

Mainly for Women

Timely Topics for Women

BY BARBARA BAINES

WALK AND KEEP FIT

October's glorious weather invites you to come out and walk. The air is just rummy enough to be stimulating, the sunshine as good as a tonic, and the ever-changing brilliance of the foliage a source of pleasure and delight.

Probably during a recent week-end you did go for a tramp in the woods. You saw a frightened rabbit dart into its burrow. You watched the squirrels making ready for winter. It made you feel young and care-free again to hear the rustle of the leaves underfoot. You came back tired—but it was a nice, relaxed sort of tiredness. You wondered why you didn't take such a trip more often.

Well, why don't you? You have too many other things to do? Your haven't time? But you have all the time there is! And if you could only see the glow on your cheeks, the sparkle in your eyes on your return you would plan a daily walk no matter what else was left undone.

We have often been told during the last year that, as a people, we have become soft. We ride around too much in our automobiles. We sit indoors too much. We eat too much. Too often our only recreation is the movies or late parties. You all know what the consequences are—sagging muscles, heaviness, tiredness, and sooner or later poor health and "doctoring."

And it is all so needless! A daily walk of even a mile or two is enough to keep the blood circulating freely, the muscles toned-up and in condition, and the body functioning as it should. The medical profession all agree that walking is one of the healthiest of exercises. Through it the body gains poise and co-ordination. The mind is refreshed, the figure improved and the general health built up.

To derive the greatest benefit from walking one should stride along with a free step, arms swinging, and head high—and, if you can remember, the tummy held in. Ideally, of course, the place to walk is in the country—through woods and lanes and over grassy fields. But a city park, or even the pavement in better than no walk at all. Shoes should be comfortable and clothing not too heavy.

It is a good idea, when setting out to have some definite place in mind, some point of interest, or some spot as yet unexplored. That is what gives your walk purpose, and make you step along briskly. If you walk fast enough you may work up a perspiration. It is good for you, if you do not catch cold after, because it helps rid the body of poisons. Not only does walking give health, but it adds to your zest for living, but it improves your appearance. It helps to keep your weight under control, to flatten the diaphragm and slim the hips. It keeps you supple and your figure young-looking. And, incidentally, it makes your clothes hang better.

Mrs. Jeanette McMahon, director of the Women's League of Health and Beauty says: "It is not the fat people who are good-natured; it is the healthy. And if you want to be healthy exercise."

The grand thing about walking is that it is an exercise habit that both young and old can acquire and enjoy. It costs nothing but shoe-leather, and it pays the finest all-round dividends in health.

So do not pass up these grand autumn days. Get out and walk. Form the habit now while the air is cool and invigorating and Nature is wearing her most beautiful robes.

BUY BRITISH

The women of Canada have the spending of approximately eighty-five percent of our national income. Probably few, as they plan the spending of their own family income, realize what a large sum this amounts to in the course of a year, or what a powerful weapon for winning the war is in their hands.

Britain is grateful for the gallant men who have enlisted in our fighting forces, grateful for the machines of war and munitions which are being sent her—but we cannot all be on active service or working at war industries. There is, though, one important contribution we can each make toward victory—and that is on the economic front. We can buy British goods.

Britain's export trade is the fourth arm of her defense, the means whereby she gets Canadian and American exchange to pay for her huge war orders. While fighting for survival, and working desperately to keep her war industries going at top speed, her people are making equal sacrifices to keep up the steady stream of goods for export. They are doing without things themselves that there may be more to ship abroad, and her merchant fleet braves the dangers of the Atlantic to bring to us the products of her mills, collieries and factories.

Have you seen some of the recent displays of British goods in the shops? It would be no sacrifice on my part to wear one of the beautiful sport outfits now on the market. The woollen skirts and sweaters and plaid jackets; the Harris tweed coats; the reversible "rain or shine" coats; the wool dresses for casual wear. All rank high as to both quality and style.

Wandering through the yard goods section of one of the large stores, I was quite enthralled by the beautiful colorings exhibited—boucles, nubby weaves, twills, rabbit's hair wools, duvetyns, sueded tweeds—a distinctive display in all the new reds, greens, browns and black that stylists are featuring for Autumn and Winter. Close by there was another equally attractive selection of fine wool crepes and other dress materials from English and Scottish mills. In the drapery department beautiful English floral steatens, colourful chintzes, Liberty prints, hand-blocked linens and heavy shadow cloths vied with each other in loveliness and quality.

For a century men's styles have been set in London. Men's togery from Savile Row has long been tops. The best shoes in the world are made of British leather by British shoemakers. Canadian men are proud to wear suits and topcoats of fine English materials, a pair of Balmorals or Brogues from one of the old English shoe houses, and English socks and a Liberty silk tie to complete the outfit.

Everyone knows the beauty and value of British leather goods and luggage, of British china and glass, of British toiletries and cutlery. Many of you have bought English sheeting and other cotton goods, motor-rugs, woollen dressing gowns, English drugs, and an endless list of other British goods, and you know the quality is high and prices reasonable.

From entirely selfish motives it would pay Canadian women to buy more British made goods, and in addition we would be HELPING TO WIN THE WAR. There are thousands of women's clubs, lodges and societies, with a total membership of millions in the Dominion. What a tremendous influence they would exert if they united to back a Buy-British movement; if communities of representative women were appointed to arrange for fashion shows and displays of British goods, and to promote their sale, not only in this country, but in our great neighbour to the south. Let us Buy-British and make our dollars serve our Empire.

BOOK REVIEW

"THERE IS ALWAYS LOVE"

BY EMILIE LORING

For those who like light and entertaining reading "There is Always Love" is to be recommended. Love and mystery march hand in hand to keep your interest alive until the last page is turned.

The heroine of the story is Linda Bourne, a pretty small-town girl. Men found her very attractive which greatly annoyed her elder sister, Lester, whose beau always seemed to prefer Linda as soon as they met her. Her mother was annoyed by her popularity, and finally she shook the dust of New England from her shapely feet and went to New York to find a job and learn of life. She did both.

At first she was lonely but soon she had three young men to help her drive away the blues—the faithful swain from home, her boss and a young competitor of her boss. She gets a bit fed up with the devious ways of business and takes position as companion-secretary with a very wealthy old lady who has an enormous castle which is to be sold. Intrigue, mystery, crime and love march simultaneously from there on to a climatic ending.

LET ME REMIND YOU

There is only one way to get ready for immortality, and that is to love this life and live it as bravely and faithfully, and cheerfully as we can.

NEWS ABOUT FOOD

Red cabbage is on the market now—fresh, firm and crisp. When pickled it will keep indefinitely in a covered crock, and is very tasty when served with hot meats.

Red Cabbage Pickle

1 large (or two small) cabbage (finely shredded)
3 cups vinegar
1 cup white sugar
1 teaspoon salt
2 tablespoons mixed pickling spices (tied in cheesecloth bag)
Heat the vinegar, sugar, salt and spices to almost boiling point. Add the cabbage slowly, stirring. Let stand at low heat for 10 minutes. Pour into a small crock. When cool cover. Next day remove the bag of spices and the pickle is ready for use.

INTERNATIONAL UNIFORM SUNDAY SCHOOL LESSON

CHRISTIAN MOTIVES FOR ABSTINENCE

SUNDAY, OCTOBER 27, 1940

GOLDEN TEXT: "For the kingdom of God is not meat and drink; but righteousness, and peace, and joy in the Holy Ghost." Romans 14:17.

LESSON PASSAGE: Luke 1: 13-19; 2: 40; 4: 4; 5: 21, 28, 32.

Land of our birth, we pledge to thee Our love and toll in the years to be. When we are grown and take our place As men and women with our own.

Child Welfare, 13-15

Child welfare is a Christian motive for abstinence from beverage alcohol. Scientists have termed beverage alcohol a racial poison because it causes degeneracy. A year ago a magazine published pictures of the huge stores of liquor provided for soldiers in the Maginot Line. In August 1940, the French Government drastically curtailed the sale of strong drinks and a government spokesman said that alcoholism had a large share of the blame for the fall of France. Before this new decree, France had the highest per capita consumption of alcohol of all the nations. "The first line of a nation's defense is not its battleships, airplanes and submarines. It is the morale of the nation. And this depends upon the physical fitness of the people. Bad health is bad business." The parents of John the Baptist had consecrated their son to the service of God. They wanted him to be strong in body and mind so they brought him up as a Nazirite, pledged not to use intoxicating drinks. Many parents do not use beverage alcohol because they want to set the highest example and be able consistently to commend abstinence to their children.

Religious Purpose, 16, 40, 4

Religious devotion is a Christian motive for abstinence from beverage alcohol. Canada has twenty-five thousand churches and about ten thousand places of sale for intoxicants. The two sets of institutions work at cross purposes. Canada's strength has come through national character. Religion builds up control while the drink habit breaks down control. Influential leaders of religion must be disciplined, men and women. Self-indulgence robs leaders of the right to command. Christ said that man does not live by bread alone. The Kingdom of heaven is not meat and drink; it is to do with the mind, heart and will. "God created the universe. Daily we are remaking it. The entire universe is different for the man who lives in a house; different again for the man who learns to drive an automobile. Once again it changes when he pilots an airplane. We have to choose whether we will be builders with God of a better world or builders with the devil of a worse."

Conservation of Health, 21, 25

Stewardship of wealth, both private and national, is a Christian motive for abstinence from beverage alcohol. The official estimate of Canada's gold products for 1940 is two hundred million dollars. For a period of twenty years the annual increase of Canadian gold production has been ten per cent. This has been the most helpful during years of depression and even more so now, in view of war expenditures. Yet every year Canada is spending nearly two hundred million dollars in the retail purchase of beverage alcohol, practically the equivalent of Canada's gold production. There is a great difference, however, between the mining and alcohol industries. The stock holders of gold mines sometimes make large profits, the workmen make high wages, manufacturers of machinery get orders. The gold is a commodity of permanent value. The owners of distilleries and breweries make large profits, but a relatively fewer number of workers are employed and the consumers of beverage alcohol have nothing lasting or tangible to show for their spending. It is a waste of grain, money and efficiency.

Skills and Scholarship, 43, 44

Self-improvement through education and the acquiring of scientific skills is a Christian motive for abstinence from beverage alcohol. Canada spends \$135,000,000 annually upon education and nearly \$200,000,000 upon beverage alcohol. Let a morning paper tell of the fruits of the two institutions. One column tells of high school graduates who have won university scholarships. The awards will make it possible for dozens of young Canadians to go on to universities. Another column headed "Before the Magistrate" begins thus: "Two men who pleaded guilty to driving while drunk were sent to jail for seven days by Magistrate A. In city police court today. Both had their drivers' licenses suspended for six months and their cars were ordered impounded for half that period." "It was more of a joke than anything else," explained the lawyer who appeared for a young man who pleaded guilty to a charge of assault. The accused had grabbed a stranger in a beer parlour and dislocated the man's elbow. The joke cost \$20. "John" got a bit drunk and got into the wrong house. Anxious to get police to the house as soon as he awoke, he turned in a fire alarm. When all the excitement was over, John found himself under arrest charged with being drunk on the street and with turning in a false alarm. He pleaded guilty to both charges and was fined \$20 each. "Every free is known by its own fruit."

own fruit.

The Inner Life, 45
Character is a Christian motive for abstinence from beverage alcohol. Booth Tarkington said that men drink to forget life by living for a time in "comedy." The whole structure of social drinking customs, songs, brilliant repartee, and the blinding challenge of the sidewalk drunk, is based upon the pleasure of illusion. The cure is to be found in the substitution of reality. We may develop a satisfying thought life. We may have a circle of friends whose companionship gives us pleasure, or find hobbies with which to beguile our spare time. We may consecrate ourselves to the purpose of building the good society on earth and lose all self-indulgent desires in one great inspiring passion for a better world. In the long run our conduct is the index of our character.

- Questions for Discussion
1. Is alcoholism a hereditary disease?
 2. What do you observe about social groups on Saturday nights and Sunday mornings?
 3. How would voluntary total abstinence conserve wealth for war service?
 4. Is it constructive, social engineering for Canada to spend more on drink than on education?
 5. What positive policies do you suggest to curb the alcohol evil?
- (Lesson Outlines copyrighted by the International Council of Religious Education. Used by permission.)

Our mailing list has been corrected up to date. Please check your label.

WE DO
PRINTING
OF
Every Description



HER LOAF OF WHITE BREAD
Wins First Prize
AT THE CANADIAN NATIONAL EXHIBITION
MRS. W. C. ANDREW, STREITVILLE, ONT.

"When I took my prizewinning loaf out of the oven," says Mrs. Andrew, "I thought it was the nicest loaf of bread I had ever made. But I did not dream it would get first prize."

Yet, in face of stiff competition, Mrs. Andrew did win the highest prize. And now—what does this champion say about her baking methods? Has she any secrets? Here are her own words: "I measured the ingredients for my prize loaf very carefully and of course I used Robin Hood Flour. For six years I have used this flour right along and I bake bread every week. When I first began baking with Robin Hood I noticed an improvement in my bread immediately, not only in the ease with which it kneads up, but in the flavour and texture of my bread and rolls. After kneading dough carefully, I try to make each loaf a nice bal-

anced shape, so that it will bake out as a well-proportioned loaf with an even, golden colour. I enjoy baking for local fairs, but this is the first time I have won first prize at the big exhibition. And I certainly think Robin Hood Flour should have a lot of the credit, for high quality flour makes high quality bread every time."

Why not follow the example of this champion bread baker and use Robin Hood Flour yourself. Order it the very next time you need flour! The first, second, third and fourth prizes for white bread at the Canadian National Exhibition were all won with Robin Hood Flour, so it must be good! Every bag contains a money-back-plus-10-per-cent guarantee certificate.

Evangelist

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ROBIN HOOD FLOUR MILLS LIMITED

Robin Hood Flour
Milled from Washed Wheat

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POPPING CORN	lb.	9c
PUMPKIN FACES Biscuits	lb.	15c
BUTTER TARTS Christie's	2 for	5c
FRUIT LOAF CAKE Christie's	ea.	25c
MINCEMEAT Maple Leaf	2 lbs.	25c
VELVEETA CHEESE	1/2-lb. pkg.	15c



Start's Raspberry or Strawberry JAM with pectin 32-oz. jar 23c

Burford Ontario

PEACHES 15-oz. tin **10c**

PEANUT BUTTER	2 lb.	25c
FRY'S COCOA	1/2-lb. tin	19c
PORK and BEANS Clark's	2 No. 2 1/2 tins	21c
C. & S. COFFEE Drip or Regular	1-lb. tin	45c
SWANSDOWN Cake Flour	pkg.	23c
QUICK QUAKER OATS	1-g. pkg.	17c
HEINZ KETCHUP	2 lg. btl.	35c
HEINZ INFANTS FOODS	3 tins	25c

Spaghetti or Ready Cut

MACARONI 3 lbs. **11c**

Singapore Sliced

PINEAPPLE 2 16-oz. tins **23c**

OLD CHEESE	lb.	26c
HEINZ VINEGAR	1-g. btl.	24c
TOMATO SOUP Heinz	2 16-oz. tins	25c
PRINCESS FLAKES Giant Deal	34c	
STICKY FLY COILS	3 for	5c

Sweet Jalapeno	doz.	29c
LARGE JULY — Texas	4 for	25c
Also Cauliflower, Cabbage, Spinach, Green Onions, Radishes, Red Cabbage, etc.		

Sweet Yellow TURNIPS	per lb.	2c
CARROTS or PARSNIPS	19c	

6 Quart basket

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