

Timely Topics for Women

BY BARBARA BAINES

EVERY WOMAN CAN LOOK ATTRACTIVE

Easter is just a month away. Already gay, flower-bedecked wings of hats are beckoning from milliners' windows. There is a new freshness and crispness to the dresses and ensembles on display in the shops. Spring fashion shows, though less elaborate than in former years, are the order of the day.

But no matter how gay and appealing the clothes you don for the Easter parade, or how glorious the Easter sunshine, you will not attain that fresh-as-a-flower look so much to be desired without some preliminary checking up.

How is your complexion? Over-heated houses and cold winter winds can work havoc with both skin and hair. Every woman of twenty-one or even younger should know how to give herself a good home facial. She should learn the type of skin she has and what special care it needs. Too few lay enough stress on the thorough cleansing of the skin with a mild complexion soap and soft brush before applying creams or make-up. Expert advice on make-up will show you how to accent your best features.

Beautiful hair is rarely an accident. Well-groomed hair never is. But hair responds very quickly to proper care. Regular shampooing and daily brushing are essentials if you want to keep your crowning glory shining. But in spring you may need some special reconditioning treatments to renew the hair's natural life and elasticity. Try out some of the new hair styles and choose the most becoming. One beauty expert says you should always arrange if possible to have your hair styled and a new permanent before you buy a new hat.

Coloured nail polish, though disapproved of by many, has done a lot for women's hands, for no other reason than it has drawn attention to them. And how worthwhile is the extra few minutes spent on them each day. Beautiful hands can be very expressive.

Perhaps the first requisite of beauty, according to modern standards, is a good figure. We do not necessarily have to have the measurements of a photographer's model (though, of course, they help) but we must have a good carriage and a graceful walk. We may not wear a size 14, or even 16, but we should look as though we were able to touch our toes without grunting. Some fine exercise routines, to keep the body young and supple, have been worked out by specialists. And, if during the winter you have partaken not wisely, but too well of rich spicy foods, now is the time to lose those extra pounds. I do not think reducing diets have ever been more sane or more appealing than they are now.

Of course, if you want to look your best, good health is the fundamental necessity. Plenty of milk and fruit juices, and other vitamin-packed foods should be on spring menus to make up for the scanty sunshine of the long winter. Exercise in the fresh air to stimulate the circulation, sufficient sleep to rebuild the energy you have used up, and relaxation to give your muscles and nerves a chance to rest all contribute to radiant health.

Great beauty may be the gift of the few, but an attractive appearance can be acquired by every woman if she will but keep herself physically fit, see that she is well groomed at all times, and give some care to the choice of her clothes and accessories. Perhaps your new spring outfit may consist only of a lovely frilly white collar for your "best black dress" and a wreath of white lily-of-the-valley on your last year's black sailor hat. . . . but, whether it is elaborate or simple, you will not do it full justice unless your complexion, your hair, your hands and your figure radiate good health and good grooming.

Looking your best is not a luxury, even in wartime, because it means feeling your best. It gives you confidence in yourself, helps you face new problems, and is a splendid antidote for drooping spirits.

LET ME REMIND YOU

When you were born a helpless child,
You often cried when others smiled;
So live that when you come to die,
You then may smile while others cry. —Traub—

BOOK REVIEW

"Blood, Sweat and Tears" — By Winston S. Churchill

(McClelland and Stewart, \$3.75)

Churchill is the man of the hour. When he speaks you have the "voice of England," the spokesman of a high-spirited and free people fighting at terrific odds against injustice, aggression and brutality. He is a man of dynamic action and a master of oratory, but in addition he has an almost prophetic understanding of events and peoples which makes him an inspired leader. He has never treated his people as children who need soothing. He speaks to them with directness and force, but with frankness and candour, and they are responding gloriously.

"Blood, Sweat and Tears" contains 47 speeches dating from May 5, 1939, to November 9, 1940. These brief addresses each mark some important event or decision and give readers a coherent picture of the war. They are short, and dramatic, and spoken in a clear crisp English all can understand.

The first speech is a protest to the House of Commons against conceding to the Irish all rights in ports needed for the defence of Britain's lifeline.

Four days later, speaking in an effort to arouse the country to the ever growing danger, he says "I should like to see Britain and France go to those small countries who are going to be devoured one by one by Nazi tyranny and say, 'We are not going to help you unless you help yourselves. What are you going to do about it?'"

Two weeks later in the House he made a plea for stronger air defences of Britain. Of Munich he said, "We have suffered a total and unmitigated defeat, and France has suffered more than we have." Of the abandonment of Czechoslovakia he said, "It is the most grievous consequence of what we have done and what we have left undone during the last five years—five years of futile good intentions, five years of eager search for the line of least resistance, five years of uninterrupted retreat of British power."

Speaking of the invasion of Albania, he draws attention to the British week-end habit and the "timing" of the Italian stroke to coincide. He speaks of the months of tension in which "we live from crisis to crisis."

Then comes the outbreak of the war and Churchill's appointment as First Lord of the Admiralty. In a radio speech he says, "Our reluctance to fight was mocked at as cowardice. . . . now with the help of God, and the conviction that we are the defenders of civilization and freedom we are going to persevere to the end."

In speeches that follow he tells of the effort needed to maintain 2000 ships at sea in the teeth of U-boat attack, of the loss of the Royal Oak, of the heroic Battle of the Bismarck, of the withdrawal from Norway.

On becoming Prime Minister in May, at a most solemn hour in the nation's history, he said: "Arm yourselves and be ye men of valour." Of Dunkirk he said, "A miracle of deliverance, achieved by unconquerable fidelity." . . . but warned "Wars are not won by evacuation."

When speaking in a radio address after the tragedy of France he said, "Let us brace ourselves to our duties, and so bear ourselves that, if the Empire and its Commonwealth last for a thousand years, men will say 'It was their finest hour.'"

Then came the Battle of Britain and the massed air attacks on London, and his great speech containing these words, "Never was so much owed by so many to so few."

The book ends with a speech from Mansion House in which he says, "We have had to face these great calamities; we have come through the disasters. We have surmounted the perils so far. . . . all we have to show is survival, and increasing strength, and an inflexible will to win."

"Blood, Sweat and Tears" is a book which should find its way into every Canadian home.

WHEN THE MENU IS IN FRENCH

Most people are familiar with the more common French phrases used in hotel and restaurant menus, but others still find perplexing. This list may help you brush up on some of those with which you are not so well acquainted.

Table d'hôte—is a complete meal of several courses served at a fixed price. Sometimes a limited selection is permitted in each course.

A la carte—You order any item you desire from the complete bill of fare, and pay for each individual dish the price specified.

Hors d'oeuvres—an assortment of lightly seasoned foods, vegetables, fish, smoked meats, etc., usually marinated in oil, and served on a large platter or special dish divided into compartments.

Canapés—an assortment of lightly seasoned foods served on tiny squares or rounds of toast as an appetizer.

Vol-au-vent—a small puff paste shell in which is served creamed chicken, sweetbreads, lobster, etc.

Consomme—a soup made from two or more kinds of meat or chicken and cleared.

Bouillon—a soup made of brown stock and delicately seasoned and cleared.

Biguë—a thickened soup usually made of shellfish with milk and seasonings.

Croustons—small squares of bread fried in butter, used in soup. Ed. brochette—cleared.

A la Newburg—applied to lobsters, clams or frog's legs served in a rich cream sauce with sherry added.

A la Maryland—applied to chicken or oyster dipped in seasoned egg and cream batter and fried.

A la maitre—served on buttered toast.

Filet mignon—tenderloin of beef broiled or fried.

Compôte—fruita served in the syrup in which they were cooked.

Coupe—a frozen dessert served in a small cup.

Petit four—fancy biscuits or small loaf cakes.

Demi-tasse—a small cup of black coffee served after a formal dinner.

IS THAT CHAP IN THE MIRROR REALLY YOU?

A mirror can't lie. If your eyes are steady in the whites and dull in the irises and your tongue's coated as well, then you're not the man you need to be.

There are other symptoms. Food doesn't interest you. Little things get on your nerves. You fall asleep when you should be awake, or going to the movies with friends. You try to get out of your job, or you're too tired for your job. You're not lazy—you just can't get going.

What's the cause? Your bloodstream isn't clear. There are toxins in it. Poisonous wastes are in your system. Get rid of it. Kruschen is the thing for that.

There are several mineral salts in Kruschen, balanced in exact proportions to assist the organs of excretion to get rid of waste matter every day. Kruschen is more than a laxative. It is a diuretic as well—it helps to flush the kidneys and at the same time keep the colon moist, so that action is easy and gentle. A few tablets of Kruschen every morning is all you need.

Kruschen costs only 25c, 45c or 75c, at all drug stores. Good health is worth less than a cent a day.

INTERNATIONAL UNIFORM SUNDAY SCHOOL LESSON

JESUS CONDEMNED AND CRUCIFIED

SUNDAY, MARCH 23, 1941

GOLDEN TEXT: "What shall I do then with Jesus which is called Christ?" Matthew 27: 22.

LESSON PASSAGE: Luke 23: 13 - 25, 32 - 34a.

God is not dumb, nor doth he sleep. But 'mid the world's deep care A living voice in us doth speak A holy life to share.

A Judge on Trial, 13 - 16

It was really Pilate who was on trial. Would he follow his own judgment and give a verdict, or would he be swayed by a faction and act from self-interest? Having examined Jesus, he was assured of the prisoner's innocence and openly said that he found no fault in him. This conclusion was also confirmed by the trial before Herod who had discovered nothing worthy of death. Yet Pilate compromised. He offered to have Jesus scourged and released. That compromise was a moral and political failure. It was a way of escape for the judge rather than for the prisoner. All through the trial Pilate was moved by self-interest. Instead of dispensing strict justice he was playing politics. He knew what was right but was afraid to do the right as he saw it. In the light of the ages the judge stands self-condemned. Pilate has been weighed in the balance of history, and found wanting. He misrepresented Roman justice at its best.

Choosing Barabbas, 17 - 19

There was no doubt whatever as to the guilt of Barabbas. He had been convicted of sedition and murder. Yet the crowd called for the release of Barabbas and the crucifixion of Jesus. Instead of seeking for the more righteous man by hate, the custom of releasing a prisoner at the feast gave them an opportunity to gratify their animosity. Their conduct, of course, was not exceptional. Few of us can claim that our judgment has not been influenced by resentment or partisanship. We find it hard to see merit in a public leader who belongs to an opposing party. It has been well said that we are the victims of labels and labels are often libels. Again, we find it difficult to admit the good in any person who has injured us even if the offence was given years ago. One of the hardest bits of self-discipline is to stop lynching. It is to learn to make truthful judgments, and not reach our conclusions through self-deceiving hates. If the light that is in us be darkness, how great is that darkness! Hatred perverts the moral sense.

Mob Rule, 20 - 25

A group of college men were discussing the sixth commandment. Thou shalt not kill. Among the number was a highly educated Negro from a southern state. His whole concern was to stop lynching. He told of the sudden waves of racial discrimination, of the overruling of forces of law, of the suppression of news through fear. He said that mob justice was temporary insanity and caused terrorism far beyond any legal judgment. In Canada we are almost wholly free from the lynching evil but the mob spirit shows elsewhere. Students occasionally get out of control during initiations. Unpremeditated acts are committed on Halloween. There have been several instances of soldiers rioting and avenging a grievance by destruction of property. Political meetings sometimes break up because a fair hearing is not granted. Even in sessions of legislatures and parliaments, and also in church assemblies, good judgment is made difficult by excitement, partisanship, slogans, and appeals to sectional interests. The jury system was devised to give sober, calm verdicts after presentation of both sides of a case.

The Three Crosses, 32, 33

There were three crosses on Calvary but one stands out above the other two. The man on the cross put to death justly; their crosses were rude instruments of Roman law. But Jesus died, the just for the unjust, and his cross has become a symbol of beauty. Wooden crosses were similar in weight and looking alike, but Jesus dying on his cross transformed it. The cross of Christ now signifies control, discipline, service, sacrifice, redemption. It is an example of the possibility of bringing good out of evil. It embodies the out-reaching love of God to man.

Mainly for Women

It holds out promise of victory over human sin. Christ's death upon the cross has made a hateful thing a messenger of divine love. To the Jews the cross was as repulsive as the gallows to us, yet we place crosses on the go around our necks, on our desks, on our Bibles, prayer books and hymn books. A cross marks the graves of countless dead. Poems are written, sermons are preached, books are published to explain the mystery of the cross. That transformation of the instrument of death into a way of life is a miracle in history.

The Victor, 34

In the crucifixion Jesus was the victim but also the victor. Pilate, Herod and the frenzied mob had their hour of authority and power, but Christ is forever the victor. Even while he was dying he prayed for forgiveness for his enemies. He said, "Father, forgive them; for they know not what they do." Jesus prayed, that prayer while nails were through his hands and feet and his blood was trickling out. What does his example mean to us in these years of war? Can we, even while fighting a war of defence, afford to give way to national hatred? Will that not lower us for the present and make us less capable of establishing a just peace? The weapons of our warfare are spiritual as well as material. We need to cultivate understanding, to be more ready to suffer than to seek revenge, to be willing to go far in forgiveness, to listen to the centuries rather than to the

years. The rule of totalitarian force may appear to be in the ascendant temporarily, but the healing of the nations can only be achieved by the forgiving love of Christ made contemporaneous by living Christians.

Questions for Discussion

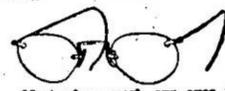
1. In what sense is a judge on the bench himself on trial?
2. What are the motives deciding your choices?
3. What would you do in a riot?
4. How has Christ's cross the power to gather great meanings to itself?
5. Do I genuinely practise forgiveness? (Lesson Outlines copyrighted by the International Council of Religious Education. Used by permission).

FRANCE'S RAGGED REGIMENT OF AVENGEES

Read . . . in The American Weekly with the March 23 issue of The Detroit Sunday Times . . . how, once again, the miserable mercenaries of France's once gay capital have banded together again in their twilight world as did the ruffian league of heroic followers of Francis Villon, years ago, and have pledged their lives in saboteur German rule. Be sure to get Sunday's Detroit Times.

The world needs idealists, but what Canada needs most at the moment is some honest, courageous realists at the head of affairs.—Farmers' Advocate.

Your Eyes



Most of us work our eyes to the limit. We work long hours at the factory, store, office or at studies; at night we read, sew, go to a movie or play cards.

What is the answer? Eye strain and fatigue. We can help you. Make an appointment with us today. Newest style of glasses at city prices.

CONSULT

O.T. WALKER, R. O.

EYESIGHT SPECIALIST

who will be at his office (over the Bell Telephone Co.) Main Street, Georgetown, the second Wednesday of each month, or you may consult O. T. Walker at his office in Brampton.

PHONE: Georgetown 67 Brampton 539

CARROLL'S

Spring Cleaning Sale

P & G SOAP 7 bars 25c

OXYDOL 2 lg. 43c

2 sm. pkgs. 17c—Jumbo pkg. 59c

CHIPSO pkgs. 8c, 20c, 45c

IVORY SOAP lg. 8c med. 5c

CAMAY Toilet Soap 2 cakes 9c

IVORY Snow or Flakes lg. 22c

The Floor Sifter FREE . . . Just send 3 labels EACH from any 5 of the products listed above (10 labels in all) to Frisco and Gemble, Toronto and your Floor Sifter will be mailed to you FREE OF CHARGE.

5-String, All-Corn

BROOMS each 27c



SOAP FLAKES 4-lb. box 24c

CLEANSER 2 tins 9c

SANIFLUSH tin 15c, 27c

LAVERENE tel. 8c

STEEL WOOL pkg. 5c

SCRUB BRUSHES . 17c

CRISCO tin 19c, 49c

Spaghetti or Ready Cut

MACARONI 3 lbs. 11c

Floating Carbolic

Jergens' Soap—Special Offer 4 cakes 15c

Kellogg's ALL-BRAN

with Measuring Cup 2 sm. pkgs. 23c lg. 20c

Clover Leaf, Sockeye

RED SALMON 1/2-lb. tin 21c

Chateau Cheese 1/2-lb. pkg. 15c Pin. 16c

AYLMER JELLIES Ass'd. Jar 17c

MIDGET MALLOWS lb. 17c

FIG ROLLS Christie's lb. 17c

DATE SANDWICH pkg. 15c

LAYER CAKE Christie's Diamond Top ea. 20c

COWAN'S COCOA 1-lb. tin 24c

LIPTON'S TEA 1/2-lb. pkg. 36c, 41c, 46c

Shinola

FLOOR WAX

Aerowax Liquid pt. tin 27c

1-lb. tin 19c

Aymer Tomato

CATSUP

12-oz. btl. 11c



FLORIDA GRAPEFRUIT 5 for 23c

SWEET JURY ORANGES 2 doz. 35c

FRESH SPINACH 2 lb. 17c

ONTARIO WASHED CARROTS 4 lb. 10c

Fruit and Vegetable Prices Until Saturday Night Only

PHONE 357

Free Delivery

MAIN STREET GEORGETOWN