

Mainly for Women

Timely Topics for Women

BY BARBARA BAINES

PERSONALITY CAN BE ACQUIRED

Personality is not an indefinable something which some people are born with, and others born without. It can be developed, just as can skill in playing the piano.

First let us define personality. It is our ability to interest and influence other people—our adaptability to the world in which we live—what we do about things and people—how we get along.

Personality has no relation to intellect. It may be harder for the college graduate to "fit into" his environment than the person without formal education. Personality depends upon developing a set of habits and skills which we need for happiness. One of the first essentials is that we learn to be at ease with other people, no matter what the difference in age or position may be.

The time to begin the ground work for a good personality is when one is still young. Skill in games and sports which are played in groups is helpful. It gives young people a feeling of confidence, gets them over the awkward stage.

Children who belong to Sunday school, Scouts, Girl Guides, Y.M.C.A., the school orchestra or other societies tend to be more likeable, more alert and therefore have a better personality, than the child who likes to read or play alone.

Children who skate and dance, who go to mixed parties are early learning to feel at ease and natural with members of the opposite sex.

Similarly children who are taught to do things for themselves—things they do not like to do, because they are right or necessary—have learned much better personality habits than does the child who has everything handed to him on a silver platter, and is never forced to do things he doesn't want to do.

As one grows older further habits should be developed—the habit of going around with a group of friends rather than one or two; of taking an interest in people you meet; of paying subtle compliments; of speaking clearly when introducing people; of remembering and repeating good stories. Habits to be avoided are interrupting conversation, criticising others, spreading gossip, being "tired" or "bored"—in which case you yourself are probably the bore.

A sense of humour, a hobby, whether golf or knitting, seeing the other person's viewpoint—all these things can be consciously developed, and all help to improve one's personality.

Personality, therefore, is not a mystic quality which some have, and others lack, but rather a set of habits upon which individual happiness depends, and which can be developed by training, just as the mind can.

WAR SERVICE

The Canadian Red Cross

Total war and all that it implies is being waged on the western front. Long columns of refugees clutter the roads of the stricken countries. Casualties are arriving in ever increasing numbers at bases in England and France. The Canadian Red Cross must now meet the test for which it has been preparing during the last eight months. The following is a brief outline of the organization built up by it, that it may give service wherever, and however it is required.

1. 2385 branches have been established across Canada from which a never-ending stream of supplies are forwarded to the provincial headquarters.

2. The London Headquarters has been established in Berkeley Square to house the various committees most of which are under the direction of Canadian women. The Rt. Hon. R. B. Bennett is Chairman of the Overseas Advisory Committee.

3. The first Canadian Red Cross Hospital is being rushed to completion at Taplow, 25 miles from London on the estate of Lord and Lady Astor. It will have the finest of modern equipment and includes a warehouse for storing surgical supplies, and a special Research Laboratory, to be manned by Canadian experts under the direction of Sir Frederick Banting. When finished this 600-bed hospital will be turned over to the Canadian Army Medical Corps who will operate and maintain it, and staff it with Canadian doctors and nurses. In view of the urgency of the situation it is expected a section of it will be opened within a week.

4. The first Maple Leaf Club has been opened in London to provide cheap accommodation and meals in a homelike atmosphere to Canadians on leave.

5. The Hospital Visiting Service has been established. Its object is to visit Canadian soldiers who are ill or wounded, take them comforts and cigarettes, and if necessary write letters for them.

6. The Prisoners of War Service operates in co-operation with the British Red Cross. Eight Canadians serving with the British forces have been reported. Two 11 lb. packages of food and medical supplies per week are sent to each prisoner.

7. The Department of Information keeps a record of each Canadian sick in hospital, wounded, or taken prisoner, in order that information regarding them can be forwarded to relatives at home.

8. Workers have sorted and listed 3000 cases of hospital and field comforts, that arrived from Canada, and packed them in their giant warehouse, from which they can be sent to casualty clearing stations and base hospitals at a moment's notice. Woolens, magazines, etc. are distributed to the Canadian troops, and bedding and clothing provided for the refugees.

9. Hospital supplies, surgical dressing and cash donations have been given the British, French, Belgian and Dutch Red Cross Societies to meet the urgent need in war-torn areas.

This brief outline gives a very inadequate picture of the vastness of the work being undertaken by the Canadian Red Cross, or the variety of the demands made upon it. To meet all emergencies it needs the loyal support of every worker in every branch across the Dominion. The war will not stop during vacation time. Neither should Red Cross workers let sunny summer days tempt them away from the Red Cross work-rooms.

BOOK REVIEW

Men, Martyrs and Mountebanks

—By Beverly Baxter

Beverly Baxter is so well-known through his witty articles, which appear regularly in a Canadian magazine, and other writings, that the public is scrambling for his new book: "Men, Martyrs and Mountebanks."

He is a brilliant journalist, and as a Canadian-born member in the House of Commons is in a unique position to describe for us England at war. He is very frank in his discussion of prominent statesmen, and significant incidents covering the last few years—which show which way the wind is blowing—the intimate happenings a curious public is anxious to hear about.

He tells of scenes in the House of Commons; he defines the appeal of Nazism to the Germans; he touches on the neutrality of the United States. He is astute and shrewd in sizing up situations. His book is based squarely on fact, but is written with freshness and humour. It is vigorous and entertaining—a satisfying book to read.

LET ME REMIND YOU

Every year I live I am more convinced that the waste of life lies in the-love we have not given, the powers we have not used, the selfish prudence that will risk nothing, and which shirking pain, misses happiness as well. No one ever yet was poorer in the long run for having once in a lifetime, "let out all the length of all the reins."
—Mary Cholmondeley.

NEWS ABOUT FOOD

Shamrock Buns

Hot breads of all kinds are fast gaining in popularity. With this recipe the most amateur cook is sure of success—light, fluffy buns, especially delicious served with a salad.

- 1/4 cup butter
 - 1/4 cup shortening
 - 1 cup hot water
 - 1/4 cup white sugar
 - 1 teaspoon salt
 - 1 Fleischmann's yeast
 - 1/4 cup lukewarm water
 - 1 egg
 - 3 1/2 cups bread flour
- Cream the butter and shortening with the sugar. Add the hot water and salt. Stir until dissolved. When cool add the egg, well beaten, and the yeast which has been dissolved in the 1/4 cup lukewarm water. Stir in the bread flour. Cover the bowl and put in the refrigerator over night.

Four hours before needed take the dough out to prepare it for baking. Tear off small pieces of dough, shape in tiny balls, place 3 in each section of greased muffin tin. Let rise in a warm place—should be double in bulk. Bake 20 minutes in a moderate oven (300 degrees F.)

Housewife's Duty to Use Essential Foods for Health

"Every housewife can do her bit—and help others do theirs—by keeping her family's health at a high level."—Canadian Medical Association.

Thus ends the introduction on the inside front cover of a new booklet just now coming off the presses, entitled "Food for Health in Peace and War."

Prepared by the nutrition experts of the Canadian Medical Association, and embodying knowledge gained after years of study and research, including the very latest, the booklet is published by the leading life insurance companies in Canada.

It is written in the simplest language and instead of rambling on about vitamins and calories—about which the average housewife knows very little of practical use in the kitchen—quickly turns into a set of weekly food budgets for single persons, children, and various size families. So many quarts of milk, pounds of cheese, bread and so forth, for a family of five. Cost, \$2.95—on the basis of city prices. For those living on the land, the quantities are given in pounds and fractions of a pound.

It all boils down to this: Eat first the kind and amount of food required to maintain normal disease-resisting health, then add whatever you wish or can afford after that. But GET THE ESSENTIALS—and thwart the germs that may descend on the world as did the "Flu" in 1919.

On page five is a special note: "The Canadian farmer produces all the foods necessary for good health," a real boost for Canadian agriculture.

Recently, in Toronto, Dr. Frederick F. Tisdall, chairman of the Committee on Nutrition, Canadian Medical Association, in a nation-wide radio broadcast stated that if every Canadian would eat the proper foods in the proper quantities (set forth in the booklet) the consumption of Canadian grown foods would be increased by 12 per cent.

One million, two hundred thousand copies of this booklet have been printed in English, and 300,000 in French.

They are free for the asking, to any Canadian housewife or genuinely interested person, and can be obtained through your local physician, life insurance representative, medical health officer, Red Cross worker, or travelling registered nurse, or many of the volunteer social and welfare workers' organizations.

TESTED RECIPES

TRY HAM THIS WAY

There are so many ways of using cold ham that even the very small pieces around the bone should not be wasted. The bone itself can be put to good use for it gives a fine flavor to soup.

The Consumer Section, Marketing Service, Dominion Department of Agriculture, suggests a few recipes in which ham is combined with other foods to make appetizing dishes.

Ham and Asparagus

- 1 pound asparagus—cooked
- 6 slices cooked ham
- 3 tablespoons butter
- 3 tablespoons flour
- 1 1/2 cups milk
- 1/2 salt and pepper
- 1/2 cup grated cheese

Make cheese sauce of butter, flour, milk, seasoning and cheese, adding cheese when sauce has thickened. Cover six slices of toast with ham. Arrange asparagus on ham. Pour some of cheese sauce over each mound of asparagus. Serve hot. Makes six servings.

Ham Mousse

- 1 1/2 tablespoons gelatin
- 1/2 cup cold water
- 1 cup boiling water
- 1 cup lemon juice
- 1 teaspoon sugar
- 1/2 teaspoon salt
- 1 cup mayonnaise
- 1/2 cup whipping cream
- 3 cups chopped ham
- or
- 2 cups chopped ham and 1 cup chopped celery

Soak gelatin in cold water. Dissolve in boiling water. Add lemon juice, sugar and salt. When mixture is partially set add mayonnaise, ham,

*They Make Delicious Tea

"SALADA"

*TEA BAGS

"I was just saying how forgetful husbands are . . ."



THEN
the Old Scallawag called me
LONG DISTANCE



. . . and put me to shame!" A 300-mile station-to-station call after 7 p.m. (and all day Sunday) usually costs no more than a couple of movie tickets. With rates that low, a fellow can easily keep in touch with his family when he's away from home. Why not call them up . . . tonight?



60 YEARS OF PUBLIC SERVICE

celery and cream, stiffly whipped. Pour into moulds. Chill. Serve on crisp lettuce. Serves 6 to 8.

Ham Sandwich Spread
2 cups minced cooked ham
1 cup minced celery
1/2 cup chopped pimento, green pepper or pickles
1/2 teaspoon dry mustard
Salted dressing

Combine ingredients, adding sufficient salad dressing to make mixture moist. Season, if necessary, with salt and pepper. Use as a filling for plain or toasted sandwiches.

Vegetable Chowder

- 1 ham bone
- 1 cup chopped onion
- 1 cup chopped carrots
- 1 cup diced potatoes
- 1 cup canned peas
- 2 tablespoons butter
- 2 tablespoons flour
- 2 cups milk
- salt and pepper

Cover ham bone, onion and carrots with water and cook for 1/2 hour in covered saucepan. Add potatoes and simmer for 1/2 hour, adding more water if necessary. When potatoes are cooked, add peas. Make a cream sauce of butter, flour and milk. Add sauce to vegetables. Remove bone. Season to taste. 1 cup minced or finely diced ham may be added to the chowder.

WINNERS IN COUNTY CONTEST OF W.C.T.U.

Following are the lists of Georgetown district winners in the temperance study contests conducted by Halton County W.C.T.U., prizes for which were presented at the recent convention in Georgetown.

Temperance Study Course in Sunday Schools

Senior — 1st, Joanna Shortill, Ballinafad; 2nd, Edith Warne, Ballinafad.

Intermediate — 1st, June Clarke, Georgetown; 2nd, Billie Macmillan, Terra Cotta; 3rd, Floyd Shortill, Ballinafad.

Junior — 1st, Harry Macmillan, Terra Cotta; 2nd, Roy Warne, Ballinafad; 3rd, Phyllis Grace, Georgetown.

Essay and Poster Contest
Pastors—Grade VIII — 1st, John Collier, Georgetown; Grade VII, 2nd, Bernard Brill, Georgetown; 3rd, John Evans, Georgetown; Grade V, 1st, James Carney, Georgetown; Grade VI, 1st, Teresa Curtis, Georgetown; 2nd, Brian Ferry, Georgetown; 3rd, Audrey Beerman, Limehouse.

Health Books

Grade VI—1st, Geraldine Tyers, Georgetown; 2nd, Doreen Mulholland, Georgetown; 3rd, Violet Barnes, Georgetown. Grade V—1st, June Coffell, Georgetown; 2nd, Betty Cole, Georgetown; 3rd, David Williams, Georgetown.

Apple Blossom Time In Nova Scotia



THE 8th Annual Annapolis Valley Apple Blossom Festival with headquarters at the Cornwallis Inn, Kentville, Nova Scotia, will commence Friday, May 31st, and continue until Sunday evening, June 2nd. The festival committee has arranged an exceptionally interesting programme which includes parades, dances, musical programmes, all in the unsurpassed setting of the Annapolis Valley at the peak of the apple blossom season. The festival, a prelude to the Maritime Province tourist season is this year attracting visitors from all over the Eastern seaboard of the United States and Canada.