

Mainly for Women

Introducing . . .

BARBARA BAINES, whose column will appear from now on, in our Women's Page. Barbara Baines lives in the city of Toronto and has wide connections with the Red Cross, I.O.D.E., church groups, and a variety of women's organizations. In this column she hopes to give you some of the interesting bits of information which come her way. Brief sketches of Canadian women, recipes, philosophy, book reviews, fashion hints, activities of various fem-

inine groups will all find their way into this column. She hopes to make it something which you women readers will enjoy and from which you will derive useful knowledge. Barbara Baines is certain that many of you will want her to comment on some favorite idea of yours—a pet recipe, a book you have read, some activity of one of your local clubs. Please feel free to address a letter to Barbara Baines, Box 320, Georgetown, and she will be only too pleased to include such things in her column.

Timely Topics for Women

BY BARBARA BAINES

LADY TWEEDSMUIR

Lady Tweedsmuir is now home in England. She arrived April 5th, accompanied by her son, Hon. Alastair Buchan, and is staying in London for the present. After five years residence in Canada she sailed for Great Britain with the public unaware of the date of her departure, or the port of embarkation. Shortly before she left she broadcast a farewell message to the women and children of Canada. The widow of our late Governor-General took an active interest in many Canadian women's organizations. She was especially interested in her prairie library scheme. She collected 40,000 books which were sent to bring comfort and cheer to isolated districts in the West. On her return to England, Lady Tweedsmuir took with her a handsome mink coat, the gift of Canadian women, as a tangible evidence of the affection in which she is held in the Dominion. This gift was made possible by small contributions from women from the Yukon to Cape Breton. The presentation was made by Mrs. Ernest Lapointe, who conveyed to Lady Tweedsmuir the regret at her departure, of Canadian women from one end of the Dominion to the other.

WAR SERVICE

What Can I Do?

The common cry of the women of Canada everywhere is "What Can I Do?" From the richest to the poorest all are anxious to help win this war against injustice and aggression. They want to feel that inner satisfaction that comes from knowing they have a share in their country's struggle to preserve the liberty and freedom of all peoples. They know the women of other countries at war are doing a vital and important work. They want of the great armies of women working the land, in armament and munition factories, driving transports, and doing innumerable other tasks ordinarily unnecessary or done by men. The women of Canada want action too. Practically every woman would be prepared to drop her present work in office, or factory, or home for a war-time job. We would all like to be a heroine. But a different kind of service is required of us. Our present task is to "carry-on as usual,"—to do our own hum-drum job better than it has ever been done before. It is our responsibility to see that our children are taught the principles of democracy; that our old and sick and poor are cared for; that by living normally the economic life of our country does not become disorganized. Later we may be called upon to fill positions requiring more daring; to accept the loss of loved husbands and sons with quiet courage. But whatever sacrifices will be required later, to ensure the continuance of the rights and privileges we now enjoy, Canadian women are prepared to meet them with high spirits and resolution. Until then "Carry-on as usual."

BOOK REVIEW

Life in Nazi Germany

"Reaching for the Stars"—By Nora Wain

This is an uncensored story, indignant and compassionate of Nora Wain's four years in Nazi Germany. In 1934 she went with her husband to their new home on the Rhine, and faced the difficult problem of trying to live with, and understand, the Germany of Hitler. In the years that followed she made many friends. Within the Nazi barriers she found the warm elements of the German character—the music, the forest walks, happy, healthy children, the family life. It was all the more disconcerting to find the shocking contrast between the deep-hearted tenderness of the German people and the blind cruelty of their nationalistic pride. She could not shut her eyes to the persecution, the desertion of free speech and loyalty to kin, the obedience without mercy, which clouded the lives of so many householders. In writing "Reaching for the Stars" she has tried to portray impartially the Germany of today, but was greatly troubled by the philosophy of Hitler. Before she left Germany in 1938 she mailed—each from different postal stations—her only three copies of the manuscript. None of these were ever delivered. Every word of the book had to be rewritten from notes.

LET ME REMIND YOU

The world does not require so much to be informed as to be reminded—Hannah More. A perfect life is like that of a ship of war which has its own place in the fleet and can share its strength and discipline, but can also go forth alone in the solitude of the infinite sea. We ought to belong to society, to have our place in it, and yet be capable of a complete individual existence outside of it.—Hamberton.

NEWS IN FOOD

Afternoon Tea

The afternoon tea habit is growing in Canada. Drop into a restaurant in any of the larger cities about 4:30 in the afternoon and you will be surprised at the number of women sipping tea. The custom is just as popular in the homes. I am not referring to the formal tea at which you entertain a large number of friends, but rather tea for two, or three, or four. Every housewife, no matter how busy, should have an hour or two to relax in the afternoon. Why not have a cup of hot, refreshing tea ready for your husband when he comes home early from work . . . or a weak one for elder daughter when high school is out? It is a grand time for confidences. Or why not ask a friend in after a brisk walk, to bring her knitting and drop in—just for a cup of tea and a cosy chat? Serve with it only thin bread and butter or a cookie. Every woman enjoys tea-time.



One of the reasons for the popularity of "Children's Soap Book," heard over the CBC National Network every Saturday from 12:30 to 1:00 p.m., is shown above. Peggy Lester, shown above, known on the programme simply as "Peggy," she is, despite her youth, a most talented actress.

STORK VISITS TRAIN EN ROUTE FROM EAST

The stormy weather conditions which prevailed throughout the eastern section of the country during a recent week-end did not deter the stork from visiting an upper berth in a sleeping car of the Canadian National Railway "Ocean Limited" train operating between Halifax and Montreal and delivering a baby about half an hour before arriving at the metropolis. The porter passed the train for a doctor but finding none on board, a trained nurse from the Royal Victoria Hospital answered the call and took charge of the case until a doctor and ambulance arrived at destination. The sleeping car conductor reported that everything possible was done for the comfort and care of the woman and little passenger, who were immediately removed to the hospital on reaching Montreal.

She: I'd like to ask you a question.
He: Ask it, dear.
She: "Am I the only girl whose money you ever loved?"

UNITED CHURCH W.M.S. HOLD INDIAN FAIR

Miss Grace Paterson of Kharhua Girl's School, C. India, Addresses Easter. Thank-Offering Meeting

By Mrs. C. B. Dayfoot, W.M.S. Press Secretary

The Indian Fair, held April 1st, in the Sunday School room of the United Church under the auspices of the Woman's Missionary Auxiliary, proved to be an event "thrillingly fascinating," to quote the words of one of our Milton visitors. To the imagination of the missionary-minded lover of children, here lay stimulus to the "seeing of visions" and the "dreaming of dreams" of the day "when the kingdoms of this world shall become the kingdoms of our Lord and of his Christ."

Here we saw the W.M.S. family getting acquainted with India, and with the life of the people of that far-away part of our Empire, by means of a program informal, informative, inspiring, and withal simple, and which in its production, provided a striking demonstration of the fine arts of elasticity in co-operation. From the beautiful and uplifting devotional period which opened the programme to the informal half hour at the close, every item held its own peculiar interest for those privileged to be present at this combined Easter Thank Offering Service of Auxiliary and Mission Band, Baby Band, Mission Band and Canadian Girls in Training all contribute their part in the program.

The tiny tots, grouped with their "mother" on the platform, as for a tableau, were all dressed in Indian costume and made a living picture to illustrate the reading of the story of our home for unwanted babies at Neemuch, C. India, the work of our beloved missionary, Miss McHarris. The girls and boys of the Mission Band presented an exceptionally well rendered playlet, entitled "The Festival of Lights," illustrative of the way in which our missionaries in India sometimes make use of native festival celebrations and by reconstructing them, remove the undesirable content and introduce Christian truth into ceremonies familiar to the people. Like the householder well-trained in the ways of the Kingdom, they bring out of their storehouse "things new and old."

The part played by the numbers of the C.G.I.T. was delightful in another way. It was their pleasant task to serve the guests with refreshments such as high tea, a plate of an Indian menu, nuts, raisins, cloves, etc. These were passed on trays exhibited later on the curio tables, which these same teen-age young ladies had tastefully decorated with purple and native wistaria blossoms, and upon which were arranged most beautiful and interesting objects of Indian art. One was reminded of a corner of the British Empire Building at the C.N.E. where we admire the exquisite handiwork brought from our Indian Empire. Brass trays, boxes, book ends of carved walnut, delicately embroidered costumes, Kashmir rugs and many other objects were there to delight the eye and stimulate the interest. These exhibits had been loaned for the occasion by missionary friends in Hamilton, and by the Church office in Toronto, while a number of Georgetown friends had added their own treasured bits of Indian work to the display.

Naturally the program of the afternoon was the opportunity afforded those present to meet personally and as a group a real "live" missionary, Miss Grace Paterson of Kharhua Girl's School, Central India.

True to her calling, Miss Paterson proved herself an adept in the art of education. By means of lantern slides, posters and pictures, Indian scenery was studied, and descriptions of the home life of the people centered around objects found amongst the exhibits which adorned the walls and tables.

Perhaps the most interesting part of the talk concerned the costumes of India which were exhibited on models as in a fashion parade. The difference between the dress of the Mohammedan and Hindu women, and the way each maintained purdah (isolation) elicited much interest from the audience who were invited by the speaker to ask questions about any phase of Indian life of interest to them.

At the close of the meeting, Miss Paterson was also most generous with her explanations concerning objects in the exhibits, about which individuals or groups wished information. In this informal way much was added to the interest of the lecture.

In the evening, the Young People's Society were privileged to visit the exhibit when Mrs. Overend repeated for their information parts of Miss Paterson's lecture.

April 1st, 1940, is marked as a red letter day in the calendar of W.M.S. programs, thanks to the interest and co-operation of many people, and especially to Miss Grace Paterson of Kharhua, India, whose work in that far-off land we shall follow with special interest in the years to come.

FATHER OF NORVAL WOMAN SUCCEUMBED AT RIVERVIEW

Mrs. William McClements of Norval, attended her father's funeral in Shelburne, March 29th.

Always enjoying good health until stricken with a paralytic stroke two weeks before, the late Jonathan Lewis Meredith died suddenly on March 19th at his home in Riverview. The Dundalk Herald paid tribute to Mr. Meredith's "kindly, jovial nature, which made him many warm friends." He attended the United Church, and was for over fifty years a member of the Orange Lodge.

Headed by wife, he is survived by 3 children, a sister, brother and half-brother. Funeral service at the home was followed by interment in Shelburne mortuary chapel.

Betty Barclays HELPFUL HINTS



SAUSAGES ALWAYS SEASONABLE

Never think of the pork sausage as merely a breakfast food. Of course it is used in various tasty breakfast dishes, but there are recipes for luncheon, dinner and the "midnight snack" that call for this healthful food. These recipes furnish dishes suitable for any temperature or season. Try the following and you will have two "specials" for your year-round file:

Sausage Luncheon
 16 cooked pork sausage links
 2 cups asparagus tips
 8 pieces toast
 1/2 cup diced yellow cheese
 1/4 cups medium white sauce
 Arrange sausage links and asparagus tips alternately on a slice of toast, allowing 2 slices of toast to a serving. Serve with hot cheese sauce made by adding cheese to white sauce. Serves 4.

Sausage Cobbler
 2 cups stiff, tart applesauce
 2 cups sliced cooked sweet potatoes
 10 sliced cooked pork sausage links
 1/2 cup flour
 1 1/2 teaspoon baking powder
 1/2 teaspoon salt
 1/2 cup milk

Quality That Satisfies "SALADA" TEA

2 tablespoons sausage drippings
 6 uncooked sausage links
 Combine applesauce, sweet potatoes and cooked pork sausage links and turn into casserole brushed with sausage drippings. Cover with drop biscuit dough made with flour, baking powder, salt, milk and sausage drippings. Decorate top with uncooked sausage links and slices of red skinned apple. Bake in hot oven (450. F.) until well browned, about 30 minutes. Serves 4 to 6.

This dish, plus a simple salad (and a light dessert if you wish it), provides a complete meal. The necessity of preparing other vegetable dishes is eliminated.

Escalloped Onions and Cheese
 2 cups small boiled onions
 4 tablespoons butter
 4 tablespoons flour
 2 cups milk
 1/2 teaspoon paprika
 1 teaspoon salt
 1/2 teaspoon celery salt
 1 teaspoon prepared mustard
 1/2 cups cheese, cut fine

Melt butter in top of double boiler. Add flour and blend. Add milk slowly, stirring constantly. Add seasoning and cheese and cook until creamy, stirring constantly. Place cooked onions in buttered baking dish, pour over sauce, and bake 20 minutes in moderate oven.

THESE ARE SALAD DAYS
 We are prone to think of summer as the salad season. Probably this was true several years ago, but today we can secure most of our salad ingredients all the year 'round. Then again, winter time is Navel Orange time and what is better than a salad in which thick, juicy orange slices or segments abound? Or what is more healthful? Orange Banana Salad (Serves 6)

3 oranges
 Lettuce
 3 bananas
 3 tablespoons lemon juice
 1/4 cup finely chopped nuts (walnuts, almonds, pecans or peanuts)

Peel oranges and cut into 1/4-inch slices. On lettuce-covered salad plate, place 2 orange slices. Cover with 2 lengthwise quarters of banana, sprinkled with lemon juice and rolled in nuts. Top with slices of orange. Garnish with mayonnaise and marionette cherry.

Variation: Roll banana fingers in grated coconut.

Crab Fruit Plate
 In large section of a grill plate, place a banana, split lengthwise and dipped in orange juice to prevent discoloration. Top banana with 3 orange slices. In smaller section of plate, place 3 large cooked prunes, stuffed with cottage cheese, moistened with orange juice; several walnut halves and 3 or 4 dates.



CARROLL'S

Special—Bright's

PIE CHERRIES

15-oz. tin 10¢

Special—Jewel Vegetable

Shortening

1-lb. pkg. 13¢

Special—Queen's Royal Ontario

PEACHES

15-oz. tin 10¢

Special—Neilson's

COCOA

1/4-lb. tin 17¢

Lyon's

TEA

1/4-lb. pkg. 35¢, 40¢

Grapenuts

FLAKES

2 pkgs. 17¢

GROUND BLACK PEPPER 1/2-lb. 10¢

OUR CREAMY OLD CHEESE 1-lb. 25¢

SWEET MIXED PICKLES 27-oz. jar 18¢

LUSHUS JELLY POWDERS 2 pkgs. 15¢

MCLAREN'S PUDDINGS 3 pkgs. 25¢

Catarac Dry Ginger Ale 2 lg. btl. 19¢ (Deposit Extra)

Champion

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Durham

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pkg. 9¢

Infants Delight

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GOLD

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Bar 4¢

S. O. S.

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LUX

Soap Flakes

2 1/2-lb. tins 19¢ 1-lb. pkg. 23¢

NAVEL ORANGES Med. Large Extra 23c 27c 33c 1/2 Dozen

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