

Mainly for Women

Timely Topics for Women

BY BARBARA BAINES

BLONDES PREDOMINATE

Our interest turns to the women of Norway, whose country has become the latest victim of Nazi aggression. Our sympathy goes out to them as they hear the booming of enemy guns at their gates. The Norwegian women are blue-eyed and tall with a larger proportion of blondes than any other race. They have directness, charm and spontaneity, and combine the mysticism of the Celts with dogged perseverance. To these descendants of victorious Vikings, freedom is their most cherished possession and the underlying characteristic of all their institutions.

Religion (Evangelical-Lutheran) is a fundamental factor in their lives. It may be less visible and tangible than in many countries, but nevertheless spiritually stronger and deeper.

The women of Norway were among the first in Europe to gain the franchise (1907) and, although they have only one member in the Storting (Parl.) they have taken an important part in the administrative life of the country. It is largely owing to them that Norway has the most advanced social legislation in the world.

The unpardonable sin is idleness. There is no aristocracy as in England, nor are there any club-women or society women as we know them in America. No matter how wealthy, the wife is a good house-keeper and cook, and teaches her daughter to be likewise. In the larger cities fine new apartments for the poor have been built around bright inner courtyards, and for the higher-paid workers there are modern garden villages with each cottage set in its own garden. These have added much to the attractiveness of life for the housewife. There are no slums and the excellent sanitary conditions are reflected in the low death rate.

Women have attained real equality with men in almost every sphere, and intermingle with them freely when engaged to be married.

Feminine culture has developed rapidly, domestic arts and crafts have attained a high level, the theatre and concert are well-supported and national customs are gradually giving way, but their love of freedom remains and those who have emigrated to Canada are heartily welcomed here.

Sigrud Undset and Sonja Henie are probably the two Norwegian women best known to the rest of the world.

WAR SERVICE

The Red Cross stands prepared to meet any demands made upon it. Just as it was sent to Finland when she was battling for her independence, and is still being sent to help care for her refugees, so aid will be available to Norway if it is needed.

Few people possibly realize the vastness of the organization known as the Canadian Red Cross Society, a society charged with the spending of some \$5,000,000, and with the guidance of an equal number of workers.

Besides the National Officers and other leaders chosen for their experience, who give unstintingly of their time and talent, there are countless numbers of voluntary workers who are giving service by sewing and knitting in workrooms and at home; in preparing hospital dressings; in inspecting and packing supplies; in driving motor cars and trucks; in giving free secretarial service of all kinds; in raising money by entertainments; in organizing blood donor service and giving the blood required.

Besides all these persons doing their bit there are the teachers giving voluntary service in organizing the Junior Red Cross; the trained nurses and doctors in charge of Home Nursing classes, the dietitian taking charge of nutrition classes, the newspaper, radio speakers, preachers, writers who are giving free service in publicity.

Almost a million pieces of hospital and surgical supplies and clothing have been shipped overseas by the Canadian Red Cross Society during the past two months for the men of the Canadian forces and for distribution by the Red Cross Societies of war-torn Europe.

But splendid as the response of voluntary workers has been, there must be no slackening of effort if the Red Cross is to be in a position to meet all emergencies as they arise. Only recently Mrs. Wallace Campbell, National chairman of the women's war work committee sent an urgent appeal to women throughout the Dominion to continue knitting articles for the men of the fighting forces. "There must be no letup in knitting socks, scarves, sweaters and helmets," she stated.

BOOK REVIEW

Three Best Canadian Books
The awards for the three best Canadian books for the year 1939 were announced last Saturday. The Governor-General's Annual Literary Awards, established under the authority of the late Lord Tweedsmuir, are offered each year to Canadians, in recognition of the most outstanding books published in General Literature, Fiction, and Poetry, and this year the honours have gone to Mrs. Laura Goodman Salverson, Mr. Franklin Davey McDowell and Mr. Arthur S. Bourinot, respectively.

Confession's of an Immigrant's Daughter By Laura Goodman Salverson
This is the autobiography of a poor girl in Winnipeg and tells graphically her experiences and the disadvantages of being poor and "foreign."

Mrs. Salverson is already well-known through her earlier books "The Viking Heart" and "The Dark Weaver." I once heard her speak and was much impressed by her personality and charm.

The Champlain Road By Franklin Davey McDowell
Now in its fourth edition here, this book has already won popularity for its author who was born in Bowmanville, Ont., and is publicity representative for the central region of the Canadian National Railways. It is a historical novel which gives a dramatic account of the wiping out of the Hurons by the Iroquois in 1649-50, and of the efforts of Jesuit priests to christianize the Indians.

Under the Sun By Arthur S. Bourinot
Mr. Bourinot, a lawyer of Ottawa, is the son of Sir John Bourinot and has a summer residence in the Gatineau Hills, whose beauty has inspired him to lyric utterance. Other published books of verse include: "Laurentian Lyrics," "Pattering Feet" and "Selected Poems."

Taking Responsibility LET ME REMIND YOU
Do you assume responsibility that is not rightfully yours? I am not referring to the capable, dominating type of person whose greatest joy is to take charge, who loves to be president or convener of the committee or direct action in an emergency. I am thinking now of the timid person who probably shrinks from the limelight, but yet is always afraid things may not be done quite right, and feels that she must check and double-check on the actions of others.

Can't you imagine a woman of this type saying, "Did you remember to turn out the lights?" "You've only fifteen minutes to get dressed or you'll be late." "Did you forget to call Mrs. Jones about the meeting?" "Are you sure it's alright to park here?" She is the backseat driver who watches for the red lights and bicycles ahead and traffic from the side streets, and forgets entirely the driver is probably quite experienced and not more anxious than she is to risk his life or a fine. She is a worrier who unconsciously shows lack of confidence in the people with whom she comes in contact, and yet would hotly deny this fact if it were brought to her attention.

Such a woman is usually very conscientious about her own job, and gives careful attention to the minutest details and naturally she does often find that others are not quite as reliable. She therefore feels she must constantly watch to see that their job has not been neglected. But she will probably lose many hours sleep, and worry herself into a nervous depressed condition, taking the responsibility that belongs elsewhere.

We all love a person who is keen and interested and enthusiastic, but is it not better to save that interest and enthusiasm for your own work or hobbies or pleasures? It makes for a much more attractive personality.

NEWS IN FOOD

Macaroon Cake
Eggs are quite inexpensive at present, so there is no better time to serve this cake which uses the egg whites to form its own icing.

cup butter
egg yolks
cup white sugar
1 cup cake flour
1 teaspoon baking powder
5 tablespoons milk
teaspoon salt

Cream butter, add sugar gradually, egg yolks well-beaten and milk. Mix and sift dry ingredients and add to the first mixture, beating well. Spread in the bottom of a 9-in. cake tin.

4 egg whites
teaspoon of cream of tartar
cup white sugar
Pinch of salt
1 teaspoon vanilla
1 cup shredded coconut

Beat the egg whites with cream of tartar and salt until stiff, adding sugar gradually. Fold in the coconut and vanilla. Spread mixture evenly over batter already in pan. Bake 30 min. in a moderate oven (300 degrees F.).

W.C.T.U. MEETING

(By the Press Secretary)

The April meeting of the W.C.T.U. was held at the home of Mrs. W. G. Marshall, Friday last, following a united prayer service held in the United Church Sunday School room, when (Rev.) Dr. Duncan McLeod, formerly of Formosa, led in the group meditation. The comforting and challenging message was based upon Psalm 46, "God is our refuge and strength, therefore will not we fear." This psalm, a spiritual bulwark through the ages to the people of God, presents in this day a challenge to all: "How can God make wars to cease unto the ends of the earth" except by man's acceptance of the spirit of the Prince of Peace, and by His coronation, first of all, in the hearts of individuals? was the heart-searching question carried with us to the consideration of the temperance problem.

The main session of the W. C. T. U. was held in the Public Library in the absence of the president, Mrs. A. R. Vanmatter, who is ill, and who for only the second time in the seven years of her leadership was absent—a record of devoted service seldom surpassed. We are happy to report that she is making very satisfactory progress back to health.

The second in a series of studies on scientific temperance based on Dr. Haven Emerson's book, "Alcohol, Its Effects on Man," was conducted by Mrs. H. Wrigglesworth. This study book is available in our Public Library and members unable to be present at our meetings are urged to keep pace through home study.

To indicate the necessity for keeping our knowledge on this subject up-to-date, and as nearly as possible complete, the speaker read a recent article from J. V. McArthur's column in the Globe and Mail in which was reviewed a book purporting to give "the truth about alcohol." Many of these supposed "facts" when checked up, were found to be quite out of harmony with the authoritative statements of modern medical and associated sciences upon the subject.

With the skill of the trained teacher, our study leader presented a condensed review of those chapters dealing with the effects of beverage alcohol upon the human body, and stressed the benefits of abstention from indulgences which can be brought against its use, lies in the fact that it impairs the powers of "reason," will

HEALTH

The Health League of Canada today urged citizens of Canada to take full advantage of a fine series of health books recently published by the Federal Department of Pensions and National Health.

"The widest publicity should be given to these valuable booklets," declared Dr. Gordon Bates, General Director of the Health League. "Organizations of all kinds should write for the booklets and see that the contents are brought before their membership."

The booklets are written in simple, everyday language each booklet dealing with a specific subject such as "Hay Fever and Asthma," "Typhoid Fever" and "Holiday Health."

Health experts were engaged by the Dominion Government to prepare the booklets. They should be of great service to teachers of Canada, Dr. Bates said.

The series of booklets, which are free for the asking, would make up a fine layman's library on health education, according to Health League officials.

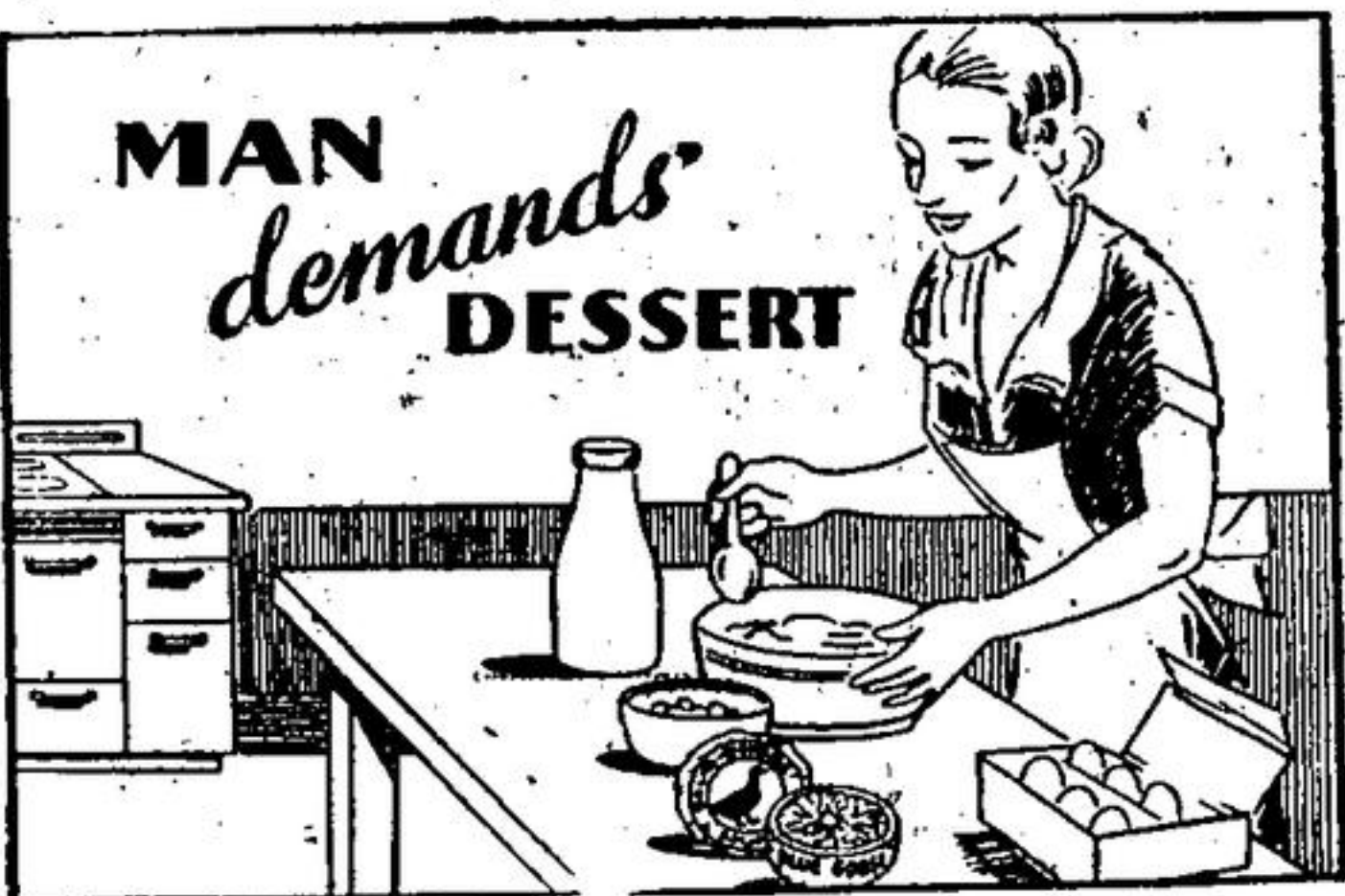
Particularly in war-time should special care be given to the health of Canada," Dr. Bates said. "Canada is fighting a powerful enemy, and every resource at our command should be brought to bear in the fight. We will contribute more to the effort of the allies if we maintain and improve the health of our people."

A vast amount of information is available on health education and the prevention of disease, the League Director said. "It is a pity more people don't take advantage of these free publications," he said, urging citizens to write to the Federal Department of Health for copies of the new booklets.

Arrangements concerning the Essay and Medical contests were left in the hands of the department leaders.

Mrs. W. Frank and Mrs. C. J. Buck were appointed a nominating committee in preparation for the annual election of officers to be held May 10th. Arrangements for the annual meeting of Mrs. Rosamund Duff, provincial field secretary, were left in the hands of the executive.

Quality You'll Enjoy "SALADA" TEA



By MOLLY MARTIN

Dessert is a man's dish. Yes! I know it is often regarded as a child's dish, but eliminate it from your menu for a few days, and you'll soon see that more complaints come from Dad than from little Donald or Dora.

A meal without a dessert is a picnic without baseball or a fishing trip without fish — so far as Dad is concerned.

Really, the dessert may be made one of the most valuable dishes of the meal. And light fruit and milk puddings and custards can work wonders.

Through such desserts milk and eggs are furnished to children who dislike these valuable foods in plain forms. Through these same desserts the needed minerals, salts and vitamins of fruits are supplied both to children and adults.

Oranges and grapefruit are particularly valuable foods. Contrary to the belief of some, they have a decided alkaline reaction when taken into the system, and thus tend to balance acid-reaction foods that may be eaten during the meal.

Starting a meal either with grapefruit or orange juice is a very wise move. Finishing the meal with a light pudding such as the following is another move of the same type. I submit this recipe to

you for your health's sake — and for the "sweet tooth" of your husband as well.

Orange and Macaroon Pudding

1/2 pound almond macaroons
1 pint milk
4 eggs
1/2 cup sugar
2 Blue Goose oranges

Soak the almond macaroons in the milk until soft. Beat the eggs and add to them the sugar and the grated rind of one orange. Do not grate in any of the white pith, as it spoils the flavor. Stir the mixture carefully into the macaroons and add the juice of two oranges. Pour into an oiled mold and set on a stand or ring in a kettle of boiling water. Simmer steadily for an hour. Serve hot with orange sauce.

Orange Sauce

5 tablespoons butter
1/2 cup sugar
2 cup boiling water
3 egg-whites
Juice of 2 oranges
1 1/2 tablespoon lemon juice

Cream the butter with the sugar. Pour into a saucepan over hot water and add the boiling water. Then beat in the stiffly beaten whites of the eggs, the orange juice and lemon juice and continue beating until light and foamy.

International Uniform Sunday School Lesson

Micah's Vision of Peace

SUNDAY, APRIL 21st, 1940

GOLDEN TEXT "And they shall beat the swords into plowshares; and they shall not lift up a sword against nation, neither shall they learn war any more." Micah 4:3.

LESSON PASSAGE: Micah 4:1-5; 5:2-5a.

O Christ, Great Lover of all souls,
Meek Lord of sympathy,
Our lips, how eloquent they are!
We worship you divided ways!
We boast our caste and clan;
O let Thy Kingdom quickly come—
A brotherhood of man!

—Thomas, Curtis Clark

Beligion and World Peace, 1, 2.

Education promised to give world peace, but has failed to do so. Science held out hope of world peace by increasing facilities for communication, yet in many ways science has become an ally of war. Politics predicted the dawn of a thousand years of peace through the League of Nations, but jealousy and greed shattered the dream. Twenty-five hundred years ago, Micah publicly proclaimed his faith in religion as the only adequate security for peace. The knowledge of the will of God and obedience to the leading of God alone could cure the fear, hate and greed that lead to war. Through worship, teaching and co-operative brotherhood rising above nationalisms, world peace alone could come. Today there are many people who still hold Micah's faith, asserting that God's grace, working in human hearts, can lift us above the strife of the jungle and create a world brotherhood in Christ. Many Christian people would prefer to be wrong with Micah than right with modern dictators.

Disarmament, 3, 4.

Micah spoke of disarmament in terms of swords and spears. Peace for him meant freedom for a man to sit under his own vine or fig tree. Today, disarmament means cessation from spending billions of dollars annually upon battleships, submarines, electric mines, bombing planes and electrically equipped fortifications. If Micah desired men to forego the use of swords and spears, have we not in the twentieth century a greater incentive to forgo destroyers, machine guns and long-range cannon? Instead of an individual resting under a fig tree, we have to think of a city of ten million souls, bringing back evacuees to their city homes to resume their normal lives. The complexities of modern society increase the disasters of war and show the necessity of peace if man is to be worthy to be called civilized.

Faith and Conduct, 5.

The Hebrew prophets interpreted war as a punishment for the moral failures of the nation. Micah called upon his patriots to walk in the name of the Lord for ever and ever. National security depended upon national character and religious faith was the only adequate basis for national character. By and large, may we not speak as Micah did? If the Christian nations had been true to Christian stan-

dards within their own borders, if in their dealings with other nations they had tried more readily to cooperate and help, would the war spirit have developed as it has done in the last ten years? High tariff walls have been erected, power politics have awakened suspicion, attacks upon small nations have been regarded as legitimate. Faithful disciples of Christian standards has plunged the world once more into war. Can a better spirit ever be recovered, except by a return to the Sermon on the Mount and the practice of the principles of brotherhood taught by Christ?

Bethlehem's Glory, 2, 3.

Many small towns and villages in Canada have experienced deep sentiment by the observance of "Old Home Week." Former residents come from near and far; the outreach of influence of the community is recorded. Could a similar sentiment be kindled in the story that could be told of the influence exerted by the life of One who was born a babe in Bethlehem? For nineteen centuries, spiritual impulses have spread from his teaching. His example has been dominant in countless decisions. Bethlehem has scarcely anything distinctive in itself; it was an unimportant place, overshadowed by the great Jerusalem and at the time of Christ's birth, subject to a foreign power. Yet our greatest hope for world peace comes from the song sung at Bethlehem—the glad music that came on earth to men of good will. The love for his fellow men in the heart of Christ, will last longer and in the end will prove stronger than the great battalions.

The Prince of Peace, 4, 5.

Looking ahead several centuries, Micah predicted the coming of a leader who would stand in the strength of the Lord. He foretold that this leader would be great unto the ends of the earth, that he would bring peace, even in a time of attack. The Prince of Peace came to earth and taught the way of love, yet the nations are at present being impoverished by war on a colossal scale. Is there any hope for a warless world in centuries to come? Christians answer that the love of God shed abroad in the hearts of men will prevent wars and bring peace. Today, the conscience of the world is shocked at the resurgence of primitive blood lust. The teaching of Christ makes us feel that the machinery of death in modern warfare is inhuman. This is a moral gain. There yet remains the achievement of active good will, rising above national standards, racial divisions and religious prejudices, to bring about the glad day when nation shall not lift up sword against nation, neither shall they learn war any more. This is not an empty ideal; it is Christ's challenge to his followers, it is ideal to be made real.

Questions For Discussion

1. Does world peace depend upon a universal Church?
2. Which yields greater returns, money spent in war or in industry?
3. What effect has war upon religion?
4. Compare Bethlehem and Rome.
5. What protects Canada from invasion?
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ALONG THE AIRWAYS

(Continued from Page 2)
Canadian success with American triumphs during the past three years. . . . Wadsworth will also wield baton for the air premiere of Robert Farnon's "Symphonette for Small Orchestra," which will be introduced on "Canadian Studios" each day, and gives patient assistance throughout the course of daytime and evening assignments. . . . The Bluesones had it all their own way on a recent broadcast, "Summer Over the Maritimes." This was a recorded feature from the Toronto studios, but Easterners held the strategic spots; Frank Willis produced the program, Dan Earl Porter wrote the script, Dan Smith was the commentator, and Earl Porter, newest of the Easterners to arrive in Toronto, was at the controls. Rumour hath it that all four were chewing dices.