INTERNATIONAL UNIFORM Sunday School LESSON

CHRIST'S COMMISSION

SUNDAY, MARCH 30th, 1941

GOLDEN TEXT: "Behold, I send the promise of my Father upon you." LESSON PASSAGE: Luke 24: 36-53. A little shrine of quietness All secred to thyself, Where thou shalt all my soul possess

And I may find myself: A little place of mystic grace, Of self and sin swept bare, Where I may look upon thy face,

And talk with thee in prayer.

Jesus in the Midst, 36 How characteristic were the words and actions of Jesus in his resurrection appearances! He came among his disciples saying "Peace be unto in his farewell words he had promised master of the soul. it to his disciples. He saw how disconcerted the disciples were over the an-

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see. Jesus was no alarmist, seeking study. This much at least may be to raise a furore. He calmed people, said, that it was the method of Jesus. steaded and reassured them. His qui- He nourished his own spiritual life upetly-spoken salutation "Peace be with on the Old Testament and he taught it

was well.

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the Monitor an Ideal Newspaper for the Horne.

you," even though it was a formula of to his disciples. For example, Eastern speech, let them know that all in his appearance to them after Helping the Doubters, 37-43. Characteristic also was the attitude of Jesus towards the doubts of the dis-

ciples. They could not believe their own eyes. Instead of rebuking their scepticism. Jesus at once took steps to remove it in the most natural way possible - by giving sure proof. He asked them why they were troubled. He asked them to handle his hands and feet. He satisfied their desire for Bible Study, 44

It is sometimes questioned if the nouncement of his resurrection and his Church and Sunday School are right first concern was to set them at their in laying such emphasis upon Bible

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the resurrection, he showed them that his rising from the dead was not contrary to scripture. He quoted from the law, the prophets and the psalms concerning it. No student of law could afford to ignore the English common law and no student of religion can afford to ignore the written record of spiritual experience contained in the

The Teaching Method, 45-49, Jesus was a skilful teacher. He opreality. He would not work upon their ened the minds of the disciples that feelings by any ghostlike secrecy. All they might understand the scriptures. was to be in the open. He courted He showed them the predictions that their examination and satisfied their he should suffer and rise again from minds with fact. Further to set the the dead the third day and that redisciples quite at their ease, he asked pentance and remission of sins should them for food. They gave him a piece be preached in his name unto all the of broiled fish and he ate it before nations, beginning from Jerusalem. them. There never was any extreme The message that Jesus had for his diasceticism about Jesus. He did not sciples to preach was both redemptive practise fasting for fasting's sake. The and missionery. It told of a cure for requirements of the body, were not re- sin and it had for its goal all mankind. garded as evil. Christ always had a Beginning in Jerusalem, a relatively thoroughly healthy attitude toward small centre, it was to spread to all material-things, seeking to use them mations. Such was the faith of Christ words. He had often spoken of it and as servants, never allowing them to be in his gospel. His method for the alsciples to be witnesses. In the words of a simple hymn, "Someone who knows must tell." To all human appearances it was an impossible task to which Jesus set his disciples. Eleven men were to start to evangelize the world. The task was almost infinite

and the means pitiably inadequatelers than a dozen men to attempt it. But Jesus promised to equip them with spiritual power that would make them equal to the task. He said: "Behold, I send forth the promise of my Father upon you: but tarry ye in the city until ye be clothed with power from on high." His method was, for faith to spread by truth expressed through the personalities of people empowered by his Spirit. His promise of power holds for us as well as for he first disciples.

The Ascension, 50-53.

Two other characteristic actions followed. Jesus led his disciples to Bethany, the place where he had spent many happy hours. He lifted up his hands and blessed them. His farewell action and word was a benediction. Then he parted from them, and was

Mainly for Women

HOW DO **YOU LIVE TO** BE 100?

All of us are interested in long life, and many are the recipes for it. A daily pint of beer-no beer-smoking -no smoking-hefty beefsteaks-no meat - every centenarian has a different tale to tell. There is, however, just one point on which all doctors agree that no man or woman ever reached extreme old

age without a healthy colon. It is impossible to have a healthy colon if you are the victim of constipation. Waste matter stagnating in the intestines sets up toxic poisons, which seep into your bloodstream, and cause lingering ill-health. The main cause of constinution is lack of moisture in your large bowel. Relief comes only when that moisture can be induced to return.

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carried up into heaven. Admittedly the ascension presents many difficulties. Was Jesus visible in the flesh as he led his disciples through Jerusalem and out to Bethany? Is the phrase "up into heaven" to be interpreted spatially in terms of height? What became of his physical body? Instead of explaining all our questionings, the writer of the third Gospel sums up this final event of the earthly life of Christ in one short sentence. He gave his attention to the effect of the event upon the disciples. The disciples worshipped Jesus and returned to Jerusalem with great joy: and were continually in the temple, blessing God. The surest proof of the ascension is not in historical evidence but in spiritual experience. Christian believers feel that their Lord lives and loves. They have assurance of his presence. They feel that it is far more than a memory. They can explain it only in terms of living fellowship. Somehow, spirit with spirit can meet. The risen Lord is not absent but present. He abides with his people. He is fulfilling his promise: "Lo. I am with you alway, even unto the end of the world."

Questions for Discussion 1. Can we have inner peace in a world

at war? 2. What did Christ do to convince his

disciples? 3. Which books of the Bible do you read most?

What limits the spiritual power of Christians today?

5. Is heaven a place of a state of be-

THE WINTER'S SNOW

When the winter's snow has covered All the summer's landscape scene, And has made the trees quite leafless, And has hid the meadows' green; Then the woodlands seem so dreary, Seem so cold and chill and bare, And the hillsides look so weary,

Sad, neglected, needing care. Not a songbird's voice in hearing. Flowers-nowhere to be seen, All the streamlets frozen over,

Gone each growth of summer green, All the little wildwood creatures, Each within its winter-hold. Nature's hideaways to shield them

From the snow and frost and cold. But each vine, and bush, and fruit And each field where grain crops

Every farmer, all the nation, All will profit by that snow; For it's Nature's way of hoarding Moisture for each root and seed, Then in springtime and in harvest, Earth will yield for every need.

-RALPH GORDON. 628 Crawford St., Toronto.

MARCH

It's March, the month of winds and and blows. And storms and staying winter snows, And blizzards, making snowbanks drift That block the roads with ne'er a rift. The month that's harbinger of spring, When birds return to nest and sing, The robin first upon our lawn, Then gray bird, both fore snow is gone.

The month that when the sun is mild, Will turn small streams to freshets And swell the rivers 'till they flood

The land with devastating mood. The month that makes concessions roads.

Impossible to carry loads; And should it like a lamb come in, Then like a lion, out 'twill spin. But should it come in lion like, Then like a lambkin out 'twill hike; At least that's what some people say, But it don't always work that way. But one thing certain, we ne'er know, What kind of weather it will throw It samples that of all the year: Wind, rain, hail, alest, snow, some-RALPH GORDON

Timely Topics for Women

TIMIDITY SPOILS BOTH YOUR FUN AND YOUR USEFULNESS

Andre Maurois, the French novelist, says, "Timidity is a disease. The individual affected by it is embarrassed in the presence of other people. He feels he would like to run away; he dare not be himself. He suffers from an inferiority complex, or is convinced others think him inferior. Therefore he seeks refuge in solitude."

Timidity may be due to shyness. It may be caused by some physical disability or handicap, or a fear of being conspicuous, but whatever the

cause, the timid, self-conscious individual is seldom happy. Naturalness is, of course, the greatest of all social virtues; and so the timid woman, because she lacks naturalness, usually finds it difficult to take part in group activities, or in games, or even to keep up her share of the conversation when a number of people are present. An invitation to a party is something to be dreaded. And when it is her turn to be hostess, the party becomes an ordeal to be endured, rather than an occasion to be enjoyed. Because she lacks warmth in greeting her guests, a feeling of awkwardness descends on the whole assembly. The party is, indeed; quite apt to be a failure, since, unless entertaining is fun to the hostess, it can hardly be a success from the guest's point of view.

Then, so often, the timid woman is misjudged. Just because she is not at ease with the people she meets, some may consider her haughty and arrogant, others believe that she is curt and taciturn, when actually she would like to be companionable and friendly.

I am sure you all have met women who are quite brilliant and talented when you really get to know them, and who have a great deal to give to others if they could only overcome their timidity. I recall one woman who "had a way with flowers," and whose garden was the pride of the town in which she lived. She was asked to give an informal talk on gardening to a group of interested women. She was quite competent to speak, but she was timid, and so she refused.

How many of you, because you are timid or self-conscious, have neglected to call on the newcomer in your community, or to offer help where there is illness, or solace where there has been bereavement? How many of you have been too shy to thank the speaker at a meeting for the pleasure she has given you, or to offer yourself when the chair calls for volunteers for some particular phase of warwork? Timidity should not be an excuse for shirking responsibilities.

Up to a certain point we are all shy, especially when we are young, But with experience we should gain poise and self-confidence. We should learn that frankness regarding our faults, or disadvantages, or handicaps seems to make them unimportant to others, and therefore less important to ourselves.

How can timidity be overcome? A wise mother can help greatly in overcoming her daughter's shyness while she is still young. But if one is older the problem is not as simple. Be yourself, is the best advice. Be your natural self, think of others, and act as the situation prompts. And one might add, do not be afraid, have courage.

THE CANADIAN WAR SERVICES CAMPAIGN

You all know, no doubt, that the Canadian War Services Fund campaign got off to a start on Monday, March 24th. The objective of the campaign is \$5,500,000, of which less than one million will be used for ordinary peacetime activities, and the balance entirely for war work. Six organizations are joining to make this appeal. The Canadian Legion War Services are asking for \$916,100, the Knights of Columbus army huts, \$705,000; the Salvation Army, \$1,426,100; the Y.M.C.A., \$1,741,000; the Y.W.C.A., \$289,965; and the I.O.D.E. \$104,000. An additional \$317,835 is being sought in the general fund for expansion in case of emergencies.

The purpose of having a united appeal, instead of each organization making its own, is to cut the expenses of collection to a minimum. and to arouse the interest of the public in the work done by these auxiliary services. This will be the only appeal made by these six organiza-

tions in 1941. They are outstanding institutions which have been doing a great service in Canada for many years, and all had a fine record in the last WEF. The war services now being rendered by them meet widely diverging needs, but all are of vital importance to the welfare of our fighting forces. Canteens, educational and recreational facilities, mobile tea carts, hostels, field comforts and libraries are provided, as far as possible, to our men whether at home, at sea, or abroad,

Each city and town is being given its quota of funds to raise. In Toronto the campaign opened with a mass meeting in the Maple Leaf Gardens at which Wendell Willkie and Prime Minister Mackenzie King both spoke on behalf of the Fund. Other cities are making similar plans for mass meetings to open the drive. Every community is organizing so that

it will be sure to meet its quota. Before long we will all be given the opportunity to make our contribution to the Auxiliary War Services, which mean so much in keeping up the high morale of our men in uniform, many of whom are on active service far from home.

LET ME REMIND YOU

"Human hopes and human creeds Have their root in human needs."

-Eugene Ware.

BOOK REVIEW

H. M. PULHAM, ESQUIRE

By John P. Marquand

(McClelland and Stewart, 432 pp., \$3.00) "H. M. Pulham, Esquire," the Book-of-the-Month Club choice for March, is a book that you will find yourself recalling long after you have finished reading it. Henry Pulham, a Harvard graduate, is asked to write his biography for the twenty-fifth class reunion, and, as in thought his mind travels

back, his whole life is bared to the reader. It is a poignant story in which a way of life largely shapes events. Henry, born into a solid, conservative Boston family, educated at St. Swithin's and then Harvard, is brought up to be a gentleman and all that that implies. He is sometimes dull and stuffy but always ready to

play the game according to the rules. Then comes the war and a commission, and a new world in which physical weariness and fear are all mixed up with valour and decency and a new point of view which did not quite coincide with the old. On his return home he is too restless to go back to his old Boston banking firm, and takes a job with a New York Advertising Agency, where

he meets and falls in love with Marvin Myles. But when a little later his father dies and he must assume the responsibility for estates and bonds and family servants, the old influences prove too strong and he breaks away from both advertising and Marvin. His marriage to Kay Matford, one of his own crowd, follows. A large

part of the book is taken up with their married life together, the delly round, their interminable arguments, their two children, summers at North Harbour, winters in town, and finally the realization of their need for each other.

Among other characters in the story are Henry's friends, Bo-jo, the typical college athlete who marries Gay and becomes president of her father's business; Bill King who is clever and convincing but doesn't quite belong, and who later was a disturbing influence in the life of Henry and

Kay; and Joe Bingham to whom Kay was once engaged. Henry Pulham is typical of a generation that is fast disappearing but that had something very fine about it. All through the book there are bits illustrating the creed by which he lived "If you are a gentleman you know what to do," "Twe spent all my life trying to fix it so things went

happen." It is what happens after marriage, the method two people find of getting on with each other, that is really important." "H. M. Pulham, Esquire," is a story that grows on you as you read \$4, and when it is finished you wish there was more.

BAKED APPLE SUPREME

The Canadian people are being asked to help use up stocks of Canadian apples left on hand, because of the loss of the overseas mathets. You will serve baked apples more often if you use this recipe. 6 large Spy apples 14 COD DECRET SUBSET

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% cup crushed com flabes % CUD WASET 3 tablespoons obopped walnuts 1-3 cup chopped dates Wash the apples and remove the cores. Combine the cornfiabut, its, dates, butter with % cup man' and fill the exples. Place in a large pyrez dish, add the water and sprinkle with the remainder of Manual Cover. Bake in a moderate oven (350 degrees P.) for 80 manuals

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