

Voice of the Press

Canada, The Empire and The World at Large

CANADA

EDITOR IS BOTHERED

If only there weren't so many people pestering and boring everybody else with a lot of silly opinions about a lot of silly subjects that nobody really cares two hoots about, anyhow—including nine-tenths of the current state of Europe.—Vancouver Province.

FOR COMMERCIAL GIRLS

The 14th birthday tea party of the Commercial Girls' Club of Winnipeg marked another anniversary of one of the most remarkable and inspiring public service enterprises which have been launched in this city.

Three years ago, with the greatest possible efficiency and discretion the club was formed, and formulated its constitution and by-laws, the object of which was to take care of the girls employed in commercial pursuits who might fall on hard times through the depression—which three years ago was looming over the whole community as an immediate menace.

Under highly capable and conscientious management, given voluntarily by the successive executive boards of the club, composed of commercial girls themselves, the club has now an excellent record of most valuable work. Its members have given it loyal support, and initiative and originality have characterized the management.—Winnipeg Free Press.

THE MODERN GIRL

The old-fashioned woman who used to boast about the number of glasses of jelly she could get out of a gallon of fruit has a daughter who brags about the number of miles she gets out of a gallon of gas.—Tweed News.

TEACHING PEOPLE TO LIVE

How to teach people to live so that they may enjoy health and avoid sickness is a problem that has not been solved. Whether it can be done by education is a question.

Most people prefer to live their own lives according to their own ideas and are inclined to look with contempt on matters of diet, sleep, fresh air, the avoidance of excesses of every kind and restrictions that would interfere in any way with their personal liberty.

Nevertheless it is perfectly true to say that thousands of people have benefited greatly by the information that has been disseminated, with the result that they have been almost totally free from sickness of any serious kind for many years.—Brantford Expositor.

OUR LUMBER EXPORTS

The lumber export situation is not without its difficulties; the solution appears to be in the appointment of one representative for Canada, charged with the duty of promoting impartially Canadian forest products, regardless of the place of origin.

By this plan Canada will not divide her propagandist force; on the contrary, it will give solidarity and uniformity to every effort to extend the market. There are, of course, ardent advocates of separate Eastern Canadian representation, who believe that only by such a method can the East obtain an adequate presentation of the qualities and uses of Eastern woods, a larger number of orders, and new markets.

It is suggested, however, that on balance, a Dominion-wide representative is the most logical plan, and that its advantages outweigh those claimed for sectional representation.—Canada Lumberman.

BACK TO THE LAND

Anything that can be done to add to the convenience, comfort, enjoyment and profit of the farmer should not be overlooked, because, as we have said, it is desirable to get more people back to the land, thus easing the pressure on towns and cities that were congested before the great unemployment problem came upon us and that are fairly overflowing with workless people today.—Border Cities Star.

NO DAMAGES FOR NEGLIGENCE

In an action tried before a Middlesex jury the other day, in which damages for injuries were asked, a verdict was given that will have a very widespread effect on all cases of compensation for injuries suffered. Suit was entered against the Melbourne Agricultural Society by a father on behalf of his son, ten years old, who was injured on the racetrack at the fair. In spite of warnings given to keep off the track through a loud-speaker he persisted in getting into the zone of danger, with the result that he was knocked down by a race-horse, receiving injuries to his knee.

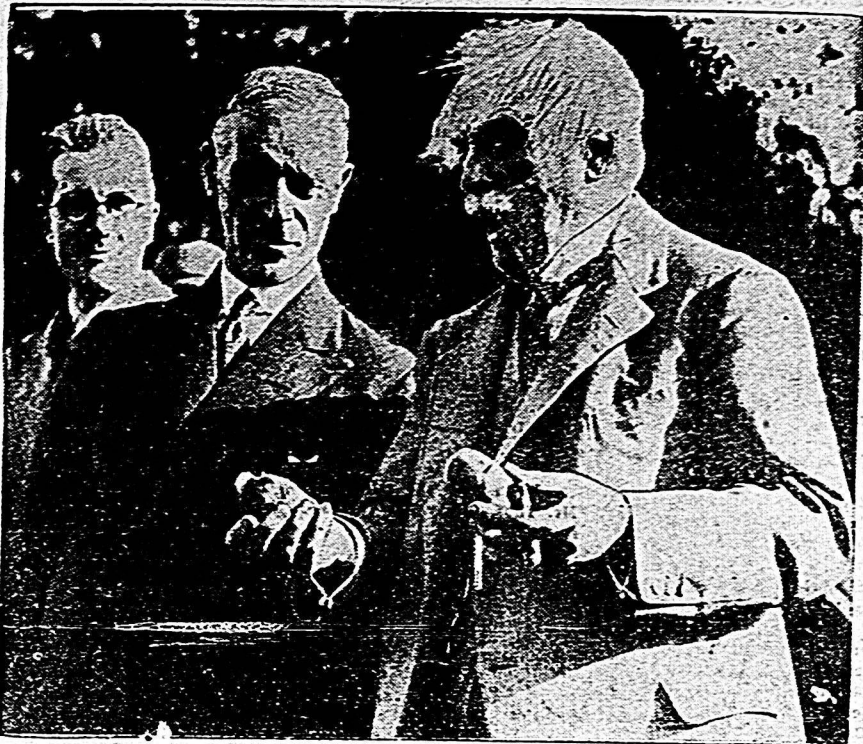
The jury deliberated on the case and found that the boy had suffered on account of his own carelessness and hence was not entitled to damages.

The significance of the verdict is that it throws the responsibility on people themselves for exercising reasonable caution. If they are careless and negligent they cannot expect to collect damages from others on the ground that the latter are responsible for their safety. It is possible that if this principle were pressed more energetically there would be fewer accidents.—Brantford Expositor.

A "DATE" BUREAU

Women students at the University of Toronto are reported to be bitterly complaining that, despite their charms, they are experiencing great difficulty in "finding a man." So now they propose to establish a date bureau on the campus, where boys and girls can leave their names when they desire a partner to attend a show,

Lloyd George Potato Expert



Lloyd George, war-time Premier of Great Britain, threw open his farm, Bron-y-de, at Churt, England, for a demonstration of the manuring and spacing of potatoes organized by the Surrey Agricultural Committee. Lloyd George also acted as host at a tea to those attending the demonstration. This picture shows Lloyd George (right) airing his views on potatoes during the demonstration.

of friend, one hat; wounded in left rump, one horse.

It's a good job they didn't have machine-guns in those days.—J. Butterfield, in the Vancouver Province.

SUNDAY SCHOOL LESSON

The Christian Citizen (Armistice Day) Golden Text—All they that take the sword shall perish with the sword. Matt. 26:52.

TIME—Paul wrote Galatians in A. D. 57. The armistice which ended the World War was signed at Senlis, Nov. 11, 1918.

PLACE—The Epistle was written in Corinth where Paul spent three months at the close of his third missionary journey.

"For ye, brethren, were called for freedom." Christ said to the Jews that believed on him, ye shall know the truth, and the truth shall make you free. "Only use not your freedom for an occasion to the flesh." Do not understand that liberty involves license. "But through love be servants one to another." All living to the flesh is selfish living and the way out of it is unselfish living.

"For the whole law (the law of Moses) is fulfilled in one word." That is in one precept one commandment. "Even in this; Thou shalt love thy neighbor as thyself." This love of one's neighbor summarizes the setting forth our duty toward men; and how about the first table, setting forth our duty toward God? Paul of course does not intend to omit that or slight it, but he has in mind the immediate circumstances.

"But if ye bite and devour one another." The words are of course used figuratively to denote attacks made under the influence of evil passions, and especially through the rancor of party spirit. "Take heed that ye be not consumed one of another." Paul warns his readers that, if they so far forget the law of love as to act like wild beasts, they will thereby destroy their spiritual life and themselves.

"But I say, walk by the Spirit." What does that mean, Walk by the Spirit? It means live as if you were God's children and God were looking upon you as a father. "And ye shall not fulfill the lust of the flesh." The temptations to sin, and especially to the four sins which beset the Galatians recent converts from the most degrading heathenism are only to be met and conquered by the Holy Spirit in one's heart.

"For the flesh lusteth against the Spirit, and the Spirit against the flesh." Weymouth's translation is good. "For the cravings of the lower nature are opposed to those of the Spirit, and the cravings of the Spirit are opposed to those of the lower nature." For these are contrary the one to the other." Christ expressed the thought strongly in his sentence, "Ye cannot serve God and mammon."

"That ye may do the things that ye would." Paul did not say, as the Authorized Version reads "Ye cannot do these things that ye would." Either defeat or victory is possible.

"But if ye are led by the Spirit, ye are not under the law." What the apostle affirms here is this: It is in the course of your lives you are habitually swayed by the inward motions of the Spirit of God then you are not subject to the law of the old covenant.

"Now the works of the flesh are manifest." By the flesh Paul meant man's carnal appetites. The apostle casts no discredit upon the human body, that marvellous exhibition of the Creator's skill, or that body may become the very temple of God, but alas! how many men refile God's temple of the body.

"Which are these, fornication, uncleanness, lasciviousness." These sins of licentiousness were common accompaniments of idolatry and the very worship in heathen temples openly incited men and women to them. "Idolatry." This sums up the three preceding sins being so intimately associated with them, "Sorcery." The use of charms and magic. "Enmities, divisions, parties." This heaping up of ugly words describes the ugly condition of the Galatian Church, quarrels of all sorts being fomented by the Jews.

"Envyings." Another sin allied to the sins of strife just mentioned. "Drunkenness, revellings, and such like." Drunkenness refers to brutal intoxication; revellings to riotous conduct under the influence of liquor especially at night. "Of which I forewarn you (margin 'tell you plainly) even as I did forewarn you." No particular admonition is here specified; warnings against these sins of course formed the staple of many former discourses.

"That they who practise such things shall not inherit the kingdom of God." God's kingdom is the reign of righteousness, purity and peace.

"But the fruit of the Spirit." Note that Paul writes of the works of the flesh in the plural but the fruit of the Spirit in the singular. Evil is divisive, producing many varying results, each differently horrible; but good is unified, springing from the central Source of all blessedness, and its results are of one nature. "Is love." We know now what God's gift at Pentecost was—the love that makes men holy, the power to be Christ-like. Joy, peace, long-suffering, kindness, goodness, faithfulness. Peace is the impassioned quest for God's goodness and spiritual greatness. Peace is not the dull stupid experience that hides its head in the sand and sees no danger and is never agitated because too ignorant to sense danger.

"Meekness, self control." The last quality is translated "temperance" in the King James version but the Greek word means literally self control or self mastery.

"Against such there is no law." It is impossible to think of a law against love, joy, peace, or any other of the Christian graces. Possess them, and you are free from the law.

"And they that are of Christ Jesus have crucified the flesh with the passions and the lusts thereof." If the Christian is risen with Christ above the death of sin, it is because he has been nailed to Christ's cross before-hand, has shared the sufferings of the Saviour, partaken of his death, received his sacrificial atonement. We are here at the very heart of our religion.

"If we live by the spirit, by the Spirit let us walk." The Holy Spirit, dwelling in us, is our life, the very existence of our soul.

"Let us not become vainglorious." Why should we be proud? What have we of which to be vain? Is it not all of the Holy Spirit? "Provoking one another." By our quarrelling and by our conceit. "Envyng one another." Not only challenging others to contend for the palm of superiority (pro-

oking them) but hating them for what superiority they may now have. But when vanity breeds withering envy, love can have wholesome emulations.

Here and There

British film-goers pay admission to the cinemas of the country at the rate of 18,500,000 a week.

While drunkenness and crime are decreasing in London, civil actions in the Law Courts are increasing.

Valued at \$1,000,000 an ounce, the world's rarest metal, named Actinium, is stated to be much more powerful than radium and lasts twenty times as long.

The numbers of rich men are decreasing in France as well as in the United States and this country; in the first country there are only about 291 persons with incomes of £12,000 or over, a decrease of 460 in three years.

Using teleprinters, by means of which messages typed on a machine in one city can be reproduced in any other office similarly equipped, experts can send up to 100 telegrams an hour. By the Morse system fifty messages was a good hour's work.

Poppy Day, 1933, in the United Kingdom, showed an increase of about £30,000 over the previous year, the total being £511,853.

Fashion favours diamonds just now, smart women even wearing slides set with these stones in their hair.

Over crowding is bad in various parts of London, including Finsbury, where more than twenty-five per cent of the population live more than two in a room.

Translations of the Scriptures were made in eleven new languages last year, the total number of Bibles distributed throughout the year being 10,932,203, in 678 languages.

America holds many towns which have taken their names from English places. There are thirteen Bristols, thirteen Oxfords, nine Plymouths, seven Yorks, seven Baths, and six Cambridges.

There are no horses, cows, or sheep on one thousand-acre farm in Norfolk, where all the work is done by machinery, including one plant which can, using nothing but hot air, dry two tons of wheat in an hour.

Oldest Clock in Canada Bears Date 1444

Belmont, Ont.—"Sick bedroom clock" believed to be the oldest in Canada, bearing the trade mark Le Roy, Paris, and dated 1444, is owned by Mildred Barrows here. The clock, brought from England by her grandfather, answers the descriptions of the earliest clocks made by a German, Henry De Wyck, in 1379, and erected in Paris for Charles V.



Woman's World

By Mair M. Morgan

HOT BREADS

Hot breads are always greeted with delight when they appear on the family table, despite the fact that stern dietitians warn us they are not easy to digest. The average, normally healthy person, however, may indulge in delectable rolls and muffins without anxiety.

Rolls and muffins find a place in any meal from breakfast to supper. Toasted muffins are perfect with afternoon tea. Parker-house rolls are used for quite formal luncheons and informal dinners permitting a bread-stuff. Tiny, hot buttered rolls combined with muffins made with various flours or meals, such as graham muffins and cornmeal muffins make up a tray which is most satisfactory to serve at a luncheon or supper. And don't forget that the simplest home meal gains interest if hot rolls are served with preserves.

Rolls made with yeast are not hard for even the most inexperienced baker to accomplish. By increasing the amount of yeast the process is shortened and we may serve fresh, hot rolls within three hours after starting them. Or the dough may be kept in the ice-box for several days, ready to shape into rolls.

Parker-House Rolls

Two cups scalded milk, 4 tablespoons butter, 2 tablespoons sugar, 2 teaspoons salt, 1 yeast cake, 1 cup lukewarm water, 6 cups flour.

Put scalded milk into large mixing bowl. Add butter, salt and sugar and cool to lukewarm temperature. Break yeast into tiny pieces and add lukewarm water. Let the yeast dissolve while the milk is cooling. Add dissolved yeast to lukewarm milk mixture. Add three cups sifted flour, beat thoroughly, cover and let rise in a warm place for one hour. The mixture will become light and porous. Add remaining flour and turn out on molding board to knead until the dough is elastic and smooth. Put this dough into an oiled mixing bowl, cover and let rise in a warm place a second time, until doubled in bulk. It will take about one and one-half hours. Turn out on a lightly floured board and knead again. Then roll with a rolling pin into a sheet about one-half inch thick. Shape with a biscuit cutter dipped in flour. Dip the dull edge of a case knife in flour and crease through the centre of each round. Brush over one-half of each piece with softened butter and fold other half over. Press edges firmly together. Place in an oiled pan, about an inch apart, cover and let rise in a warm place for forty-five minutes. The rolls should double in bulk. Bake in a hot oven (425 degrees F.) for twenty minutes. Tiny rolls will bake in fifteen minutes and of course larger ones will need as much as thirty minutes.

Soft Graham Bread

Three cups graham flour, 1 cup white flour, 1 teaspoon salt, 1/2 cup molasses, or 1/4 cup sugar, 2 tablespoons butter, 1/2 yeast cake, 1 1/2 cups warm water.

Dissolve yeast with a little of the lukewarm water, mix the other ingredients in order given and add sufficient lukewarm water to make a soft dough. Cover bowl and set in warm place. When dough is light beat it and pour into bread pans, filling them half full. When light, bake in a moderate oven.

Raisin Bread

One pint hot milk or water, 1-5 cup butter or other shortening, 1/2 cup sugar, 1 teaspoon salt, 1 egg beaten, 1/2 cup raisins, 8 cups flour, 1/2 oz. cake of yeast.

Crumble yeast and dissolve in a cup with a teaspoon of sugar and 1/2 cup of milk made lukewarm. Set aside in warm place. Pour rest of the milk over butter, sugar and salt in a mixing bowl and when lukewarm add yeast and egg. Mix and knead well on bread board with the rest of the ingredients, using more flour if necessary until smooth and elastic. Return to bowl, cover closely and set in warm place till double its bulk. Form into plain loaves or divide dough into 3 or 4 parts, roll into long strands and with 3 of the strands make a braid. Place in large twist like a rope and lay lengthwise down centre of bread. Brush with yolks of egg beaten, sprinkle with poppy seed over all. Let rise until double its bulk. Bake in moderate oven 1/2 hour until well done and brown.

Brown Nut Bread

1 1/2 cups graham flour, 3/4 cup wheat flour, 1 1/2 cups sour milk, 1-3

cup molasses, 1/2 teaspoon salt, 1 1/2 teaspoons soda, 1/2 cup broken walnuts.

Mix dry ingredients, add milk to molasses and stir well to a smooth batter, but meats last. Place in greased bread pan and bake in moderately slow oven 1 hour.

Corn Bread

1 cup flour, 3 cup cornmeal, 4 tablespoons sugar, 1 egg, 4 teaspoons baking powder, 1 cup sweet milk, 2 tablespoons butter melted, 1 teaspoon salt.

Mix dry ingredients by sifting them together. Add milk, the well beaten eggs and the butter. Beat well and bake in a shallow pan in a hot oven 20 minutes.

Cinnamon Rolls

2 cups flour, 3 teaspoons baking powder, 1-3 teaspoon salt, 2 tablespoons butter, 2-3 cup milk, 2 tablespoons sugar, 1/2 cup stoned raisins chopped fine or currants, 2 tablespoons citron, chopped, fine, 1/2 teaspoon cinnamon.

Mix five first ingredients same as you would for baking powder biscuits. Roll to 1/4 inch thickness, brush over with melted butter and sprinkle with raisins, citron, sugar and cinnamon. Roll like a jelly roll. Cut in pieces 1/4 inch thick. Place in buttered tins and bake ten or 15 minutes in a hot oven.

TO DEFEAT INSOMNIA

A sure cure for insomnia is to stop thinking.

And to stop thinking, according to Lillias MacKinnon, a well-known British educationist, it only needs a little practice.

"With practice, one can learn to stop thinking altogether," Lillias MacKinnon said. "The way to do is to relax the muscles of the face, including the muscles of the eyes, and gradually all thought will drift away."

"You will have a feeling of delightful drowsiness and you will be able to fall asleep at will and at any time. This is a certain cure for insomnia."

FOOD SAFE IN OPEN CANS

A delusion held by many housewives for years was exploded last week, as the United States Bureau of Home Economics decided it is perfectly safe to leave food in tin cans after opening. Food is perfectly safe, spoils no faster and no slower in the open can than in other containers. Some acid foods like fruit and tomatoes tend to dissolve iron when stored in an open can. This may give the food a slightly metallic taste that is not harmful. If the label on the can advises removing the contents as soon as the can is opened, it is because the canners think that an open can, partly filled with food, is not attractive in appearance.

HINTS FOR QUILTING

Quilting is no more nor less than running stitches, joining two layers of material together usually with an interlining of cutting-flannel or cotton wadding. Though a number of old quilts were put together in very elaborate designs the idea of quilting is to hold the various layers of material together, and not allow the interlining, particularly of cotton wadding, to slip and form in bunches. Even the very simplest form of quilting, such as diagonal lines, is very decorative, and many simple and effective designs may be worked out with a compass and ruler. When cotton wadding is used as an interlining, the rows of stitches should not be more than an inch apart in order to carry out the original purpose. When quilting a cushion or anything of which both sides do not show the finished article, the design may be stamped on the wrong side and worked from that side. The oldtime quilting patterns were drawn on in lead pencil, and by the time the work was finished very little trace of this marking remained. Stale bread rubbed over the surface easily removes any pencil lines that are still visible. If you do not wish to pencil-line your material the paper pattern may be basted to it and the quilting done right through the paper and all. The paper is easily torn away when the work is finished.

HINTS FOR THE MOME

Wash the corduroys carefully then rinse until the water is clear. Do not squeeze out the water at last rinsing, but throw the garment over the line in a shady place while dripping wet. This keeps the material soft and fluffy.

By BUD FISHER

MUTI AND JEFF—

