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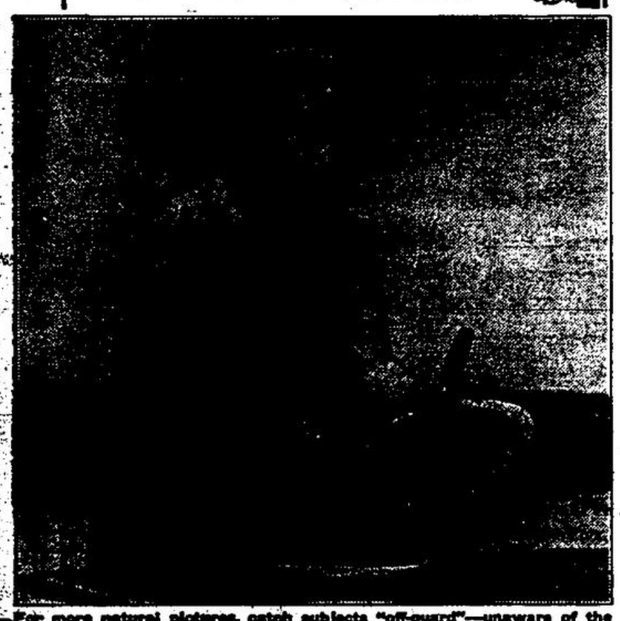
The SNAPSHOT GUILD

"OFF-GUARD" PICTURES



For more natural pictures, catch subjects "off-guard"—unaware of the camera.

MOST people like to have their pictures taken. In fact, they like it so well that when they see the camera they put on a special "picture expression." And as a rule this special "picture face" isn't what we want at all.

There's a way to keep your subjects from seeming camera-conscious. Briefly, it is—"Catch them when they aren't looking." Don't let them know their picture is being taken.

Pictures so taken are known as "off-guard" snapshots. Such snaps attract attention because they picture the subject in a natural, characteristic pose and get away from the usual look-at-the-camera-and-smile type of picture with which we are all too familiar. An "off-guard" picture can tell a real story while the other type tends to be just a record picture.

How to take them? It's easy. Just learn to handle your camera unobtrusively. Wait until your subject is paying no attention to you. Then casually snap his picture. It's all a matter of using your camera nonchalantly and efficiently. The better you can do that, the more easily you can capture snapshots that are truly "off-guard."

If you use a focusing camera, with fast lens, try to anticipate picture opportunities, and set the camera in advance for distance and proper exposure. Then when the snapshot chance develops, all you need do is shoot.

For example, to take the picture above, the camera was set in advance for six feet. Lens and shutter were set for an exposure of 1/50 second at f.11—less than normal, because the bright, sunny beach was reflecting plenty of light. On a grassy lawn, which reflects little light, exposure would have been 1/50 at f.8. With his camera pre-set, all the picture taker had to do was wait for the melon to be cut, and catch his companion's delighted expression. It was just a matter of lifting the camera and snapping the shutter.

If you haven't tried taking "off-guard" shots, try it. It's fun, and the results are a delight.

204 John van Guilder

"THEM WERE THE HAPPY DAYS" —BUT NONE OF US WOULD GO BACK

A city paper thinks we are rapidly approaching the "push button" age, when almost any need can be satisfied by merely pushing a button. As we think back to our boyhood days, we are rather of the opinion that we have trailed a long distance toward the push button age already. One of our daily chores was to bring in shavings and kindling and fill the woodbox to have things in readiness for starting the fire in the kitchen stove in the morning. The girls had the daily task of cleaning and filling the coal oil lamps. Mother washed with the washboard and homemade soap, and swept with a broom. The woodshed was an institution in every home. But we don't want to go back to the inconveniences of those days. We were happy then, sure. Everyone lived that way. But it's lots nicer to let the thermostat start the fire in the morning. Filling lamps is nothing to yearn for. The vacuum cleaner and electric washer make life much easier for mother. As the years go by new conveniences are being added to make home life more comfortable. It should not make us soft and indolent, but rather enable us to enjoy our leisure in ways both pleasant and profitable. Yes, we prefer an automobile to the horse and buggy.—Listowel Banner.

WENT TO BED WITH BOOTS ON

There has always been considerable controversy as to who built the first sleeping car. Records would seem to show that the first efforts were the adaptation of a day coach to sleeping car purposes in 1836 on the Cumberland Valley Railroad of Pennsylvania.

The first "Pullman" is said to have made its appearance in 1859. In the first make-shift sleeping cars, passengers went to bed fully clothed and reclined on rough mattresses with their own blankets or shawls drawn over them. In referring to the inaugural trip of the first "Pullman", the conductor J. L. Barnes said "there was no crowd and the car, lighted by candles, moved away in solemn grandeur, if such it might be called. I remember the first night I had to request the passengers to take their boots off before they got into their berths. They wanted to keep them on—seemed afraid to take them off."

In Canada, the Grand Trunk Railway, now part of the Canadian National System, gave early attention to the matter of sleeping cars. There was strong objection at first due to some unfavorable experiences on American lines but the matter was settled for the time by introducing benches or bunks running the whole length of the car and without any curtains or divisions. A rug and a small pillow were the only extras furnished. Today the modern all-steel sleeping cars on the Canadian National System is the last word in comfort, with air-conditioning and other improvements.

REVERENCE FOR GOD

International Uniform Sunday School Lesson, October 16, 1938

GOLDEN TEXT: "Our Father who art in heaven, Hallowed be thy name." Matthew 6: 9.

LESSON PASSAGE: Exodus 20: 7; Matthew 5: 33-37; 12: 33-37.

O teach me Lord, that I may teach
The precious things Thou dost impart;
And wing my words, that they may reach
The hidden depths of many a heart.
—Frances Ridley Havergal.

What About Swearing?

Is swearing as bad as it has been pictured? Is it not merely a matter of words, a paltry question of making vibrations in the air? Is it serious enough to have a whole commandment out of ten devoted to it? Certainly swearing is not a glorious sin; it is only a mean little vice, selfish and inconsiderate in making others listen to what they do not wish to hear. Yet the bad words are an indication of foul moods. So what we have to deal with is doubt, resentment, self-centeredness, of which the swearing is an expression. A workman said to his mate, about some trifle, "I'll be damned." A passerby stopped and said. "Do you really want to be damned? Do you know what it means to be damned? Are you really putting your own life under a curse? Have you actually and finally decided to desire the worst possible?" Of course the swearing man had never thought of it in that way. It was an empty thoughtless habit that he had *acquired from the* environment in which he had lived. And that is one of the worst things that can be said about swearing. It is thoughtless, not a purposeful thing, the result of balanced thinking. For lack of thought and lack of vocabulary men and women repeat ancient oaths that have long lost originality.

Taking an Oath, 33-37

A minister appeared in a witness box to give evidence before a magistrate who knew him well. The magistrate declined to swear the minister saying that he knew the minister would tell the truth. Does not the fact that we usually require evidence to be taken on oath indicate that we unconsciously admit that there is a great deal of lying in daily life? The third commandment forbids perjury as well as profanity. Our motive for telling the truth should not be fear or compulsion, but love for truth, habitual striving to tell the truth. Our statements should have weight through force of character rather than vehemence of words. Swearing witnesses by making them kiss the Bible is just an indication of the fact that it is very difficult to tell the truth, even to desire always to tell truth. Interlarding our assertions with strong oaths will not have much effect if in our family and community we are known as people whose word cannot be trusted. Where we have established confidence in our truthfulness, there will be small demand for sworn testimony.

An Indicator of Character, 33-35

Swearing creates a bad first impression. Later acquaintances may reveal good qualities but these are handicapped by the uncouth practice of cursing. In the war many men who swore proved to be heroes. They were not heroes because they swore nor did they swear because they were heroes: it was in spite of their profanity that they had high virtues such as courage and self sacrifice. In daily life the habit of swearing is a social hindrance. A farmer does not want to hire a man who will swear in the presence of his children. A garage owner does not wish to have mechanics who make the air blue in the presence of customers. Many people have long since ceased attending theatres because of the coarse swearing so frequently polluting the stage. We must be careful not to form our estimates of others solely by their habit of swearing or not swearing, but by the same token we must be aware of the fact that foul lips prejudice hearers against the swearers. A good tree bears good fruit. Out of the abundance of the heart the mouth speaketh. What is in comes out. "A good man out of the good treasure of the heart bringeth forth good things: and an evil man out of the evil treasure bringeth forth evil things." Such is the teaching of Jesus about the relation of character and speech.

Every Idle Word, 36

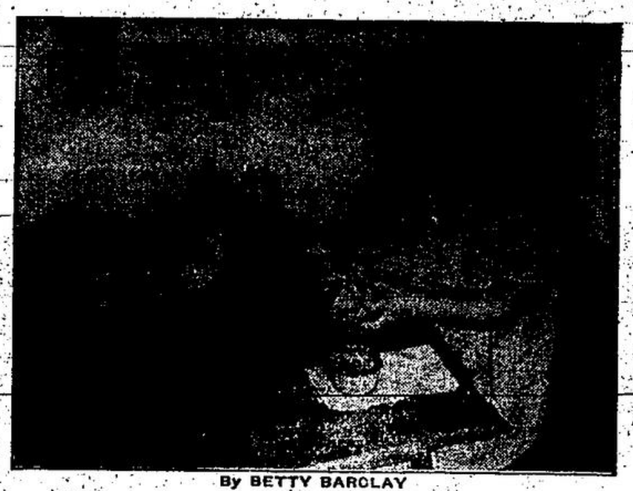
When do we speak idle words? Certainly swear words repeated habitually without thought or feeling are idle words. Flattery spoken for selfish ends and consciously deceiving, is another form of idle words. Talking for the sake of talking and to hear ourselves talk is all too common. Who dare affirm that there are no idle words in daily newspapers—black ink used chiefly to cover white paper? When the radio is turned off in disgust it is sometimes because the announcer is only chattering, without pith or point. In church even, the pulpit may occasionally suffer, if not from idle words, at least from words less than maximum in passionate conviction. In justice to human tongues let us mention also instances of purposeful words, a mother teaching her child to be courteous and truthful, a scientist in a laboratory showing students the laws of God, a patriot pleading with his countrymen for national unity and service, a friend sharing deep spiritual convictions with other friends, a journalist in a leading editorial rebuking wickedness in high places, a preacher pouring out his soul pleading men and women to be reconciled to God. Our lips may be serving the worst or the best.

By Our Words, 37

For what do we hope to be remembered? Will our only protection against oblivion be our puns, jests, wisecracks, funny stories, repartee? Or dare we hope to make any serious contribution to the on-going process of civilization by our thinking and our speaking? Are we known for our much speaking or our wise speaking? Ruth is remembered for a few dozen words of matchless emotion and beauty. David is remembered for his tender lament over Saul and Jonathan. Abraham Lincoln is memorable among other things for a few sententious sentences at Gettysburg. It is estimated that we have definite records of only thirty-five days of the life of Christ, yet the gospels are studded with his searching sayings, words difficult to forget once learned. Never man spake like this man.

Questions for Discussion

1. How do people lean to swear?
2. How can a swearer stop swearing?
3. How did Christ use his powers of speach?
4. Should we remonstrate with strangers whom we hear swearing?
5. Are you always as truthful as though on your oath?



By BETTY BARCLAY

Back to school go the children. The old school lunch problem is with us once more. What shall we place in those little lunch baskets that will produce smiles instead of frowns when they are explored at noon?

If you can pack a lunch that is a body-building, smile-producing collection of mid-day foods, you rank high on the list of qualified mothers.

Always include fresh fruit in the school lunch. Oranges are ideal because they are available the year 'round. They stimulate appetite and are rich in those protective elements, vitamins C, A and B, as well as calcium. The orange, more than other food, provides the element of freshness, both from appetite and health standpoints.

These elements help prevent tooth decay and gum troubles, particularly in the teens when the foundation for good teeth is being laid, and maintain resistance to colds and other infectious diseases. And by the way, vitamin C is one of the factors in which the average diet is quite apt to be lacking, so that oranges in the lunch box are particularly desirable. Loosen the peel or partially separate the segments before packing the oranges. They are then easier to eat.

The school lunch should be balanced and adequate in nourishment. Milk and an occasional egg for the protein; fresh fruit and vegetables for minerals and vitamins; starchy and sweet foods for energy.

Foods should be in a form children like. The milk, carried in thermos, may be plain or in the form of soup or cocoa. Fruits may be used in salads or desserts. Children like crisp vegetables, such as celery, raw carrot sticks and lettuce. For starchy and sweet foods there are sandwiches, light cakes, cookies, dried fruits. Pack your little boxes with these. Then you will have "smiling lunches."

Here are suggestions for some delicious sandwiches:

Peanut Butter Spread: Thin peanut butter with orange juice.

Cream Cheese Sandwiches: Thin cream cheese with orange juice or spread one side of bread with orange marmalade, one with cream cheese.

Pied Piper Sandwiches: Moisten mixtures of ground dates, raisins, figs, prunes and nuts with orange juice. If liked, add a little honey.

Tuna or Salmon Salad Spread: Combine 1 cup tuna or salmon, minced; ½ cup each of minced green pepper and celery; 2 tablespoons lemon juice and mayonnaise to spread.

Quite Clear

An Irish motor truck driver was charged with reckless driving and in having stopped his truck so suddenly that a car behind smashed into him.

The judge asked him why he had not held out his hand. Pat indignantly answered: "If the poor fool couldn't see me truck, how in hivin's name could he see me hand?"

Proof Positive

Father (admiring his recently-born heir): "That fellow will be a great statesman one of these days."

Mother: "Oh, Charles, dear, do you really think he will?"

"Sure of it. Look how easily he wriggles out of everything."

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