year before last. Upon asking, the woman agreed that she would be willing to spend at least half as much on books as the boy spent on the movies. She agreed to give the boy money enough at the first of each month to buy a new book, but said she would like to choose it as she did not want him to buy trash. Doubting the ability of the woman to choose books the boy would like, we suggested that she get lists of the Star and Blue Ribbon books published at one dollar and one twenty-nine, knowing that she would not get trash among these, but re-prints of books worth owning, and let the boy choose his own. Something the mother would choose would be just another book but one that he chose himself would have a definite meaning to him. There are many other re-prints beside these particular ones to be had at reasonable prices but these lines have a great many non-fiction books. It is surprising the amount of non-fiction youngsters will read if it is available - boys especially. Library statistics show that children read a larger percentage of non-fiction than adults do. The plan is in the process of being tried. The first book chosen was Jules Verne's "Omnibus." Four books in one volume and a lot of good reading for the money. He has decided that his next book is to be one of Richard Haliburton's travel books, but it took a lot of time and study to decide this momentous question.

The Plan Worked

One thing leads to another. The boy in the story above, after buying his first book wished that he had a book-case in his own room to keep his books and decided that if he had the lumber he could make it himself. The parents gladly gave him the money and Dad helped figure out how much he would need but wisely left him to look after the purchasing himself. Dad has not helped any in the actual work but has been ready to show him how to use the tools and to give a little guidance on construction. And there is a new note of comradeship between Dad and his son. Some of the gang have hung around to see how the work was coming along and Mother has managed to give them a little something to eat, as a means of encouragement to come to the house. The movies are not nearly the problem they were. Much can be done about our problems by attacking them constructively instead of wringing our hands and bemoaning our fate. Do you spend as much on books as you do at the movies? I have no quarrel with the movies. I love to see a good picture. But after all, the movies leave only a memory and a book is something permanent to read and re-read. Round out your life and include both.

Those Dark Shades

Shadows under the eyes may improve some styles of beauty but dark circles improve no person's looks. They are a definite sign that something is wrong. Frequently these dark circles are caused by too much starch in the diet. The blood requires sufficient oxygen to make good red blood and when too much starch is eaten, there is too much carbon-dioxide in the blood and a consequent dark colour. To get rid of the shadows eat less bread, cake, pastry and candy and increase the quantity of fruits and vegetables.

Spiced Corned Beef

Cover the meat with cold water, bring to a boil, and skim. Simmer until the meat is tender, which usually takes about three hours, never letting the water boil hard. Add a half-cup mixed pickling spice to the water after it is skimmed. If the spice is put in a bag it is easier to remove. Let the meat partly cool in the water, then put in a bowl, cover with a plate and set a weight on top. Weights from your scales may be used or failing this, an iron. Slice when cold.

Corned Beef Salad

2½ cups corned beef, 2 cups diced potatoes, 1 cup finely chopped cabbage, 4 cucumber pickles. Cube the meat (canned corned beef may be used), add the other ingredients and mix with sufficient salad dressing to moisten. Let stand a little while before serving to blend.

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CANADIAN NATIONAL

Mr. and Mrs. R. Boddy Mark Golden Wedding At Oshawa Celebration

Fifty years ago, Rev. Samuel Salton united in marriage Robert Boddy and Mary Fursey at the Enniskillen parsonage. On Tuesday, February 8th, the happy couple, after fifty years of married life, celebrated their golden wedding at their home, Whiting Avenue, Oshawa.

Following that ceremony in 1888 the young couple established their home at Zion where Mr. Boddy operated a farm for thirteen years. In 1901 they moved into Oshawa and took up residence on Whiting Avenue, where they have resided ever since. Mr. Boddy being a valued employee of the Robson Leather Company.

The celebration took the form of a party at the home of the couple, when forty-five relatives, brothers and sisters, nephews and nieces gathered in their honor. The feature event of the evening was the presentation of a purse of money to Mr. and Mrs. Boddy, together with an address which was read by Mrs. Boddy's youngest brother, Alfred Fursey of Oshawa. Mr. Boddy's brother, Arthur, made the presentation.

High tribute was paid to the "bride and groom" for their kindness, love, hospitality and Christian character. The wish was expressed that they would see many more years of happiness.

Guests were present from Baltimore, Fortier, Man., Toronto and Bowmanville, as well as from Oshawa. A list of the guests follows: Mrs. Jas. Bennett, Miss Reta Bennett, Bowmanville; Mr. and Mrs. Sam French, Miss Clara Bunker, Toronto; Mr. and Mrs. John Burnett, Fortier, Man.; Mr. and Mrs. Frank Clapperton, Mr. and Mrs. Hiram Clapperton, Mrs. Allan Clapperton, Baltimore; Mr. and Mrs. Wm. C. Fursey, Mr. and Mrs. Thos. Fursey, Mr. Alfred Fursey, Mrs. Garnet Fursey and Janie, Mr. and Mrs. Thos. Allman, Mr. and Mrs. Jas. Allman, Mrs. Jos. Greentree, Mr. and Mrs. Jos. Boddy, Mr. Art Boddy, Mr. Allen Boddy, Mr. and Mrs. Wm. Boddy, Mr. and Mrs. Art Blight, Miss Helen Boddy, Miss Margaret Boddy, Mr. and Mrs. Lyman Gifford and Muriel, Mr. and Mrs. Harold Boddy, Miss Evelyn Boddy, Mr. and Mrs. Wm. Vinson, Mr. and Mrs. Gordon Bunker and Joy, all of Oshawa.

HEALTH

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DIABETES

Within the body lie certain glands which pour their secretions directly into the blood stream. These secretions are particularly powerful, and any abnormal condition which results in the alteration of one or other of the internal secretions, whether this be in quantity or quality, gives rise to serious disorder in the human body.

Situated close to the outlet of the stomach is the gland known as the pancreas. The pancreas produces an internal secretion, insulin, which allows the body to digest and use certain foods. The old idea that in diabetes, or the absence of the normal supply of insulin, the blood turns to water, comes from the fact that one of the first signs noted by the diabetic is that the amount of urine is considerably increased as is the frequency of voiding. Further, there is a thirst which seems impossible to quench, and, in spite of an increasing appetite, there is loss of weight.

Many mild cases of diabetes are detected when apparently well persons present themselves for medical examination in connection with life insurance, or for a periodic medical exemaination. These persons are the fortunate ones, for they are given the chance of early treatment and so avoid the dangers that attend the untreated, advanced stage of diabetes.

Before the discovery of insulin, the only treatment for diabetes was diet, and mild cases are still controlled by diet alone. The more advanced cases are treated by diet and insulin. Insulin is not a cure for diabetes. It supplies the body with the substance which the normal pancreas furnishes, and it must be taken regularly, being injected under the skin. Insulin does not replace dieting; it is always used in combination with diet.

The diabetic who follows the instructions of his doctor with regard to diet and insulin may expect to live a long and useful life. Because he has to take care of himself, he may outlive the non-diabetic. It is not easy to adhere to a diet. This is something for all of us to remember in our contacts with diabetics; we should help them, not tempt them, in their adherence to what they have been told and what they know is best for them.

Properly used, insulin has allowed to live many who, otherwise, would have died. It has made an active life a reality for many diabetics for whom diet alone had to be so restricted as to leave them weak and incapable of working. Insulin permits the young diabetic to live; before its discovery, the younger patients had but little hope. Every case of diabetes requires medical supervision in order that his or her particular needs may receive proper attention.

And vanity may be thinking things about yourself that other people would never think of thinking.

NEW HEART-SHAPED A LA MODE GLORIFIES CHERRY PIE

TO make cherry pie more than ever the dessert to serve for a February party, why not "a la mode" it with ice cream hearts? No gadgets or molds are needed to make the hearts—just dip the ice cream from the freezer with an ordinary tablespoon and unmold the spoonsful so that they form a heart on top of each piece of pie. The following ice cream recipe is especially recommended because it is a smooth, inexpensive "cream-less" variety and is just—the—right richness for an "a la mode." Combine ¾ cup sugar with 4 tablespoons flour and blend with 1 quart scalded milk. Heat over low flame, stirring constantly, until thickened. Remove from flame and pour 3 tablespoons of the mixture over 2 beaten egg yolks. Blend thoroughly and then add to custard mixture. Add ¼ teaspoon salt, and 2 teaspoons vanilla extract, and chill. Pour the mixture into a modern ice cream freezer. Beat 2 egg whites until stiff and pour over the ice cream mixture. Assemble the freezer, cover and pack with mixture of 3 parts crushed ice and 1 part rock salt. Turn crank slowly, but steadily. When the mixture becomes too stiff to turn, in 5 to 10 minutes, remove cover carefully, take out dasher, and pack down evenly with spoon. Cover ice cream with wax paper and replace cover. Draw off water and replenish ice and salt mixture. Cover and allow to harden at least one hour before serving.

Son of Former Bowmanville Man Killed In the Spanish Civil War

Some weeks ago we made reference to the death in Spain of Bryce Coleman, young Vanguard, Saskatchewan lad, who is a son of Mr. and Mrs. W. J. Coleman of that town. Mr. Coleman, Sr. is a native of Darlington Township and was educated at Bowmanville High School.

The Colemans are widely related in this district, being connected with the Baker, Langmaid, Annis, White, Pearce, Rickard and Orchard families in Darlington and Clarke. Last summer the family spent a few days in this district and a big family reunion was arranged by Miss Vera Baker of Solina in honour of the visitors.

In a letter to the editor Mr. Coleman explained that his son Bryce went to Spain purely on the basis of ideals. He fought for the Loyalist army and was killed several months ago.

In a Canadian Press despatch from New York, in which tribute is paid to the prowess and courage of the Canadian boys in Spain, reference is made to Bryce Coleman that will be of local interest.

Capt. Hans Amlie, commander of the Lincoln Battalion of the Spanish government forces, told the story to a Canadian Press representative.

Praises Coleman

There are one thousand Canadian volunteers, according to Amlie, fighting in Spain on behalf of the government. They are known as the MacKenzie-Papineau battalion and are fighting along with two United States battalions designated as the Lincoln and George Washington units. He says about 100 Canadians have been killed and the Americans have lost between 125 to 150 killed. Quoting from the Canadian Press interview with Captain Amlie, this officer said:

"While lavish in his praise of the fighting courage of all Canadians in general, Amlie singled out Bryce Coleman of Regina for special mention.

"'No medals are awarded among the government forces,' he said, 'but if they were I would cite Coleman for such an honor.'

"Then he told of the bravery Coleman showed at Villa Nueva: 'We had advanced beyond our water supply. An insurgent machine-gun on our flank swept the ground behind us. In the fierce heat of July, our position was serious. When night fell Coleman volunteered to go for water and slinging 20 canteens over his shoulders he crawled off in the darkness. He never returned. When we found him later we discovered he had reached the water and was halfway back before the machine-gunner pinged him.'

Served in France

"The grizzled veteran, who served in the Great War as non-commissioned officer of the United States marine corps, said the three North American battalions and British and other foreign units forming the International brigade are used as shock troops and the insurgents bring up reserves when they find them in the opposition.

"'Frequently we have scored successes by drawing insurgents reinforcements to points in front of us,' he said, 'then making a night march to another part of the line and attacking from there.'

"Amlie thinks little of the Italians as fighters, but praised the Moors who, he said, are mown down in droves but come on fearlessly until all are killed."

The reference by Captain Amlie to Bryce Coleman of Regina who was killed in action in July, 1937, while fighting in Spain, is interesting to all our readers, particularly those about Darlingford district where he was born and raised.

Bryce Coleman was born in Darlingford, May 5, 1908, the son of Mr. and Mrs. W. J. Coleman. His father taught school at Calf Mountain in 1908-09, as well as other rural schools of Pembina, and was a prominent football player. During the time Mr. Coleman taught at Calf Mountain school, there attended three of the sons of the late Ferris Bolton, killed in action at Vimy Ridge, and it was his teaching no doubt that instilled in his pupils that heroic endeavor to serve and sacrifice for any cause they espoused. It would be a fitting tribute to a brave soldier, for the Darlingford people to add another name to the list now on the walls of their Memorial.

The parents of Bryce Coleman reside at Vanguard, Sask., where the young man was educated. Three brothers and a sister also survive him. They are W. J. Coleman, Jr., of Saskatoon, Ralph at Winnipeg, Mac at Moose Jaw Normal School, and Jean, a nurse-in-training at Grace Hospital, Winnipeg. E. A. Coleman of Darlingford is an uncle, and the Fred Orchard family of Miami, other relatives.

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When anything irregular is to be feared, through improper use of your eyes, touching upon your health happiness, or success, they do not fail to send out some kind of warning and your own experience should teach you just how to understand some of the many warnings commonly expressed. The most common of course is headaches and blurred or noticeably reduced vision, but these are the follow-up of some minor warnings allowed to go unheeded such as weariness, nerve exhaustion, headaches, eyes watering, twitching of the lids, itchiness of eyes and reddened lid edges with a feeling of sand in the eyes, styes and inflamed eyes and lids.

When these symptoms are evident it is quite common for your eyesight to appear all right but your eyes are not all right, because for them to see in a normal way they are expending or wasting nerve energy. Don't wait for danger to be evident, if you are not sure about your eyes, make sure. Visit your optometrist.

(to be continued)

Current Issue of The New Outlook Makes Plea For Church Union

The New Outlook, organ of The United Church of Canada, makes some pointed remarks about church union in its current issue.

The leading editorial states: "Every one laments the tragic disunities of the Christian Church, but it is necessary to bear in mind that great movements sometimes shield small motives. Some people are spurred on by considerations of economy; they never rise much higher than a financial plane, and do not succeed very well even there. Others are in danger of being stampeded into negotiations by the criticisms of the outer world. It should be our shame that we give offence to those outside the Church, but it is certain we shall never achieve any abiding fellowship if merely the hostility of others has driven us to the shelter of a larger Church. There is also the twisted sense of values which delights in size and welcomes a larger Church simply because it is bigger. It is true, of course, that the arguments against union are usually far more worldly than those in favor of it, but the failings of others are never an excuse for unchristian methods of securing Christian ends.

"If union is to have any significance it must spring from an overwhelming sense of spiritual urgency. To bemoan the scandal of our divided state is too negative; we have to feel with irresistible force that together we can go out to do things which are entirely beyond us if we stand alone. It is not our aim to preserve a precarious existence by closing our ranks against the enemy; we must conquer this country in the name of Christ, and if we really believe that all minor difficulties (episcopacy and so on) will melt away.

"Without some such urgent feeling we shall never have the "will to union" without which all negotiations would be dead. If there is a strong desire for greater unity on the part of our people only good could follow. In that case we could preserve the distinctive contributions of each tradition within a Church which would be greater in spirit as well as in size. If we do not have the "will to union" we might still draft schemes for a comprehensive body. We might even settle down to work together on a level which would represent the lowest common denominator of all. If we wish it, we can have a United Church, but there are two conditions. We must catch a great enough vision of our task in this country, and we must have the will to make the vision real."

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OBITUARY

William Greenaway, Port Hope

Funeral services for William Greenaway, lifelong resident of Port Hope and district, and father of Leo Greenaway, former Bowmanville merchant, were held at his late residence, Friday afternoon. The services were largely attended by friends who gathered to pay final tribute to his memory, and interment was at St. John's Cemetery. Services were conducted by Rev. J. W. Gordon.

Mr. Greenaway died in hospital on Tuesday, Feb. 8th, following a brief illness, in his 86th year. Born at Port Hope, he had lived in this area throughout his entire life.

Mr. Greenaway had served as a member of the fire brigade and at one time belonged to a troop of cavalry which was captained by Charles Williams, a brother of Colonel Arthur Williams. He was a member of the Methodist Church and more recently, of the United Church here. In April, 1874, he married Julia Ann Thompson, who predeceased him four years ago.

Surviving are two sons, Captain Thomas E. Bert Greenaway of Cleveland, Ohio, and Leo Greenaway, Port Hope.

Mrs. Fred J. Clemens, Oshawa

Following an illness of some months Ethel Richards, wife of Frederick J. Clemens, passed away Feb. 9th, in Oshawa. She was in her 64th year. She has been a resident of Oshawa and Bowmanville for the past 38 years. Surviving besides her husband are a daughter, Mrs. D. D. McKay, and a son, Delbert, both of Oshawa; three brothers, George Richards, Regina, Sask.; Alfred, of Enniskillen, and Ernest of Scarboro, and one sister, Mrs. H. H. Todgham, of Walkerville.

The funeral service was conducted on Friday from the home of her daughter, Mrs. D. D. McKay, 421 Mary St., Oshawa, and interment was made in the Union Cemetery. Rev. W. R. Tanton, pastor of Simcoe Street United Church of which she was a member, conducted the service.

Mrs. W. J. Orchard, Tregarva, Sask.

Mrs. W. J. Orchard of Tregarva, Sask., formerly Ettie Davey of Leskard, Ont., passed to her rest at Regina on February 9th. Mrs. Orchard was greatly beloved by a large circle of friends in many parts of the province, being especially well known through her activities in the Woman's Missionary Society as well as other forms of church nd community work. She is survived by her husband; one son, J. G. Orchard, of Regina; a daughter, Mrs. W. R. Flanagan of Balgonie, Sask.; and her sister, Mrs. J. J. Thornton of Manor, Sask. She was 67 years of age and if she had lived till August would have reached her fortieth wedding anniversary.

Chas. Hynds, Lumsden, Sask.

Charles Hynds, 77, who spent a lifetime at the printing trade and for thirty-four years editor of the Lumsden (Sask.) News Record, died February 13, after a lengthy illness. Mr. Hynds is survived by his widow, three brothers, Joseph, formerly of Bowmanville, William and Samuel in Toronto, and one sister, Mrs. Goggins, Milton, N.D. Mr. Hynds was born in Guelph and learned the printing business with the Fergus News Record. In 1892 at Toronto he married Miss Ada Armstrong, and in 1904 they moved to Lumsden, twenty-five miles northwest of Regina.

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