Mainly for Women

THE SPARROWS

There's a bunch of cheeping sparrows

And they'll perch outside my window

They will flutter and they'll sputter,

will feed them bread and suct

Then they'll fly down, besitating,

Make them quickly disappear.

They will peek and peer and flutter,

One may then fly down-adventurous,

Then they'll peck and chase each

Fight with beak and wing in carnest

As I stand and watch those sparrows

When they're in capricious mood:

Ottawa should set the people of Can-

ade the example, if it wishes them to

save for victory. If there is waste in

Have you signed your pledge yet?

to the people to sacrifice and save.

-RALPH GORDON

Each one wanting more's its need.

And may light quite near that food

But they soon will be returning

And will settle in that tree.

And in fact act crazily.

And then another-finally

The whole entire brood.

O'er that little bit of feed,

Trying to partake of food.

.628 Crawford St., Toronto.

They remind me of some people

Seem to be so full of fear,

And they'll chirrup, for they know

For their breakfast on the snow.

Every morning come to me,

'On a leafless lilac tree;

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Gracie Pields, through whose entertainment of Canadian audiences last fall :2100,000 was raised for the Empire's sailors' fund, has been presented with a memorial volume of her triummhal visit to this country.

INTERNATIONAL UNIFORM Sunday School LESSON

THE LORD'S SUPPER

SUNDAY, MARCH 16th, 1941

GOLDEN TEXT: "As often as ye ea this bread, and drink this cup, ye do show the Lord's death till he 1 Corinthians 11: 26.

LESSON PASSAGE: Luke 22: 14-30. By faith we take the bread of life

With which our souls are fed, The cup in token of his blood That was for sinners shed.

-Thomas Cotterill.

A Ritual, 14 - 18

Jesus was not above using aids to worship. He went to the synagogue for study and to the temple for prayer. He eagerly desired to observe the Passover feast with his disciples. There is a false notion that it is ible symbols, yet constantly we using the concrete to express abstract truths. The fact is that we need to learn how to use objective aids to worship. A beautiful church, a stately chancel, effects of light and colour, the symbol of the cross, may come to have associations for us which are a distinct aid in worship. The their reverence to the symbol and

A Momortal, 19, 20

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HE FELT MISERABLE AFTER MEALS

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to be remembered, not for self-glorification but because he knew how great an aid, it would be to his disciples to have a conscious remembrance of him. He appointed two simple symbols, bread and wine-everyday; commonplace useful things. The bread was a fitting symbol of his broken body and the wine betokened his shed blood. Sacramental hymns and more spiritual to worship without vis- sermons indicate how suggestive to thought these symbols have been Bread nourishes and wine refreshes. They become part of our very being. The sacrament still serves its original purpose as a memorial. It is an aid to memory.

An Inquiry, 21 - 23

The sacrament of the Lord's Supper presents a moral challenge. Are Hebrew people had strict laws against we worthy to be partakers? Do we idolatry because the worshippers gave receive the Communion through custom or because of a living faith in missed the truth symbolized. We find Christ? Is our loyalty increasing or a beautiful sunset much more impres- growing cold? We cannot forget that sive than the abstract concept of beau- Judas was present at the institution of ty. The sacrament of the Lord's the Lord's Supper. Even in the small Supper in like manner may give a company of Twelve, one was a trairicher interpretation of discipleship tor. Thus the observance of the sac-We need not be wholky dependent up- rament of the Lord's Supper has been on symbols but they are spiritually made a time of moral testing and helpful if we learn to use them aright. spiritual inquiry. In some churches a preparatory service is held. This does not mean that only the perfect should Maeterlinck, in his play "The Blue- receive the sacrament. A Scottish bird, has the quaint fancy that the minister said truly, "It is for sinners, dead live again when they are re- ye ken." It is a pledge of the mercy membered. We are sometimes shocked and forgiveness of God and our obat the way we forget friends and re- servance of the sacrament builds up latives whose passing deeply grieved moral strength and spiritual devotion. high places it is poor encouragement us. There is a cynical saying, "Out of The sacrament of the Lord's Supper sight, out of mind." Christ knew how should not harrow our feelings by ineasy it is for us to forget and he trospection and morbid misgivings, appointed the sacrament as an aid to but it does provide opportunity for us remembrance. He personally wished to discover whether our devotion to Christ is gaining or losing sincerity. An Ideal, 24 - 27

At this very time when Christ was facing the cross, preparing to make his great act of renunciation, his disciples were disputing as to their respecifive places of prominence and power. Our dominant thoughts may be so recurrent that even while we partake of the symbols of Christ's death, we may be thinking of ourselves. Christ had given to his disciples an example of service. He said that he was among men as one who served. Yet even during the sacramental meal, some of the disciples were cherishing personal ambitions. Here we have a direct contrast between the pagan and Christian ideals of life. The pagan ideal is power: the Christian ideal is service. Christ's teaching, was not in vain. We have reason to believe that the disciples learned their lesson. They went out as apostles, not seeking wealth or prestige, but willing to serve the lowest in the name of

the Highest. A Fellowship, 28 - 39

Christ received genuine help from his disciples. Their companionship cheered him. Their dependence upon him strengthened him in his temptations. He sanctified himself for their sakes. Constantly he took responsibility for them, overlooking their mistakes, frequently taking the will for the deed. Christ transformed these men. Eleven received positions comparable to the heads of the twelve tribes. Their influence was multiplied far beyond their individual capacities. A Christian congregation should be a fellowship of love as was the comradeship between Jesus and his disciples. The sacrament of the Lord's Supper is a symbolic expression of brotherhood. Through faith, Christ helps us in our temptations, steadying us, giving help to each believer. In the sacrament of the Lord's Supper, by meditation, surrender and trust, we realize more and more his abiding presence. If we prepare ourselves aright, and if we receive the sacrament thoughtfully and reverently, it is a genuine means of grace. It is a renewing of our surrender and experi-

ence of Christ's living presence. Questions for Discussion

1. Why dld Christ desire to celebrate the Passover feast? 2. How is the sacrament an aid to memory?

was a traitor? 4. In how many ways did Jesus serve his fellowmen?

3. How long did Judas know that he

5. How did the disciples help Jesus? (Lesson Outlines copyrigated by the International Council of Religious Education. Used by permission).

KILLED HIS ARTISTE WIFE TO SPARE HER MISERIES OF WAR

Read . . . in The American Weekly with the March 16 issue of The Detroit Sunday Times . . . how a famous English language expert was too su-premely happy to endure the sight of war's horrors, so he broke under the strain of his own imagination and slew the woman he loved, before the Name could. Be sure to get this Sunday's

CARD OF THANKS

Detroit Times.

We wish to thank friends and neighbours for their many kind acts and James ! Grant and Pamily.

Timely Topics for Women

BY BARBARA BAINES

"A MEBRY HEART DOETH GOOD LIKE A MEDICINE"

The other evening I met a British war guest who has been in Oanada since the early Pall. Her husband is an officer with the British Mediterranean navy and so far has been lucky. Her two school-age children are staying here with distant relatives who live in crowded quarters. She herself is working at whatever she can get to do. She was married when quite young and has no special training. Before Christmas she had a job in a shop. Just recently she obtained work in a munition factory, and is so pleased that she can afford a tiny attic room for herself and the occasional treat for her children.

If I have ever met a woman with a merry heart, ahe is one. She did not dwell on the constant danger in which her husband is, nor the horrors of the bombing raids they went through before leaving England. She did not grieve over the loss of her beautiful home on the South Coast,

now a shambles. Rather she entertained us with amusing incidents that happened in the blackout, with her gay and witty comment on strange Canadian customs, with anecdotes of her work in shop and factory since coming here, and with her plans for the day when she will be back, helping to rebuild a victorious England.

Since my talk with her I believe a merry heart is one of the greatest gifts we can possess. It triumphs over misfortune and adversity. It makes light of hardship and affliction. It vanquishes grief and despair. Nothing can conquer for long the heart filled with gladness and the joy of living.

A merry heart implies hope and courage and bouyancy of spirits. It is the thing that makes a man who is down, get up and start over again, with a grin on his face. It is the thing that turns the dark clouds inside out to show the silver lining.

A merry heart implies hope and couarge and buoyancy of spirits. I family life, in business, and even in affairs of state. Mother may be neither beautiful nor a good housekeeper, but if she is jolly and good-humoroured and takes an optimistic view of life, you may be sure her family will love her.

It is the smiling, sparkling, laughter-loving girl who is the centre of every crowd. Her dull, melancholy sister with the worried expression, is probably sitting alone in a corner. Who is there that is not attracted by gayety, merriment, good spirits and a mind at ease?

Lucky beyond all count are they who are born with a merry heart. For they are the ones who get the most out of this world, the most in health, in happiness, and in opportunity. A merry heart is the key to

successful living. It is not without reason that down through the ages the Motherland has been called "Merry England." All the world is filled with admiration for her people today-for their ability to take it and come up smiling. It is not failure, but surrender to failure, that spells defeat. A people who can laugh at bombs and fire dropped from the skies, joke about smashed homes, wisecrack over the shortness of the rations and make a jest of the pesty inconveniences of war possess a source of power that is without measure. They are invincible. It is the merry heart that says, Come! Cheer up! Never say die!

TIPS FOR MAKE-OVERS FOR WAR VICTIMS

Recently this column asked for suggestions for making use of clothing and materials that were worn but still useful. Some fine ideas have come in and are being passed along. Thanks to all those who sent in contributions.

1. Boy's shorts and jackets can be made from men's suits which has been ripped and washed. One pair of pants will make one pair of shorts for a five-year-old, and one for a two-year-old. 2. Infants wear can be made from cuttings of flannelette left over

when making pyjamas.

salvaging waste materials helpful.

3. Hand-knit sweaters can be unravelled, the worn parts discarded, the wool washed and knit into smaller sweaters. If dipped in wool dve the colours will be brightened. 4. Children's mitts and caps can be made from the legs of men's

all-wool hose. Use double thickness for warmth. 5. The best parts of worn flannelette pyjamas and nightgowns can be used to line or interline children's clothing.

6. Women's wool skirts can be washed and made over into skirts for school girls. A man's suit of fine wool will make both a jacket and skirt for a young girl. A bright hand-knit sweater with it makes a nice outfit. 7. Now that spring is coming cotton goods will be more in demand.

but as a rule it is not worth while making over cotton materials. However, a couple of little girl's dresses can be made from a printed housecoat. 8. The best parts of men's shirts can be used to make shirt-waists for small boys or girls.

9. Shelter blankets and afghans can be made in a number of ways: (a) From men's woollen hose. The legs are cut to make 8 inch square's. then folded to form a triangle. Bright coloured yarn is used to blanketstitch around the edges and crochet the triangles together. (b) From discarded factory samples of coatings and men's suitings. They usually come in six or eight inch squares and when blanket-stitched in bright colours and joined with crochet together they make a lovely shelter blanket. (c) Odds and ends of wool can be used to knit six inch squares. Sew or crochet them together with the ridges running in opposite directions to prevent stretching.

11. Slippers can be made from old felt hats. Children's slippers may be made of all felt and gaily embrdidered in wool. For adults the soles can be made of two layers of felt and the tops crocheted. 12. Old white linen and cotton should be sent to the military hos-

One reader suggests that a cheery note be put in the pockets of children's clothing. Women are not throwing out food, or discarding used garments or scraps with the same easy unconcern they did in the early days of the war. We hope that readers will find some of to-day's suggestions for

LET ME REMIND YOU

Laugh and the world laughs with you, Weep and you weep alone, For the old earth has need of your mirth It has sorrow enough of its own.

-Elia Wheeler Wilcox.

BOOK REVIEW

By James Hilton "Random Harvest"

The author of "Good-bye Mr. Chips" and "Lost Horizon" has just given us a new novel-a strange tale of the last war's aftermath. It is the story of Charles Ranier who, blown up by a shell at Arras in 1917, suffers a mental blackout from that day until, rain-sodden and with a splitting headache, he wakes up in 1919 lying on a park bench in Liverpool after having been run down by a car. He contacts his family, enrolls at Cambridge, amasses great wealth

in the industrial world, and becomes a successful statesman. But always he is pre-occupied with the two missing years. Where had he been! What did he do?

Other characters important to the story are his quietly efficient wife who entertains lavishly, the Rev. Blampled who believes life is more important than a living, and Harrison, his secretary, who is with himwhen the lost years suddenly come back, and the past meets the present. The strange ending cannot be divulged.

But James Hilton has written more than a convincing story. He has shown England as it was between the two wars. On war's eve Ranket says, "We're terribly unready. We missed our way years ago and found a wide, comfortable road, fine for sleep-walking-but it had the major draw back of wandering just anywhere, at random." But he ends with the vision of a new and greater England, rooted far back in the old and drawing strength from a thousand years.

"Random Harvest" has the same charm, the same mingling of hard reality and world of fancy, the same freehness of appeal as have his earlies

DATE MERINGUES

Though the general trend is toward more simple entertaining, there are times when special refreshments are wanted. Your miests enjoy these delicious meringues.

2 cer whites 2-3 cup fruit sugar % teaspoon satl .

% teaspoon lemon juice 1 teaspoon grated lemon rind % cup chopped dates 1 cup shredded coccanut

Beat the egg whites until stiff but not dry. Beat in the sugar gradually and add salt and lemon tuice. Fold in the grated lemon rind, the chopped dates, and coccernst. Drop by spoonfule on a well-greated cookie sheet. Bake in a slow oven (275 degrees 2.) until dry on the surface (20-30 minutes). To test, lift one from the sheet and let it stand a few minutes. If it holds its shape it is done. Remove meringues from the

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