

# The Women's Page

## International Uniform Sunday School Lesson

### Jesus Dramatically Proclaims His Messiahship

SUNDAY, JANUARY 28th, 1940.

**GOLDEN TEXT:** "Behold, thy King cometh unto thee." Matthew 21:5.

**LESSON PASSAGE:** Matthew 21:1-16

Can we help God in his stupendous task? Yes, every cry we raise against the wrong Adds new music to his marching song.

—Edwin Markham

**The Repeated Challenge, 1-3.**

In the first Christian century the alternative was Christ or Caesar. Today, coins with the head of Caesar are sold as souvenirs and marble busts of Caesar are preserved in museums. In the nineteenth century there was a choice between Corsica and Galilee. Napoleon's tomb perpetuates his memory but his influence is steadily declining. In the twentieth century, Russia, by formal edict has renounced religion, but thousands of Russians are meeting in forests and secret Christian groups are preserving the faith. In Germany, National Socialism has persecuted religion but in the past two years the sales of the Bible have exceeded the sales of "Mein Kampf" by two hundred thousand. Today totalitarian states and ruthless dictators cause the world to shudder but Christians believe that Christ will retain the title "King of Kings, and Lord of Lords." His principles will outlive the tortuous tactics of power diplomacy.

**A Peace Pageant, 4-9.**

In the temptation in the wilderness at the beginning of his public ministry, Jesus chose the way of education, love and service. In the triumphal entry into Jerusalem at the close of his public ministry, he publicly renewed the principles which he had followed. A great pageant proclaimed him as the Prince of Peace. He did not come as a military conqueror, dragging captives from a chariot. Instead of a military charger, he rode a peaceful beast. Instead of swords and spears, his followers waved palm branches. Instead of battle cries, the children sang his praise. Christ believed in a divine force which can rally the recuperative powers of mankind, a force which can outmatch all others and which, if we will, can shape the future. It is the mighty onslaught of a new spirit, challenging men and nations to a change of heart. No material advances can serve us long unless behind them stands a united people, strong in spirit, conscious of a common mission, prepared for any sacrifice. This is the opportunity of the Christian church.

**Who is This? 10, 11.**

Both Romans and Jews scoffed as the followers of Jesus entered Jerusalem, proclaiming the way of peace. Yet all the city was aroused and people said, "Who is this?" The multitude replied, "This is Jesus the prophet of Nazareth of Galilee." The answer meant little to those who first heard it. Nineteen centuries have given deep significance to the reply. In all the nations inquirers are still asking about Jesus. Small wonder, when churches are still being built in his name, books are published to explain his message, missionaries go forth to exemplify his love, and hundreds of millions follow his teachings and revere his name. When we think of the brief period of power of Alexander the Great, Caesar, Napoleon, we marvel at the permanent and pervasive influence of Jesus Christ. Evidently his methods of truth, love and service are more enduring than the power that rests in big battalions. Only through the spirit of Christ can security and prosperity be maintained for the world.

**Cleansing the Temple, 12-14**

In the discussions concerning the Christian attitude to war, great emphasis has been given to the incident of the cleansing of the Temple. By some it is used to justify violence. Did not Jesus cast out the money-changers and use a whip of small cords? One writer maintains that this inference is not justified. He said, "Look at the story in detail. Mark's Gospel is the earliest record. There is no whip of small cords there. Matthew and Luke are next. There is no whip of small cords there. The whip of small cords is not even mentioned until John's Gospel about 100 A.D. and in John's Gospel the cords are evidently used not on the money-changers but on the sheep and oxen. Well, what would you use to drive out sheep and oxen that were defiling the sacred courts better than a whip of small cords? So the arguments run pro and con. But there is no question about the authenticity of the next statement: "And the blind and the lame came to him in the temple, and he healed them." That is the authentic spirit of Jesus. His sympathy for those in need can still be expressed by his followers.

**Christ and the Children, 15, 16.**

When the chief priests and scribes heard the children singing their Hosannas in the Temple, they were sore displeased, but Jesus said that the children had perfected praise. He liked their singing. Children are still singing praises to Christ. Some of the choicest hymns are children's hymns. A great scholar died remarking that his friends sing a "bairn's hymn." Millions of children are going to Sunday Schools and churches to memorize sayings of Jesus, to be taught the story of his life, to sing their worship of him and to give their

tiny gifts to spread his gospel through the world. These children, grown to manhood and womanhood, can bring a new spirit into education, business, government and international relationships. How much better it is for children to have their memories stored with Christmas carols than to have their youthful minds filled with propaganda through having as their toys, small models of submarines, bombing machines and cannon! Christ appeals to children. They can help him to save the world from cruelty, hate and fear.

**Questions for Discussion**

1. Will the very efficiency of modern weapons make war ridiculous?
2. What does the word "Messiah" signify to you?
3. "Who is this?" How do you answer?
4. Why did conflict arise when Jesus went to the synagogue in Nazareth and the temple in Jerusalem?
5. Do children's hymns affect children's conduct?

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## American Women Getting Thinner

The interesting monthly Bulletin of the Metropolitan Life Insurance Company says that American women (presumably this includes Canadian women) are getting thinner. The Bulletin claims that this result is due chiefly to the incessant propaganda with which the public has in recent years been bombarded on the perils of obesity. The propaganda was based on certain studies of health and longevity of persons in the various weight groups which showed an excessive proportion of illness and death among overweight individuals. This excess was due largely to the premature development of chronic degenerative diseases of the heart, kidneys and circulatory system generally and to diabetes. While underweights were found to suffer a high mortality from tuberculosis and pneumonia, the degree of excess mortality among them was small as compared with that arising from degenerative diseases among overweights. The balance was entirely in favour of underweights and increasing so with advancing age.

Those sound reasons for keeping weight down were further reinforced for women by the dictates of society. The athletic figure for women has become very popular, but neither the "Hollywood diet" nor the effect of weight-reducing drugs have had much effect in producing the desired result. Indeed, while most of drugs are ineffective and harmless in this respect, some are quite harmful.

"The change in the diet of women, has, on the whole, been useful. It is now based not on quantitative calorie needs, but on qualitative needs which emphasize the value of the "protective" foods, those relatively rich in vitamins and minerals. These include the bulky, leafy vegetables of low calorie value as well as milk, eggs, fruit, and moderate quantities of meat and fish. The decline in the average weight of women is a condition that augurs well for the future health of our people; it is a tribute to popular health education.

## A Cup of Hot Chocolate

Supplies Quick Nourishment and Warmth

By Katharine Baker

A hot chocolate drink is especially appropriate in winter for social occasions, for much needed warmth after a session outdoors or after winter sports. It is ideal at such times because of its flavour and the extra food value contained in the chocolate sugar and eggs used.

This chocolate syrup is the base for a quick, hot drink. It can be kept on hand and combined with scalded milk when needed.

### CHOCOLATE SYRUP

4 or 5 squares unsweetened chocolate  
1 cup sugar  
2-3 cup hot water  
2 egg yolks, slightly beaten  
Melt chocolate over hot water, cool to lukewarm. Add sugar to water, stirring until sugar is dissolved; cool to lukewarm. Add syrup to egg yolks; one fourth at a time, beating well after each addition; add chocolate in same way. Then continue beating 1 minute, or until slightly thickened. Turn into jar, cover tightly; place in refrigerator. Syrup will keep several days. Use 2 tablespoons syrup for 1 cup milk. Makes 2 cups.

French Chocolate is hot chocolate, de luxe. Serving it at the tea hour with dainty bread and butter sandwiches is a precious form of entertaining.

### FRENCH CHOCOLATE

2 1/2 squares unsweetened chocolate  
1/2 cup sugar  
Dash of salt  
1/2 cup cream, whipped  
6 cups hot milk  
1/2 cup water

Add chocolate to water and place over low flame, stirring until chocolate is melted and blended. Add sugar and salt and boil 4 minutes, stirring constantly. Cool. Fold into cream. Place one rounding tablespoon of chocolate mixture in each serving cup and pour hot milk over it, filling the cup. Stir well to blend and serve at once. Serves 8.

This chocolate mixture also makes an excellent sauce. It may be served as hot fudge sauce on ice cream or puddings. When used as a sauce, omit whipped cream.

## TESTED RECIPES

### SERVE EGGS - EVERY DAY - SOME WAY

In comparison with many foods which are served both raw and cooked, eggs lead in the number of ways in which they can be used. Scrambled, poached, cooked-in-the-shell, or as an omelet, good, fresh eggs make an appeal to the most fastidious taste. Combined with other foods, eggs may be used for a great number of desserts and supper dishes, and in making cakes and cookies, eggs are one of the principal ingredients.

There is now no guess work in buying eggs, as they are sold graded according to Government standards as to quality and size. In order of quality the grades are Grade A1, Grade A, Grade B and Grade C.

The Consumer Service Section, Marketing Service, Dominion Department of Agriculture recommends the following tested recipes:

### Shirred Eggs in Bacon Rings

6 slices of bacon  
6 eggs  
Salt and pepper  
Cook bacon. Line six muffin tins with strips of bacon, forming each slice into a ring around edge of tin. Break an egg into each bacon ring and bake in a slow oven (325 degrees F.) for five to 10 minutes, or until eggs are set. Remove from tins and serve on toast.

### Egg and Potato Casserole

4 tablespoons butter  
4 tablespoons flour  
2 cups milk  
4 cups cooked potatoes, cubed  
6 hard-cooked egg, sliced  
Salt, pepper and paprika  
Melt butter. Blend in flour. Add milk gradually and stir until sauce thickens. Season to taste. Put alternate layers of potatoes, eggs and sauce in buttered baking dish. Sprinkle top with buttered cracker crumbs or grated cheese. Bake in hot oven about 15 minutes. Serves six to eight.

### Spanish Cream

1/2 tablespoon granulated sugar  
1/2 cup cold water  
3 egg yolks  
1 teaspoon salt  
2 cups milk  
1 teaspoon vanilla  
1/2 cup sugar  
1-2 cup sugar

Soak gelatine in cold water. Make a custard of egg yolks, salt and milk. Cook, stirring constantly, until mixture coats the spoon. Dissolve gelatine in hot mixture. Cool and add flavouring. Then mixture begins to thicken, fold in meringue made by adding the sugar to the stiffly beaten egg whites. Turn into moulds and chill. Serve with whipped cream or whipped jelly sauce. Serves six.

### Whipped Jelly Sauce

1/2 cup ure jelly—grape, crab-apple, red currant  
Pinch of salt  
1 egg white, unbeaten  
Melt jelly in bowl over hot water. Add egg white and salt and beat with rotary beater until stiff. Cool.

### Custard Pie

3 eggs  
1-3 cup sugar  
1/2 teaspoon salt  
2 1/2 cups hot milk  
1 teaspoon vanilla or few drops nutmeg

Beat eggs slightly. Add sugar, salt and flavouring, then milk, gradually. Strain and pour into pie plate lined with pastry. Bake in hot oven (450 degrees F.) for 15 minutes. Then reduce heat to 325 degrees F. and bake until custard is set—about 25 minutes.

### Meringues

4 egg whites  
1/2 teaspoon salt  
1 cup fine granulated or fruit sugar

Add salt to egg whites and beat until whites are stiff, but not dry. Sift 3 tablespoons sugar over whites and beat thoroughly. Repeat until all sugar has been added. Fold in flavouring. Drop by spoonfuls or shape with pastry tube on baking sheet covered with paper. Bake in slow oven (250 or 275 degrees F.) about 45 minutes. Delicious served with ice cream.

## SOMETHING DIFFERENT IN A SANDWICH

If you are catching up with your entertaining this month or are scheduled to act as hostess for your Club or the Ladies' Association, this new version of that old stand-by, the salmon sandwich, may end your search for something different.

Flake a can of good red salmon, add chopped nine-day pickles and celery from your cellar stores. Moisten with your best salad dressing and spread on buttered slices of white bread. When using the butter spreader pay special attention to the crusts and your guests will bless you (Of course you can remove the crusts but some people think they are the best part of the sandwich when well buttered).

The ever hungry school-boy or girl who devours peanut butter sandwiches by the dozen will appreciate the extra treat if you will occasionally spread one slice of bread with peanut butter and the other with jam—black currant, strawberry or raspberry—before putting them together. Apple jelly will do very well in a pinch too. You might try this out on the members of your family who always passes up peanut butter sandwiches declaring that they have no kick. It might work a miracle.

Ladies! Institute and other programs neatly printed at this office.

## EMPLOYEES BUILD OPEN MODEL RAILWAY

As an expression of loyalty to their railway, 1,100 Grand Trunk-Canadian National employees at Durand, Michigan, contributed \$600.00 and six weeks of their spare time to build a miniature railroad system of scrap materials which they presented to the railway company for display purposes. The exhibit was displayed in the Durand station where it was viewed by thousands of interested spectators.

Engineers, sectionmen, signal operators, electricians, shopmen and employees of the maintenance of way division, co-operated. None had previous experience in miniature railway construction.

This set, which contains homes, factories, a church, two whirling trains and a station designated as Durand, is illuminated and powered by electricity.

Although Durand's population is about 3,000, the town is Michigan's 4th largest Railroad centre, exceeded only by Detroit, Grand Rapids and Niles in traffic.

A spinster living in a London suburb was shocked at the language used by two men repairing telegraph wires close to her home. She wrote to the company on the matter and the foreman was asked to report. This he did in the following way:

"Me and Bill Fairweather were on this job. I was up the telephone pole, and accidentally let the hot lead fall on Bill. It went down his neck. Then he said: 'You really must be more careful, Harry.'"

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## HOW MANY CALORIES DO PEOPLE REQUIRE?

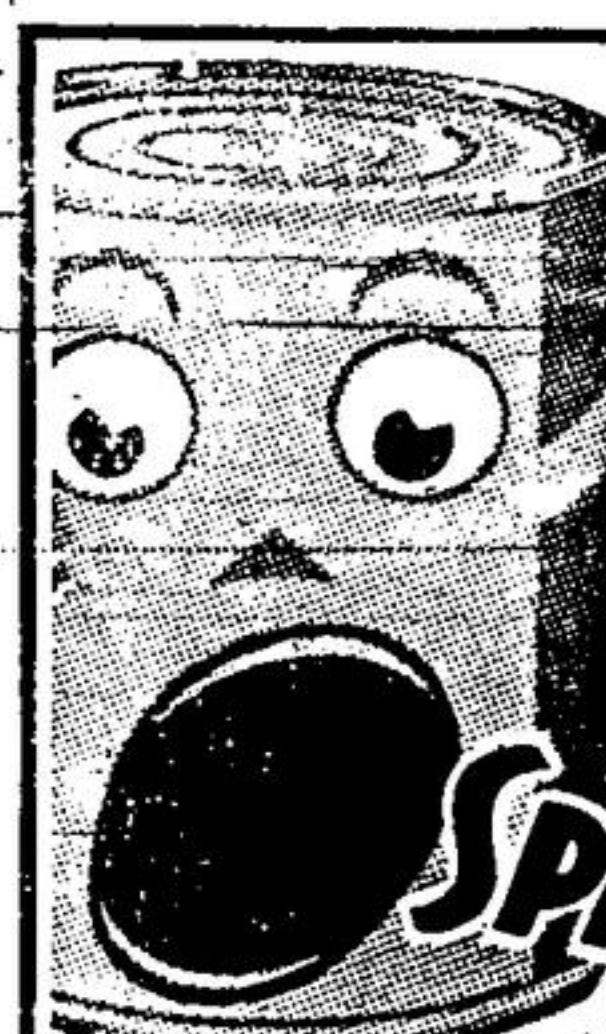
The caloric value of food is the proportion of heating units the food contains. The harder you work, the more calories you need. These are the calories per day needed to maintain health in different classes of workers:

Occupation	Calories per Day
Woodcutter	5,500
Stonemason	4,850
Blacksmith	4,177
University power	4,065
Labourer	3,611
Painter	3,600
Carpenter	3,194
Shoemaker	3,150
Soldier in war	3,146
Soldier in peace	3,029
Housewife	2,600
Doctor	2,762
Tailor	2,750
Teacher	2,600

—Send in your personal items for publication.

## THINGS MEN FORGET

I wonder if he loves me still; for when it's time to go, He never kisses me goodbye, and Oh, that hurts me so! For I remember when he thought of every little thing; His farewells are reluctant ones, and close to him I'd cling. Releasing his embrace he'd start then stop for one more kiss. No heartaches marked those sweet adieus. The memories are bliss. Now, puzzled, I watch friends—and find: with peaceful unconcern Most men forget those little things—for which all women yearn. —Lyla Myers.



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