

The Women's Page

Before Bed Snacks



By BETTY BARCLAY

An early dinner and long evenings make little people hungry around go-to-bed time. They clamor for "something good" and insist upon having it.

Too heavy before-bed foods are not advisable. A light rennet-custard, rich in milk and delicious to the taste makes an ideal bedtime lunch for George or Grace.

A dessert like the following furnishes milk in a very pleasing form, and gives the children a delightful surprise — for here is Snow White and her seven little friends in a dainty taste-treat that will intrigue young fancies — yet it is so light and digestible it helps to woo pleasant dreams.

Snow White and The Seven Dwarfs
1 package Vanilla Rennet Powder
1 pint milk
3/4 cup whipping cream
Snow white angel food cake
Seeded raisins rolled in Raspberry Rennet Powder or pink sugar

Set out 5 dessert glasses. Warm milk slowly, stirring constantly until LUKEWARM — 120° F. A few drops of the milk on the inside of your wrist should feel only comfortably warm. Remove from stove. Stir Rennet Powder into milk briskly until dissolved — not more than one minute. Pour at once, while still liquid, into dessert glasses. Place a slice of snow white angel food cake in each dessert while still liquid. Let set. Chill. When ready to serve, top each dessert with whipped cream and seven seeded raisins rolled in Raspberry Rennet Powder or pink sugar.

International Uniform Sunday School Lesson

Spreading the 'Good News'
SUNDAY, DECEMBER 3, 1939.

GOLDEN TEXT: "Let him that hear-eth say, Come." Revelation 22:17.
LESSON PASSAGE: Matthew 10:24-39.

Lord, Lord, "Ray fair creation groans—The air, the earth, the sea—In unison with all our hearts, And Calls aloud for Thee.

Fellowship in Suffering, 24:25
Not without reason was Jesus known as the "Man of Sorrows." He endured physical hardship, but much harder to bear were the insults, cruelty and hate. The disciple could not be above his master, nor the servant above his lord. Modern Christians are finding how true was the prediction of Jesus. There are several countries in which Christians have been persecuted. Many Christians have been put to death for their faith. We can only partially understand the discouragement of missionaries in China, when schools, hospitals and orphanages are bombed. Even those who never experience the horrors of war may have to suffer for their convictions. Unwillingness to yield to social customs quickly brings us into social disfavour. Throughout all difficulties, however, Christians know that they are having fellowship in the sufferings of Christ. Paul felt that Christ's sufferings were incomplete without his own.

Victory Over Fear, 26:31.
Of what are we most afraid? Is it poverty, sickness, disgrace, or death? Perhaps we have a mood of fear and disquiet without knowing the specific cause. If we do not have the positive mood of trust, we will almost certainly suffer from the negative mood of fear. Christ helps us to conquer fear. "Fear Not." He could say this because of his own example of fearlessness. He faced the angry mobs in Galilee and Judaea. He slept throughout a storm at sea. He demonstrated his courage upon the cross. Christ tells us that there are certain things we should fear. We need to have a wholesome fear of evil. But he teaches us to live without fear concerning many of the problems that cause us worry. The cure of fear is faith. God is still caring for us, while we are worrying about ourselves.

Positive or Negative, 32:33
How may we confess our faith in Christ? We do it by outward actions, such as church attendance and observance of the sacraments. Or we may show our faith by Christian conduct daily. Deeper still is the inner consent to the spirit of Christ. Our final

surrender is in the chamber of the heart. When we have yielded there, it will be much less difficult for us to witness vocally for our Lord. How do we deny Christ? We may do so by indifference and neglect, by silence when he is ridiculed or his purposes maligned. A Christian worker who had enjoyed seventy years of unbroken health was so irritable in the hospital during a first illness, that the nurses did not think his faith stood the test of pain. We deny Christ in small compromises, in superficial thinking, in failing to love our neighbours as ourselves. We go against the will of God when we fail to act in the spirit of Christ.

Family Division, 34:37.
The son of a bootlegger became an earnest Christian; it caused friction immediately in his home. A bright young man decided to be a missionary; his father was broken-hearted and for years refused to forgive him. One of the greatest living Christian leaders had to send a telegram to his father that he would not return to manage a lumber business, but was going to be a Christian worker—that caused pain to an only son, as well as to the disappointed father. A daughter who refused to play cards for money was soon made to feel that she was setting herself up as better than her parents. True, some Christians create unnecessary friction by intolerance, but the fact remains that as soon as we begin to live without moral compromise, we have to face antagonism. Our foes may be within our own household. This teaching of Jesus caused greater conflict to those who first heard it because of the reverence for ancestors traditional in the East. It still causes acute pain, however, when family love is strong. Christ makes the matter quite clear, however. When our family tempts us to disregard conscience, we should give first place to conscience.

Crosses and Losses, 38, 39.
A recent writer has said that he discovers the cross wherever God's will crosses his own. The glory of the cross of Christ lies in the fact that Christ yielded to the will of God and did not seek his own preference. The world will never be made right by self-indulgence, but only by self-discipline, self-control, and self-sacrifice. To do one's duty and live a life of service means that we must overcome our laziness, inertia and indifference and through energetic effort seek to achieve. By so doing we may lose ease and pleasure, but we do find life. "Win the hard way" is sound advice. There is an inner peace that comes from surrendering our hearts in desire for the sake of Christ. Devotion to him brings a higher joy than the satisfaction of personal ambition. There is this further fact, that surrendering to Christ gives us a share in his world-wide, age-long movement. It is here that our influence will register most enduringly. The way to grow to attach oneself to a great cause. Life ceases to be paltry and meaningless when we catch Christ's vision of the Kingdom of God upon earth and earnestly try to tell others of the good news.

Questions for Discussion
1. Do Canadian Christians suffer any persecutions?
2. How many can truthfully say that they are afraid only of fear?
3. How is a public profession of faith helpful?
4. What should we do when family unity and religious conviction clash?
5. What does it mean to find or lose one's life?
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FROM HERE AND THERE:
Grease spots on suede shoes will disappear if they are rubbed with a clean rag dipped in glycerine.

In many cases crime is the visible sign of mental or physical disease.—Mrs. Franklin Roosevelt.

A new spread for drop cakes—strained honey sprinkled with copped roasted almonds. The youngsters will go for them.

If beef dripping or mutton dripping is beaten to a cream and a few drops of lemon juice and a little carbonate of soda added, it will serve as shortening in making dark cakes.

Reds this season cover a wide range of shades from deepest reds to pink for evening. Outstanding shades are: dark brownish red; dahlia; beet-root; rose de rose; and ruby-black.

Sale Of Millinery

ALL LINES TO CLEAR

Styles to suit any taste. Colors to suit any scheme

Misses Claridge
Main St. Georgetown
EMERALD BLOCK (Opposite)

Rural Women Can Help Build Up Dominion

To the Point Where Canada Can Be Power For Peace in the World—Well Ordered Home is Bulwark, W. I. Speaker Declares

To build up Canada to become the power she will need to be if there is peace in a troubled world is a contribution in which the rural women of the Dominion can play a major part. This was the message of Mrs. Alfred Watt, president of the associated Countrywomen of the World, to the Western Ontario Women's Institutes in a recent address at London, Ontario.

The speaker urged the women of the W. I., affiliated in the larger world organization, to remember that they were saving their own civilization as well as that of other peoples. "We could be illogical," Mrs. Watt said, "to let our own civilization go down while we try to save parts of Europe." The world president saw the abandonment of normal services as a great death blow of the state. She told the rural women that much specific work could be left to the city women; that the country woman's responsibility was the problem of farm production. How that problem would develop in the years ahead, the speaker couldn't say. Canada is well fixed in food supplies at the present time. But the war may bring increases and shifting populations; there may be a return of former Canadians, an influx of European refugees, a great industrial development. The problem of the food supply is the problem of the farm woman, Mrs. Watt declared.

"Our destiny is to educate the people," Mrs. Watt said. "It is harder to raise the standard of living than to raise money but it is the sensible thing to try to raise that standard in one's own community rather than to relieve other organizations of their responsibilities."

"Build up our country," urged the speaker, herself a Canadian by birth. "Canada is a land of unlimited resources but we have been wasteful."

The speaker saw the well-ordered home as a bulwark against any form of anarchy; the self-sustaining community as a guarantee of disorder.

APPLES POPULAR CHRISTMAS GIFT

The apple as a Christmas gift to relatives and friends overseas continues to grow in popularity and as a result a heavy traffic in the commodity is anticipated during the approach of the Yuletide Season, according to G. E. Bellerose, general manager of the Canadian National Express.

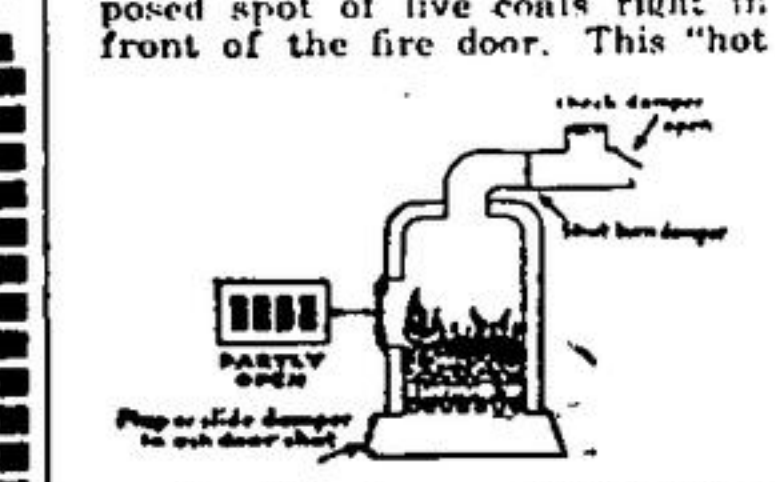
Gift apples are larger than ordinary commercial varieties and are wrapped separately in thick tissue paper being known as "extra fancy." These apples are packed in standard boxes and barrels, full or half size, and the Canadian National Express announces that they are prepared to assist in selecting a suitable gift along this line and make all arrangements for forwarding. As a result, many thousands of individual Christmas gift boxes of Canadian apples from various parts of the Dominion will be collected by the Canadian National Express for delivery in the United Kingdom during the Yuletide season," stated Mr. Bellerose.

HEATING HINTS

By James Stewart

ALTHOUGH banking the fire is a very simple operation, many people have trouble with it. Let me explain the method that I have found the most satisfactory.

First (and only if it is necessary to make room for fresh coal), gently shake the fire until you see the first red glow in the ashpit. Then with a shovel or hoe pull the live coals toward the front of the furnace, so that the fire bed slopes downward towards the back. Show the fresh coal carefully into the hollow thus formed. And, as in refueling, be sure to leave an exposed spot of live coals right in front of the fire door. This "hot

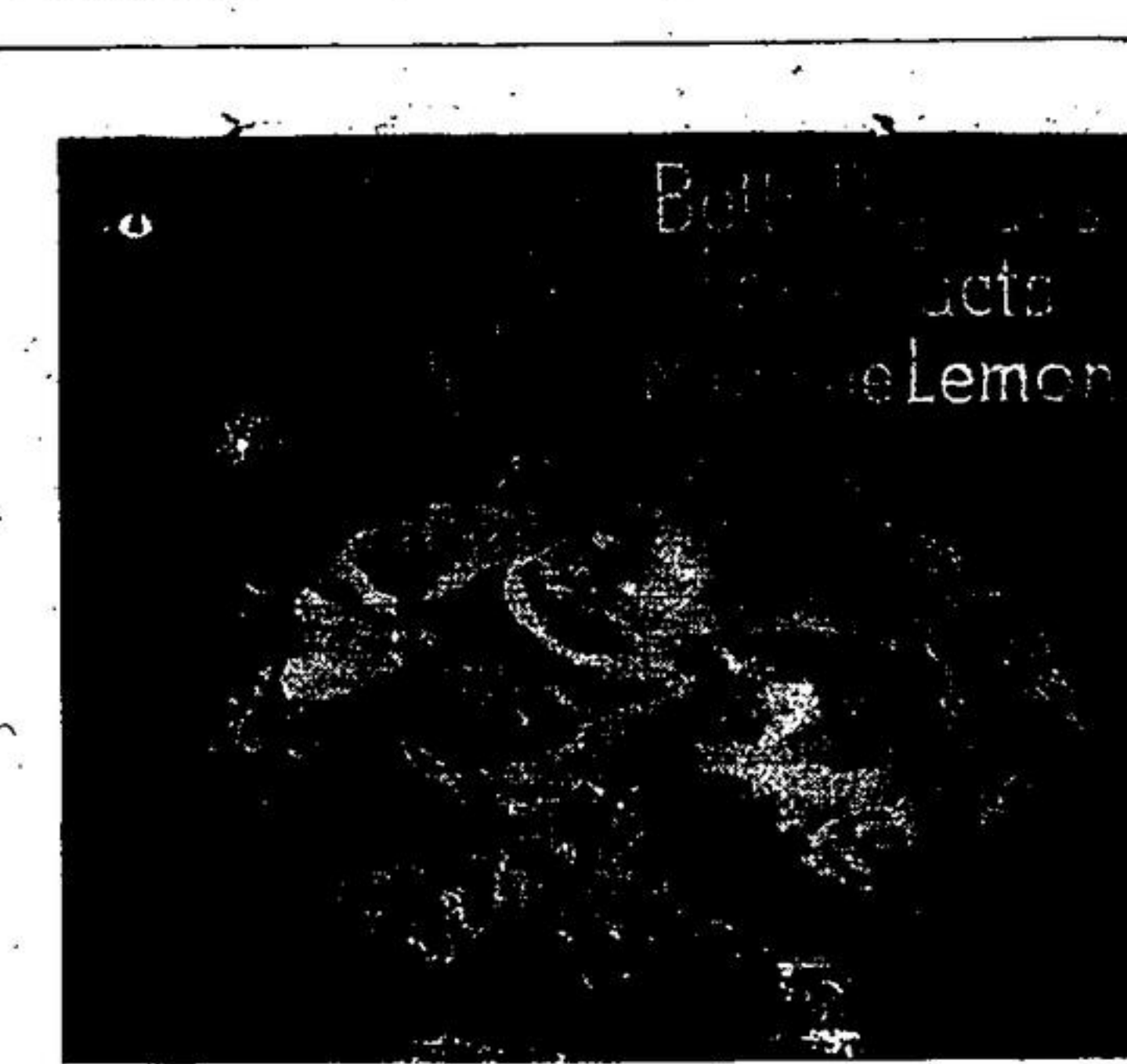


spot" will act as a pilot light to ignite the gas given off by the fresh coal, preventing them from escaping into the house.

When banking the fire for the night, the Ashpit Damper should be closed and the Check Damper open. The Turn Damper should be left as nearly closed as possible. And remember, it should never be necessary to leave the fire door open when the fire is banked. If you follow this procedure, your fire will stay in for the night and will deliver ample heat when you open the drafts in the morning. (4)

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As these features appear, clip and file for future use. Each story deals with a different food. Each statement a fact. Each recipe a tested tasty.

Many of our foods are reasonable. Others are popular in certain sections yet seldom found in others. Still others are used only occasionally as delicacies. But the lemon is with us from January to December. It is enjoyed from Maine to its birthplace in California, and in addition to its use as a beverage and a food, it is called upon to do everything from seasoning to softening millady's hands. The versatile lemon is surely entitled to a place in this food series.

Feed tea calls for lemon juice. So does your favorite fish or your morning melon. Salads and salad dressings look upon the lemon as an indispensable ally. Lemonade is the queen of beverages. Many other third-mentioners depend upon the fragrant, juicy lemon for flavor. Vegetables peep no rebuffs when seasoned with this wholesome fruit. Natural flavors are enhanced, hidden flavors developed and subdued or lost flavors retrieved.

And lemon meringue pie? One could rave indefinitely about this alkaline-creation native fruit appetizer. Here are two lemon recipes for your permanent file. I am sure you will like them.

Lemon Gelatine Chiffon Pie
1 1/2 cup lemon juice
1/2 teaspoon salt
1 cup sugar
1 egg yolks, beaten
Cook in double boiler until of custard consistency. Add to this mixture:

1 tablespoon (1 envelope) gelatine, soaked in 1/4 cup cold water.
Stir until dissolved. Add:
1 teaspoon grated lemon peel to Cool. When mixture begins to thicken, fold in:
4 egg whites, stiffly beaten with 1/2 cup sugar.
Fill baked or crumb pie shell, 9-inch size, and chill. Just before serving, spread over pie a topping made by soaking for 1/2 hour:
12 marshmallows in 1 cup whipping cream
Whip until stiff. Pipe onto pie. Serve cold. Or top with plain sweetened whipped cream.

Lemon Sherbet
2 cups sugar
2 cups water
2 stiffly beaten egg whites
1 cup lemon juice
Boil together for 5 minutes sugar and 1 cup of water. Beat slowly into egg whites, add lemon juice and second cup of water. Pour into freezing tray and set cold control at fast freezing. Freeze stiff and beat or stir thoroughly. Return to freezing compartment and finish freezing; or freeze in crank-type freezer. Serves 16.

Would you like a book containing dozens of lemon recipes and describing many interesting uses for lemons in the home? Drop a postal to Betty Barclay, Box 5030, Metropolitan Station, Los Angeles, California and I will be mailed promptly.

The SNAPSHOT GUILD PLANNING THE CHRISTMAS CARD



Put the greeting right in the picture—that makes the finest type of Christmas card. And do your cards early this year!

HAVE you planned your photographic Christmas card yet? No true camera fan would consider any other kind—but it's wise to see that they are prepared early, in plenty of time for mailing before December 25.

Any appropriate snapshot can be made into a Christmas card... but the best cards are those with a picture especially made for the purpose. For example, a snapshot of the family carrying Christmas tree ornaments, hanging up stockings on the door. Such snapshots can, of course, be taken long before Christmas.

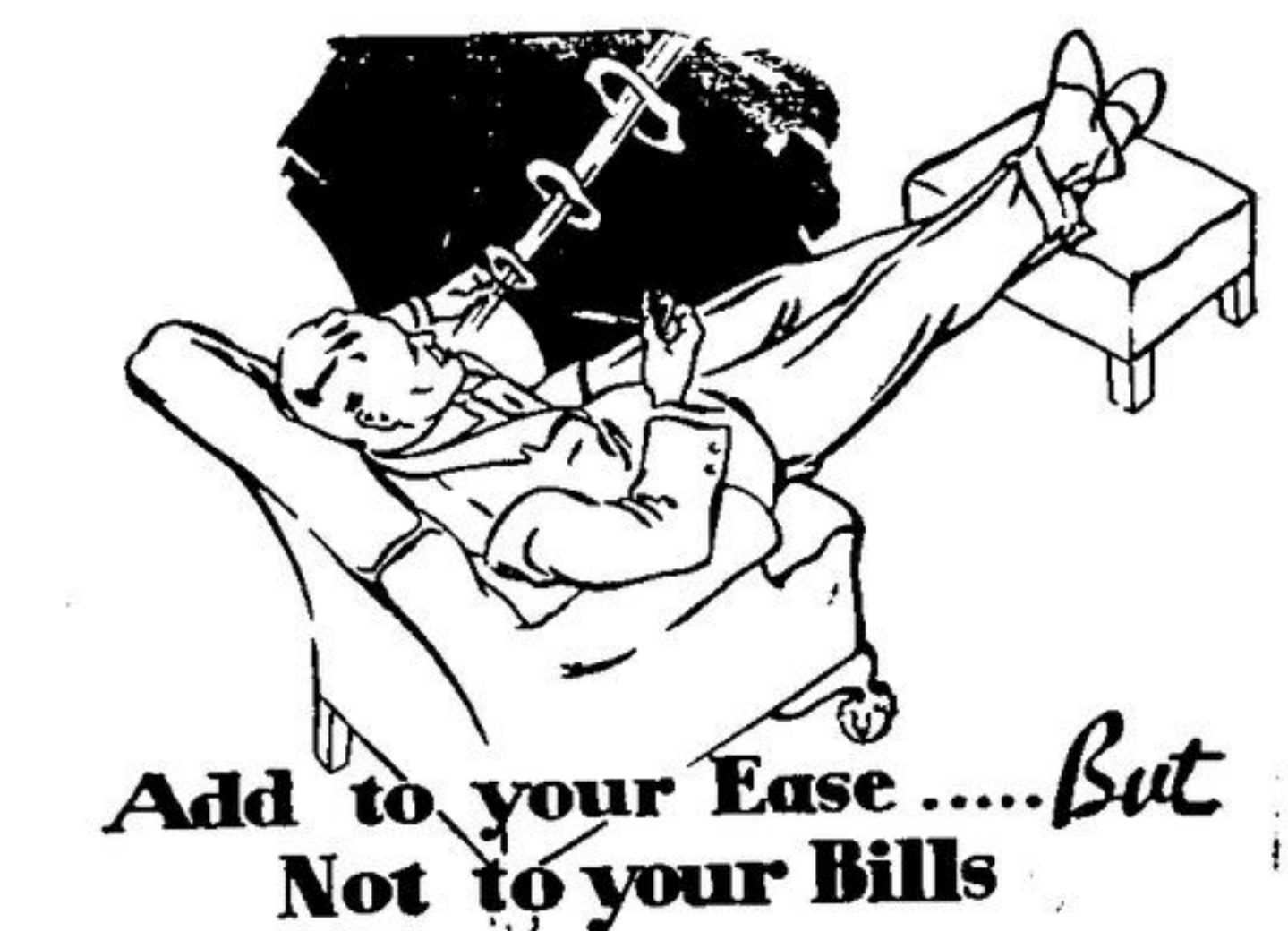
The most ingenious pictures include the greeting. Thus, Johnny can be shown writing "Merry Christmas" on his own blackboard... or on a frosty windowpane. The baby can be shown building a greet-

ing with his A-B-C blocks. Of course, you build the greeting, then step aside—but that doesn't show in the picture.

Cards can be simple, or quite elaborate. The simplest type is an inexpensive cut-out mat or mask, behind which the snapshot is pasted. In another type, the picture and greeting are printed together on one sheet of photographic paper. You can do this with one of the Christmas card kits sold at camera stores, or any photofinisher can do it for you at modest cost. And—speaking of cost—photographic cards run no higher than ordinary printed or engraved greetings that have far less personal quality.

Now is the time to start on your 1939 cards. Do it early—while you have plenty of time to do it well—and it will be twice the fun.

John van Outlder



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