

Pledge for War Savings "SALADA" TEA

TIMELY TOPICS

by Barbara Baines

STREAMLINED VEGETABLES FOR YOUR GARDEN PLOT

This spring folks are taking a new interest in their gardens, because by growing their own vegetables, especially the more perishable ones, they are saving American exchange, and so helping Canada's war effort.

Did you know that, by rotating crops, an average-sized backyard garden will grow almost enough vegetables to feed a family of four all summer? Of course to get a good yield the soil must be well cultivated and well-fertilized, and the correct time for planting carefully judged.

It is not too early now to plant radishes, green onions, lettuce, or early peas, and they can be replanted at intervals as they are used, or replaced by cauliflower, cabbage, broccoli, or late potatoes.

An experienced gardener suggests that you draw up a tentative plan for your garden on paper, showing what vegetables you want to grow. Then consult a professional gardener, the directions on the packaged seeds, or a good garden book to find out when they should be planted, and mark the date on your plan. In this way you can arrange to plant late varieties when the early ones are over, and you can tell at a glance what you have to do each week during the planting season.

The same gardener also says that vegetables do better when planted in 3 or 4 short rows to form a rectangular plot, than in one long row. For instance, carrots need the shade provided by the leafy tops that meet over the rows, while the growth of other vegetables is hindered by too much shade.

Women want garden produce that is lovely to the eye and economical under the paring knife. And so plant breeders got busy, and the result is a long list of new and improved varieties.

Springs on beans were a nuisance, so now we have stringless beans—long, slender and easy to shred. The new varieties of carrots are coreless, (I wish they'd grow a coreless parsnip) long and slender, with reddish flesh. Cucumbers are no longer knobby or prickly, but come smooth and less pointed at the ends, and so cut into more uniform slices.

The straight-necked squash made its first appearance about 1938 and housewives find it easier to handle and less wasteful. At one time the bulk of potatoes had deep set eyes, and were difficult to peel. An improved variety with shallow-set eyes has now been developed.

Radishes are plumper, green onions slimmer, cobs of corn smaller and more uniform, and strawberries are larger, melons much tinier (to fit refrigerators) than they were even 10 years ago.

These new varieties are all available, and while they do cost more, they give such splendid results, that they are more economical in the long run.

It is grand to have new green vegetables fresh from your own garden; but gardening is a hobby that also pays unlimited dividends in improved health and spirits. — so here's luck with your garden plot.

LAYETTES FOR NEW BABIES IN THE BOMBED AREAS

A group of young women in a nearby town have solved the problem of how to make their stint of war work interesting, without spending too much money or too much time away from their homes.

It all happened rather by accident. The hostess at a small informal tea was showing her guests a layette she was making for some little new baby in war-torn Britain. A few articles were still needed to meet the minimum requirements.

One girl spoke up and offered to knit a jacket, little thinking where her kind offer would lead. At once another offered to knit the booties, and two or three more said they would like to donate something too, — and from this humble beginning grew the Knit and Stitch Club which has already knit 22 complete layettes to Britain.

The Club now has 12 members. Most of them are women with young children, too busy to keep up a membership in a large organization, or to sew in Red Cross work rooms. They meet every two weeks in the members' homes, and each brings one finished article to the meeting. If it is a difficult article this week they are given an easy one next time. They pack the layette for shipping, have a cup of tea and a few minutes to talk, and are home again by the time the younger children are out of school.

They each contribute \$1.00 a month to buy materials, and in addition each raised \$5.00 in talent money during the winter. Next fall they plan to have one large public affair to raise funds.

Sometimes they are able to get the hot-water bottle or soap donated by friends, which helps conserve their funds for wool.

The following is a complete list of the articles included in each layette — 3 nighties, 2 soakers, 2 knitted vests, 1 bonnet, 1 bunny blanket, or knitted shawl, 3 flannel bands, 1 doz. diapers, 2 pair booties, 1 hot water bottle, 1 can powder, soap and safety pins.

The Knit and Stitch Club wrap the finished layettes in factory cotton and sew them up firmly, then send them to the Salvation Army for shipment overseas. The Red Cross, L.O.D.E. and a number of other organizations are also glad to ship them free of charge.

LET ME REMIND YOU

One would be in less danger
From the wiles of the stranger
If one's own kin and kith
Were more fun to be with.

— Ogden Nash

BOOK REVIEW

THE SHIP AND THE SHORE By VICKI BAUM (McClelland & Stewart, \$2.50)

One tumultuous night on a little South Sea Island, changes for all time the lives of the six chief characters of Vicki Baum's new novel, a story that rushes madly from one climax to another.

Van Helden, a Dutch capitalist travelling incognito, and his pretty daughter, Jeff, are on a little passenger tub carrying a cargo of contract coolies, which puts into Sebang. Almost at once their lives become entangled with those of the other passengers, a wise-cracking stranded taxi-dancer, an attractive rubber planter, an unhappy wife who found no paradise in the tropics, and a red-headed ship's doctor.

I will not spoil your fun by divulging the plot, but will tell you that into the one breathless night there was crowded a dance on shipboard, a tropical storm, trouble with the coolies, a fire, an attempted murder, and more than one emotional crisis.

"The Ship and the Shore" is an impelling, fast-moving story, one that, once begun, you will not leave unfinished. It is even better than "Grand Hotel."

THE GRAB-BAG

If the rough bottoms of book-ends, table lamps, or vases, scratch the shiny tops of your tables put feet bases on them. The felt may be bought by the yard or salvaged from old felt hats. It should be cut slightly smaller so it will not show, and firmly glued in place.

Thin pieces of felt can also be cemented to the underside of oil-cloth where it contacts the table corners to keep it from wearing or cracking.

CANADIAN FOODS GIVE RADIANT HEALTH

"In the early days of the war hundreds of volunteers were rejected by the army, when all they required to make them fit was a period of three or four months on a proper diet," says Dr. E. W. Henry of the National Nutrition Board. And so he prepared a "market order" to provide an adequate diet for a family of five for a week, a diet guaranteed to keep mother, father, Johnny, 12; Mary, 10; and Sammy, 6; all in radiant health.

Here is the week's order, which includes only home-produced foods.

Milk	16 quarts	Cabbage	1 head	Eggs	2 dozen
Cheese	1 pound	Carrot	4 pounds	Pot roast	3 pounds
Apples	1 basket	Onion	3 pounds	Hamburger	1 pound
Apple sauce	1 tin	Squash	1 pound	Liver	1 pound
Canned plums	1 tin	Celery	1 bunch	Variety loaf	6 slices
Canned peaches	1 tin	Turnip	1	Bacon	1/4 pound
Canned tomatoes	2 tins	Potatoes	1 peck	Codfish	1 1/2 pounds
Tomato juice	2 tins	Beans	1/2 pound	Flour	1/2 pound
Bread	10 loaves	Barley	1/2 pound	Jam	1/2 pound
Farina	1 pound	Quaker	1/2 pound	Tea	1-3 pound
Rice	1 pound	Lard	1 pound	Cocoa	1/4 pound
Macaroni	1/2 pound	White sugar	2 pounds	Roll'd Oats	1 1/2 pounds
Flour	2 pounds	Brown sugar	1/2 pound		

The Church Enlarging Its Fellowship

SUNDAY, MAY 4th, 1941

GOLDEN TEXT: "Therefore they that were scattered abroad went every where preaching the word." Acts 8: 4.

LESSON PASSAGE Acts 8:1-8, 14-17, 25.

'Tis Jesus, the First and the Last,
Whose spirit shall guide us safe home;
We'll praise Him for all that is past
And trust Him for all that is to come.

Nothing To Tell, 1.
"Saul was consenting unto his death." Yet Saul, who held the garments of the persecutors who stoned Stephen to death, became the great missionary apostle whose writings have a larger space in the New Testament than any other author. Saul's first response to Christianity was negative. He had been thoroughly trained in the Pharisaic doctrine and worked hard at his religion. He actually thought that he was serving God by persecuting the Christians. He rejoiced that there were humble followers of Christ were being scattered throughout the regions of Judaea and Samaria, yet a seed had been planted in Saul's mind. He had seen Stephen die, he may have heard Stephen's Christian prayers, and he would chat with the prisoners whom he took and although he resisted their witness, he was being influenced for their courage and self-forgetfulness.

It was a remarkable right-about-face when Saul became the Christian fellowship himself, but he was a strong enough character to admit his previous mistake and try to rectify it. The power of Christ to transform personality can be seen in the experience of Saul, who was the leader in the persecution of the Christians and who became the greatest of the apostles, willing to die for his faith.

A Persecuted Religion, 2-4.

The persecution of the early Christians took three forms. Some were put to death as Stephen was. These martyrs were stoned to death in the name of religion. Others, both men and women, were committed to prison. Another group were forced to flee for safety, scattering far and wide. Though they had to leave their homes, they were not silent. They witnessed to Christ wherever they went. The reality of their faith was shown by the suffering that they endured. For Canadian Christians, this record has always been a matter of ancient history only, but in the world today Christians are suffering persecution. In certain places in Europe, Confirmation classes at Easter were made impossible. Ministers who do not conform to the dictates of the state are thrown into jail. In 1939, Good Friday was chosen for a raid on Albania, and in 1941, Good Friday was the occasion for terrorizing the Balkans. One hopeful aspect is the deepening interest in Christianity and the growing demand for bibles in China, Russia and Germany have been definitely on the onistic to the Christian faith, but in the long run, the totalitarian methods of force and cruelty will defeat themselves.

Good Cause For Joy, 5-8.

Philip, one of the newly appointed deacons, was sent to the city of Samaria, and preached Christ. The fact that he went to Samaria indicated that he had won a victory over racial prejudice. The gospel had power among the Samaritans the same as among the Jews. They were healed, people possessed with evil spirits became rational, and an attitude of good will marked personal relationships. There was great joy in that city. Is it possible for Christianity to cause similar joy in modern cities? Suppose that all adults acted in a Christian spirit towards children. Suppose that employers and employees cooperated instead of using collective bargaining for self interest. Suppose that preventative health methods lengthened the span of life and reduced the rate of mortality. Would there not be an increase in joy? Suppose further that people took responsibilities one for the other, that they shared kindness, gladness and personal services. Could not each day of life be made an experience of joy? Fellowship with Christ transforms our attitude towards ourselves and to our fellow men.

A New Power, 14-17.

The man on the street has difficulty in understanding what is meant by the Holy Ghost, yet if he reads the hymns on the Holy Spirit in the hymn book, the metaphors are intelligible to him. He has had some of the experiences indicated. A student of psychology learns much about moods, attitudes, complexes and release, but often fails to see that religion has a contribution to make in the management of our minds, wills and emotions. At first the Samaritans just heard the facts about the life and death of Jesus. Then they began to pass judgment in favour of or against the example of Christ. Others of them went a stage further and put themselves under Christ's control, definitely trying to follow his example and live his teaching. To their surprise and delight those who made this experiment found a new spirit within them. Christ lived in their hearts by faith. A new power was working in personality.

A Gospel That Spread, 25.

Verse 5 tells of Philip going to one city of Samaria. Verse 25 tells of the gospel being preached in many villages of the Samaritans. Vital Christians spread the faith wherever they go. Today there are Christian churches in over fifty different countries and the Bible has been translated into over one thousand tongues. The Christian church is strengthened, however, not only numerically but in the deepening experiences of Christian people. Normally, Canada is a Christian land. The Lord's Day is protected by law and churches have great freedom. But we cannot rest content with the degree of Christianity that we already have in Canada. Every Christian must learn more of Christ. Every church may do more for Christ. The spirit of the gospel must be taken in ever larger degree into government, education and business. This can only be for every Christian witnessing for Christ. The New Testament never contemplated the conquest of the world by public oratory."

Questions For Discussion

1. What does religious persecution indicate concerning the persecutors?
2. In what way did Stephen's death influence Saul?
3. Are the Christians you know joyous persons?
4. How may the doctrine of the Holy Spirit become an experience?
5. How may every Christian be a missionary?

(Lesson Outlines copyrighted by the International Council of Religious Education. Used by permission.)

Rev. F. W. Wase Moves to Dunnville

The appointment of Rev. Fred W. Wase, present rector of St. James' Church of England, Guelph, to be rector of St. Paul's Church, Dunnville, was announced last week by Right Rev. L. W. B. Broughall, Bishop of Niagara.

Mr. Wase will succeed Rev. I. R. W. Hadley, who has been appointed a chaplain in the R.C.A.F. He was formerly rector of St. George's Church, Georgetown, leaving here in 1931 to take up his duties in Guelph. He was succeeded here by the present rector, Rev. W. G. O. Thompson.

A NEW DAY

Now I lay me down to sleep,
and to forget
The day that has been full of cares,
of bitter failures met.
The weary mind and body can no
further face life's pain;
But God has given a little space to
gather strength again.
How sweet the thought — to sleep, to
rest, no further need I go;
My Heavenly Father guards me safe,
He knows my frailty so.
The quiet night will soothe, refresh
my soul to meet the day
With courage and with happiness to
cheer my onward way.
And I shall rise with joy and hope
to greet the morning sun—
To the light of fresh endeavours, and
the battles to be won.
The day is mine to make or mar, but
still the day is mine—
All will be well if I but bow to guid-
ance wise, divine.
All the old wounds may healed be,
and life begin anew;
This day will then be yesterday, and
yesterday is through.
—Mrs. Gordon Brown, England

THE OWL

A wise old owl sat in an oak;
The more he saw the less he spoke,
The more he listened the more he
knew,
Why can't we be like that bird?

GOSSIP

"If you had heard the rabble on
The Golden Streets of Babylon
You'd probably heard them gabble on
In very much this way—
"He isn't what he's thought to be
She isn't what she ought to be
And Mr. A. and Mrs. B.
Are getting rather gay."
They babbled on in Babylon
And spilt the dirt in Babylon
In very much the fashion
That they babble on to-day.
"Gone are all the rabble on
The Golden Streets of Babylon
The dusty, dusty desert
Covers all of its decay.
Yet mostly what we know of it
The High life and the low of it
The dirt beneath the show of it
The gossip's gone away."
Though vultures peck and dabble on
The Golden Streets of Babylon
We pass the Gossips' gabble on
As history to-day.
"I don't know what the lesson is
But, the point that I'd lay stress on is
You can't escape the gossip
When their tongues begin to play.
You've got to let them babble on
The way they did in Babylon
Just let the rabble gabble on
In very much the fashion
That they babble on to-day."
—Mister X

HAVE

You PLEGGED ALL YOU CAN TO BUY WAR SAVINGS CERTIFICATES regularly?

YOU KNOW that Canada's War Effort requires a steady flow of money—week by week, month by month—loaned from the savings of her people.

If YOU HAVEN'T pledged yourself

—ACT NOW! Canada needs ALL you can save and lend. There are three ways to pledge:

1. Ask your employer to deduct a specified sum from your salary or wages each pay day.
2. Authorize your bank to deduct it each month from your savings account.
3. Sign an "Honour Pledge" to buy Stamps or Certificates for a specified amount at regular intervals.

If YOU HAVE pledged yourself

—keep up your pledge. See your investment grow as the months go by; INCREASE the amount you have promised to save and invest. And remember that, in addition to your regular pledged amount, you can at any time buy extra War Savings Certificates from your local Bank—Post Office—or you can send your money direct to the War Savings Committee in Ottawa.

Published by the War Savings Committee, Ottawa

Keep up your Pledge!...

INCREASE YOUR REGULAR INVESTMENTS IN

WAR SAVINGS CERTIFICATES

"Every duty, well and honestly done, is a contribution to victory."
THE PRIME MINISTER OF CANADA.

TRIBUTE TO MARY

Mary is the "voice with a smile". Mary is the efficient person generally known as a telephone operator. As an operator she knows much about telephone equipment—how it should be used and handled.

But Mary is best known for her personality—for her coolness in emergencies—for the grand things she has done time and again, ignoring her own danger, intent on one thing only—to keep the standard of telephone service high.

We pay respectful tribute to Mary and all the girls who work with her. Her devotion to her job sets a standard of public service. Tactful, patient and courteous, Mary is the medium through which this Company and its public are always in touch. She plays a vital part in Canada's war effort.

On Active Service
Giving Honor to the World