

Mainly for Women

Timely Topics for Women

BY BARBARA BAINES

DO WOMEN USE THEIR VOTE TO ADVANTAGE?

After a long struggle the women of Quebec have won the right to vote in the provincial elections, and hold seats in the Provincial Legislature—if they can get them. This bill sponsored by Premier Godbout, was ratified by the Legislative Council and given Royal Assent by the Lieutenant-Governor, Sir Eugene Fiset.

Quebec women have had the vote in the Federal elections since the latter part of the First Great War, but not since 1894 have they been able to vote in the provincial elections. Women in all the other provinces got this right between 1916 - 1922.

For twenty years women's organizations in Quebec have been working for woman suffrage. Thirteen previous bills were brought in and rejected before they even reached the Parliament Council. Even Cardinal Villeneuve, Archbishop of Quebec, was strongly opposed to this legislation, as was Sir Thomas Chabais, opposition leader.

The entry of the women of Quebec into business, industry and public affairs made it inevitable, however, that sooner or later they be given equal rights with their sisters in the rest of the Dominion, and they may now express their opinions on social legislation, pensions, child welfare, and other matters that affect the home. It is expected that the right to vote will pave the way for other reforms in the legal status of women in this province.

Madame Casgrain, Miss Idola St. John and other leaders of the feminist movement are jubilant over the victory they have won, which opens to them practically all posts of responsibility.

Will the women of Quebec use the power they have been given? Throughout the Dominion as a whole women command almost as many votes as men. In theory at least, they could put into effect any piece of legislation they wished, if they were united. One would expect women—the so-called reformers—would have done much to improve conditions in modern times. They know the deplorable effects unemployment and poverty have on the home.

But actually, women as a whole have been very indifferent to public questions. They haven't used their vote to advantage. Very few, especially in the east, have been elected to Parliament, or even become candidates for a seat. Is it because women, ordinarily, have not the vision or foresight of men? Are they not as able to visualize the future? Are they more interested in smaller details close at hand than in ultimate aims? If so something should be done to broaden their view point, lengthen their vision, and show them the great possibilities for good the vote has given them.

WAR SERVICE

How Can We Help Refugee Children?

One of the most difficult problems facing the world today is that of refugees. The end of the Civil War in Spain resulted in a flood of refugees into France, who treated them with great generosity. Many of them have now returned to their own country, and the balance, chiefly political refugees afraid to return, are being gradually absorbed into the economic life of the country that gave them asylum.

During the last five years, owing to Hitler's mad race for power, millions of defenceless peoples in Germany, Austria, Czechoslovakia, Poland, and now Norway, have been driven from their homes in the most ruthless and barbaric manner. Their property has been stripped from them. Their foodstuffs, bank accounts, and even clothing have been confiscated. Many are conscripted for forced labour camps, where the degradation they are subjected to is unspeakable. And Hitler's avowed aim still is to "remove" every non-Aryan, and every Jew from all countries that he can bring under Nazi domination.

These persecuted and unfortunate people are facing a problem that is difficult to solve. Where can they go? Many fled from Germany to Austria only to be forced to seek another place of refuge when this country was annexed. There are 50,000 Polish refugees interned in Hungary. They are lucky for the time being, as they are being kindly treated. Following the coming of the Russian-Finnish war another half million people were uprooted and forced to find new homes.

It takes little imagination to read the tragic story of broken homes, lost relatives, human agony and desperation involved in this tremendous upheaval.

What can we in Canada do to help solve this problem? We cannot invite them all to come and live in our fair Dominion, wide though it be. But surely there is something for some of the thousands of refugee children without parents and without a country. Many of them are stranded in France, England, Holland, Belgium, Switzerland and Scandinavia. But, these countries in the war zone have urgent problems of their own, and even the feeding of these children is an added worry.

Canada and the United States are in the most favourable position to help these young refugees. A movement is under way in the U.S.A. to bring over 10,000 or more children under 14 years of age. In Canada arrangements are being made by the Canadian Committee for Refugees to bring over from England 100 German orphans from 3 - 13 years of age, for legal adoption in homes where they will be guaranteed hospitality. But a hundred is so few out of the thousands of bewildered, friendless little orphans that need protection and an opportunity for development.

The Red Cross is doing a great, human work in helping supply the needs of these peoples who have known destitution and hunger and repulsion. They have sent 500 and 400 cases of clothing have been sent to Poles and Poles this month alone. The Canadian Committee of the Save the Children Fund, with Mr. Norman A. McKenzie, L.L.M., as chairman, is doing an unselfish work in providing bedding, clothing, medicine and foodstuffs to help save refugee children, as far as possible, from the ravages of war.

Many prominent Canadians believe immigration barriers should be lowered so that a larger number of selected groups of refugees might enter Canada. They believe that these newcomers would not necessarily be competitors of existing industry; that a large-scale immigration of new ideas, new processes, new methods, and capital from Europe would aid expansion of Canadian industry, and broadening of our export markets; and in the long run add to the growth and prosperity of our nation.

Canadians who have so much themselves surely will not be indifferent to the sad plight of such vast numbers of peoples.

BOOK REVIEW

The Eagles Gather — By Taylor Caldwell

This is the powerful and dramatic story of a great American family, one which inherited immense wealth and a world-famous munitions industry. It is a tightly-woven, emotion-charged story of the intrigues of warring factions in the family, played against a thrilling background of world-wide activities—fomenting wars, destroying democracy and creating fascism. It is an absorbing novel peopled with living, colourful men and women whose ambitions, passions and lust for power dominate their world.

You will probably enjoy this book more if you have read "Dynasty of Death" in which the author first created this powerful family. "Dynasty of Death" is soon to appear as a motion-picture production.

My reaction to "The Eagles Gather" is that surely not even the heads of a great armament industry could be so unscrupulous in betraying the common people and their country for gain.

Taylor Caldwell is the pen-name of Mrs. J. M. Redback of Buffalo, N.Y. She was born in England near the city of Manchester, in 1890 and came to America when she was six. She attended a private school in Buffalo and graduated from the university there. Her first published book was "Dynasty of Death."

LET ME REMIND YOU

Beware of Pity

"Pity comes, pity goes
With a great sadness,
Having nothing to do
With love and goodness."

Pity is of two kinds. There is selfless pity that shares another's sorrow and lightens it, and selfish pity as when one saves one's own conscience by deeds of kindness, but really shuns pain and sorrow.

Selfless pity is a force for good. It implies a warm overflowing of emotion for the helpless and pathetic and sorrow and compassion for the suffering and distress of others. It means opening the heart without fear to pain and grief. It means sympathy for the distressed as for an equal, and by letting awareness of humanity slip into the heart it conquers suffering by accepting it. It is based on mercy and love of one's fellowmen.

Selfish pity is another thing. It is surrounded by fears and inhibitions. It is constantly afraid of receiving an inner hurt and tries to run away from the crasser side of life, or develop a crust as a protection from suffering and distress. Such pity can exert a very destructive and numbing influence. This is probably best shown by the most recent book of Stefan Zweig "Beware of Pity." It tells the love-story of a

HEALTHY

This is the time for each household in Canada to lay plans for his own annual drive, in which the battle-cry is "Swat that Fly," the Health League of Canada advised today.

One reason for the success with which the pestiferous insect resists attacks upon him is his habit of taking up the fight each year without warning and before he is expected.

A good way to wreck his plans at this time is to spring clean the yard, and every other outlying portion of the home, as vigorously and thoroughly as the housewife cleans the interior. Do a large flycatching party with wash with strong disinfectant, with advantage to the household involved. No rubbish or garbage should be allowed to collect, and where manure is used for preparing the garden it should be dug under as soon as possible.

Many people are misled by the fly's her eggs in rubbish and refuse, and the grub hatch out in a few days and shortly afterward burrow into the earth to undergo their metamorphosis. Don't give them any encouragement or help in doing so.

Many people still look on the fly as only a mild nuisance, chiefly annoying by his habits of buzzing and tickling. Those little things are nothing! If one had microscopic eyes, capable of seeing the disease germs which this enemy of mankind picks up, carries around and distributes during a single meal, he would take a different view of the enemy.

It may be permitted to mention only one of the fly's obnoxious manners: When you see him tramping around in the sugar bowl, he is not just nibbling the grains of sugar. He can't nibble, so he regurgitates a drop of fluid from his tummy to melt the sugar, then he can suck it up. Not nice, is it?

The sooner you put up fly screens and get ready with the swatter, the better will be your chances of having a home free from flies.

Trouble in the Water Reservoir

One of the common troubles in a water reservoir is the presence of algae. Algae are cryptogamous plants, that is ones which have no true flowers but which propagate by means of spores. The bodies of algae consist of a single cell, or one which has no root stem or leaf; seaweed is an example. They give the water a nasty smell and a fishy taste; they may be got rid of by towing through the water a bag containing sulphate of copper. In all cases it is better to be forewarned by having the water, at intervals examined microscopically so as to anticipate the trouble and take the necessary precautions before the growth has reached large bounds.

Bathub Accidents

The home is the scene of a large proportion of bath accidents, but accidents from this cause are small in proportion to those from falls on stairs, and tripping on steps. There are 5 times the number of the latter accident as compared with those from the bathtub. The bathtub is no more dangerous than your Persian rug or your bed. Out of 40,506 claims made on a well-known insurance company involving home accidents, only 1,212 had any connection with bathtubs or showers; a percentage of 3.3 were attributable to the bathtub.

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young army officer and the crippled daughter of a wealthy friend, in which pity is an evil force.

True pity must be an outgrowth of the love of humanity and understanding and compassion!

NEWS IN FOOD

Shredded Vegetables

At no time of the year is it as difficult to find a variety of fresh vegetables as at present. If you have a set of shredders (which no housewife should be without) try serving vegetables shredded on the coarsest shredder and either cooked on the top of the stove, or baked in the oven with just enough water to provide steam. You will take a renewed interest in carrots, turnips, parsnips and beets cooked in this way, and especially if the following sauce is served with them.

Lemon Ester Sauce

1/4 cup butter
1/2 teaspoon salt
Dash of pepper
1 tablespoon lemon juice
1/2 tablespoon finely chopped parsley

Melt the butter in a small saucepan. Add the other ingredients. Serve hot in a small pitcher.

International Uniform Sunday School Lesson

ISAIAH GIVES GOD'S INVITATION

GOLDEN TEXT: "Seek ye the Lord while he may be found, call ye upon him while he is near." Isaiah 55: 6.

LESSON PASSAGE: Isaiah 55: 1-11.

BECAUSE I have been given much, I, too, shall give; Because of thy great bounty, Lord, Each day I live.

I shall divide my gifts from thee With every brother that I see Who has the need of help from me.

Because love has been lavished so Upon me, Lord,

A wealth I know that was not meant For me to hoard.

I shall give love to those in need, The cold and hungry clothe and feed. Thus shall I show my thanks indeed.

—Grace Noll Crowell.

Without Money, 1

Many of life's greatest blessings are neither bought nor sold. The beauty of nature is free. Parental love has no market price. There are friendships where the element of gain scarcely enters in. Christ's words contain the highest spiritual guidance and they are available in clear print almost without cost. God's love and truth are available at any time if we are but willing to receive them. On every hand we see symbols of the cross and a moment's thought of its inner meaning fills us with higher purposes. Character is priceless; it cannot be bought with money. In many cities, water is free; a charge is made only for laying the mains.

In like manner, salvation is free, though money is required for church building, organs, books, priests and ministers. What Isaiah taught about God's free invitation, Jesus Christ confirmed.

Minus or Plus, 2, 3

The Dominion of Canada spends \$135,000,000 a year for education. On the whole, the money is well spent and yields a real return. There are indulgences and pleasures, however, upon which huge sums are expended which do not yield tangible returns and are not socially productive. They may lead to self-loathing instead of to spiritual satisfaction. Physical delights are brief and often entail penalty, but those who in youth learn to lay a spiritual basis for their interests and activities, find an increasing joy. They are living plus. Eager as many are for wealth, the real values are in our thoughts, purposes, friendships, desires, self-mastery, community service. There are no pockets in a shroud and a good life has values that cannot be estimated in cash.

God's Plan, 4, 5

A survey of history gives us a sense of purpose and progress. For hundreds of years, as recorded in the Old Testament, there was the promise and excitement of a coming Saviour. It has been over a century since Jesus Christ was born and after a public ministry of few years, was crucified. His life and death are commemorated at Christmas and at Easter. His teaching and abiding presence with his people give rise to the Christian Church. In a period of over a hundred and twenty years ago, the Bible Society was formed and millions upon millions of copies of the Scriptures have been circulated. Modern missions have greatly influenced the thinking of non-Christian countries and more than ever before, Christians are attempting to create a world brotherhood in Christ. These historical facts show the way in which Christ has been a witness, a leader and a commander. Dictators come and go but Christ is the same yesterday, today and forever.

Seeking and Finding, 6, 7

It is possible to have a religious experience that will transform life. One man described it as an entrance into "a fourth dimension." To live without faith in God is akin to serving as a member of a crew on board a ship that has no captain. To know the defeat of sin, without any experience of forgiveness, leads to a sense of futility and frustration. How may the new birth, the soul quickening, this higher life, be gained? To begin with, we must deal with our guilt. In so far as possible, we must stop doing the evil things and begin to do the corresponding positive, good things. Deep down in our hearts there is a consciousness of God and when we surrender to God and obey conscientiously our sense of God's presence and leading becomes stronger. It is possible to become so hardened in wrong thinking and selfish conduct that reformation is difficult, at times apparently impossible. But if, ere too late, we seek God in Christ, we discover a new power. The burden of remorse and guilt falls away and we find peace. Isaiah had seen such moral transformations in his day. They still happen.

God and Man, 8 - 11

Human reason has definite limita-

*They're So Convenient

"SALADA"

*TEA BAGS

There is much that we do not know and sometimes our conclusions are incorrect. God's thoughts are as much higher than our thoughts as the heavens are above the earth. Yet the methods of education and religion are effective. Just as a farmer justifies the sowing of seed by the harvest that he reaps, so do teachers feel rewarded by the development and achievements of their pupils. Christ told the parable of the sower as an illustration of the discouragement of teachers, yet even in that parable there was a harvest, thirty, sixty, a hundredfold.

There is a history attached to the black scarf that sailors often wear under the collar of their "jackets." After the famous "Victory" was towed into Gibraltar with the news of Lord Nelson's death at Trafalgar, authorities ordered mourning for their dead Admiral. Black scarves were to be worn by the sailors, and to this day the order still remains uncancelled.

The sailor's blue collar itself is a relic of the time when the British tars wore their hair long and twisted in a greasy plait at the back. The constant rubbing of this oily wisp against the clean white jacket made them dirty, so a collar which could be easily removed and washed, was adopted.

This is our Present linked with the Past.

1. How may heaven be "had for the asking?"
2. "Alive unto God." How?
3. When is Christ a witness, a leader and commander?
4. Is forgiveness a matter of faith or experience?
5. "Admit the possibility that religious people may be right." Is this sound counsel?

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"JACK TAR'S UNIFORM"

(Rev. Norman McMillan)

A sailor's trousers often give rise to a great deal of ridicule by reason and that they may have been made in that way for some special purpose. Yet that is the case.

Jack Tars naturally have much to do with the water, and today they are provided with shorts, in which they are able to paddle about without danger of damaging their nether garments. Such, however, was not always the case. The Navy saw to it in days past that the men of the sea were provided

That Luscious Lima Bean



By BETTY BARCLAY

We force ourselves to eat many foods because we are told they contain some vitamin or mineral we need. So far as Lima beans are concerned, we eat them because we like them — a mighty good reason for eating any food. Check the orders in your favorite restaurant when Lima are listed with the vegetables, and see how consistently they are ordered.

Yet that luscious Lima bean is far more than an enjoyable food. It tops the list of alkaline-reaction foods that are needed to offset acidity. It contains more calcium than lean beef or eggs; more phosphorus than milk or lean pork; more sulphur than milk or beef; and more iron than any of these other foods. It's an excellent source of those minerals so necessary to perfect health.

Now that cooked dried Limas are available anywhere in cans and hot nutritious dishes are particularly desirable to protect the body from cold, the following recipes for Baked Limas with Marshmallows (see illustration) and Lima Chowder, are presented to you as tasty treats for nineteen forty:

Baked Limas with Marshmallows
3 cups cooked dried Limas
1/2 teaspoon salt
1 1/2 tablespoons butter

3 tablespoons brown sugar
1/4 cup hot water
3 strips bacon
2 to 6 marshmallows

Put Limas in a buttered casserole dish, adding water and stirring in salt, butter and brown sugar. Bake in moderate oven (350° F.) for about 20 minutes (until thoroughly heated). Then place bacon strips over top, dot with marshmallows and place under broiler flame until toasted a golden brown.

Lima Chowder
2 cups cooked Limas
2 cups diced potatoes
2 slices fat salt pork
1 small onion, sliced
1 cup boiling water
4 tablespoons butter
4 tablespoons flour
3 cups hot milk
1 teaspoon salt
1/4 teaspoon pepper

Cut salt pork into dice. Place in a saucepan and cook 5 minutes; add onion and cook until just turning yellow, then add potatoes and boiling water. Cook until potatoes are tender, then add Limas. Melt butter, add flour, stir until smooth, then add hot milk; cook, stirring constantly, until slightly thickened, then add Lima mixture and seasonings.

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