

TIMELY TOPICS FOR WOMEN . . .

By **Barbara Baines**

HOT WEATHER HINTS

- 1. Summer heat can be made more endurable if a few simple rules are followed.
- 2. Keep windows closed and blinds drawn on the "sunny side" of the house. Usually at dusk a slight breeze comes up, so open windows then to help cool off quickly.
- 3. On very warm evenings sprinkling the stone terrace, or porch, or even the outside walls of the house with the hose will make the air seem fresher and cooler to sit in.
- 4. Did you ever try moving your bed directly in front of the window, or to the floor of the living-room, or wherever there is the best breeze? Of course, if you are able to sleep outside on a screened porch you will wonder why anyone complains of the heat.
- 5. Luke-warm baths as often as convenient are refreshing. A cold shower tends to make you feel hotter than ever afterwards.
- 6. If you should feel faint with the heat, cold pads on the head and wrists give relief.
- 7. Simple foods with plenty of fresh fruits and fresh green vegetables are best. Cold drinks are refreshing between meals, but doctors warn us against too many cold meals and ice-cold drinks.
- 8. Heavy or tight clothing should be avoided, but a hat should be worn in the hot sun.
- 9. In very hot weather one is wise to stay indoors, if possible in the noontime heat. Work in fields or gardens should be done in the mornings or late afternoons, and the same rule applies to golf, tennis, swimming and other sports.
- 10. Many people suffer from sore and swollen feet in the hot weather. Soaking them frequently with boracic acid dissolved in warm water is helpful. One really comfortable pair of walking shoes is essential in summer.
- 11. Most people find that if they keep busy they do not mind the heat so much. Some hot afternoon try taking your knitting under a shady tree on a hilltop. You will be surprised at how cool the breeze is there.

WOMEN IN THE NEWS

A number of women have made history in recent weeks. Foremost among them, perhaps, is Jacqueline Cochrane, the pretty, feminine, young aviatrix who was the first woman to ferry a bomber to Britain. The trip was without incident, but she aroused the ire of the men of the Afero (the organization which ferries bombers across the Atlantic) because she was given so much publicity, while they are forbidden to even mention they have been on a trip.

Mrs. Cecil St. John, newly elected member for Edmonton East, has taken her seat in the House of Parliament and in her maiden speech made a plea that more consideration be given to the wives and children of war veterans in administering war pensions.

Results of examinations held by the Medical Council of Canada were announced recently, and 21 of the 38 successful candidates were women. Their Dominion Council gives them the privilege of practicing in any province in the Dominion. Since nurses are allowed to volunteer for overseas service, women doctors feel they should be granted the same privilege. Already one out of every eight Canadian doctors are on active service.

Miss Miriam Collins was the only woman in a group of 14 young ministers who were ordained into the ministry by the United Church recently. Fern Blodgett, a 22-year-old Toronto girl, is the first woman in Canada to become a wireless operator on a merchant freighter. While working as a stenographer she took a course at the Canadian Electronic Institute and as soon as she received her radio certificate, 2nd class, she was assigned to the freighter *Battleford*. She says no fear of raiders, dive-bombers or U-boats dampens her enthusiasm for her new job.

NEW YORK PREPARES FOR AIR-RAIDS

New York City is not going to be caught unprepared should Nazi bombers launch a surprise attack. The Police Department has already begun the work of enrolling a civilian volunteer force of more than 60,000 air-raid wardens as the first step in a national programme of civilian defense.

Both men and women may enroll for this work if they are over 18 and United States citizens. Zone wardens or key men must possess high integrity, initiative and executive ability, and, as far as possible, represent the predominating racial strains in their district.

Four wardens will be assigned to each of the 1500 posts and will work in relays to give 24-hour service. A basic course of instruction will be given all members of the organization.

America will no doubt profit by many of the lessons already learned in Britain, such as:

- "The taller the building the safer its occupants; bomb damage is comparatively negligible to steel and concrete structures.
- "Huge municipal above-ground shelters are not feasible.
- "Private home and small apartment sub-cellars are risky.
- "Bomb-proofed private garages and public buildings are the safest air-raid shelters.
- "Great fires cannot be prevented but may be controlled.
- "Death and injury are inescapable for many."

Canadians, too, must realize that air-raids can no longer be considered a remote and improbable danger. No one can tell what the next few months of war will bring forth. It is a wise country that makes ample preparations to meet danger while there is yet time. Air-raid precautions in Canada should not be left to haphazard local leadership.

LET ME REMIND YOU

Man may be divided in many ways, but there is no clearer cut division than between those who have a purpose and those who have none. It is the character of the purpose that determines the man. —Robert Munger—

BOOK REVIEW

"TORY OATH" BY TIM PRIDGEN
(McClelland, 371 pp., \$3.00)

The American Revolution has become a popular theme with writers. "Oliver Twist" by Kenneth Roberts and "The Neutral Ground" by Frank Hough are both powerful novels, but in "Tory Oath" Tim Pridden has presented the Revolution from a new viewpoint, that of the Highland Scotch settlement at Cape Fear in North Carolina.

When the story opens a ship has just come to Wilmington bringing men, women and children to join their loved ones in their search for freedom in the tidewater Carolina country. Among them is Flora MacDonald, the darling of the clansmen. It is a colourful picture, and the reader is enthralled with the kilts, the bagpipes and the crisp Highland dialect.

Then the war came, and though they liked King George but little, and had many friends among the Whigs, the Scots were loyal to their "tory oath" of allegiance and took up arms for Britain.

Young Duncan Stuart, bold and proud, and of great stature, is the chief character of the story. He falls in love with Mary McLeod who is a Whig. He is among the Highlanders mustered under Scalpie Campbell who were routed at Moore's Creek by the Whigs; with the company under Capt. Pyle that marched to aid Cornwallis; in the midst of the Battle of Guilford Courthouse, and shares many other adventures with the Tory colonists. The author has given us a vivid and dramatic picture of the war as it was in the south.

Then the war is over. Many familiar faces are missing among the Scots, including Flora MacDonald, but Duncan returns. His love affair with Mary has suffered many ups and downs, but at last they are wed. In the end Duncan joins the Federalists, "the best of the French, the best of the Irish, the best of the Dutch, the best of the English, and the best of the Highlanders," to build a great new empire in the new world.

SALAD SECRETS

Salads supply a medium for serving in endless variety the fruits and vegetables so rich in mineral salts and vitamins, those trusty safeguards of our health. They are especially welcome on hot days when kitchens are hot and appetites fickle. Salad-making is an art, but an art that can be acquired with a little care. Here are some tips that may prove helpful:

1. Wash greens thoroughly and chill before using.
2. Drain all canned vegetables and fruits well.
3. All ingredients should be fresh and crisp.
4. Care should be taken to combine flavours that blend well together.
5. Ingredients should be arranged attractively with due regard to colours combined.
6. Cooked foods should be marinated in French dressing.
7. Strong flavours such as onion should be used sparingly.
8. Garnishes are important and should be colourful. Any of the following are appropriate: watercress, pepper grass, parsley, celery curls, carrot sticks, radish roses, slices of green or red pepper, sliced cucumber, tomato wedges, sliced hard cooked eggs, cheese balls, nuts, dates, raisins, jelly, etc.

WOMAN OF 78 SPRY AS A CRICKET

Feels More Like 48

Aches and pains are not inevitable in old age. When they do come, there is always a cause for them. Here is a little lesson on growing old, by a woman of 78:

"For the last 45 years I have taken Kruschen Salts and I tell you truthfully I could not live without them. I am 78 years old. I have hardly a pain in my body, and I feel almost as young as I did at 48. I give the credit to Kruschen Salts. No one will believe my age."

—(Mrs.) C. M.

Most people grow old long before their time because they neglect one vital need of health—the need for internal cleanliness. Eventually they start the Kruschen habit. Then, probably for the first time in years, they start getting rid every day of all waste matter from the system. They begin to feel energetic and happy. In a word, they've got that "Kruschen feeling."

INTERNATIONAL UNIFORM Sunday School LESSON

THE GOSPEL IS TAKEN INTO EUROPE

SUNDAY, JULY 6, 1941

GOLDEN TEXT: "Come over into Macedonia, and help us." Acts 16: 9.

LESSON PASSAGE: Acts 16: 6 - 15.

Yet this one thing I learn to know Each day more surely as I go, That doors first opened, ways are made, Burdens are lifted or are laid. By some great law unseen and still, Not as I will.

—Helen Hunt Jackson.

The Stops, Too, 6, 7

In Psalm 37 it is said, "The steps of a good man are ordered by the Lord." Opposite this verse, in the Bible of George Muller, were written these words: "And the stops, too." The inner voice often says, "Halt!" as well as "Forward march!" Paul and his companions had set forth to preach the gospel. They planned to visit the region called Asia, but when they came to Mysia and sought to go into Bithynia, they were checked. We do not know how the warning came. It may have been through reports from other travellers, or it may have been an impulse in the sensitive mind of Paul. However the conviction came, there was clear leading that they should take a different route. The Bible is full of such instances of direction being given. We can thank God for being told what not to do, as well as for positive leading.

Green Light, 8, 9.

Paul and his companions went down to Troas, famed in classical literature as "The ring plain of windy Troy." Here the guidance was positive just as definitely as it had been negative at Mysia. In a vision a man of Macedonia urged Paul saying, "Come over into Macedonia and help us." There have been many speculations as to the manner in which this guidance came. Some think that it was a dream. Others think that Luke had been in touch with Paul. Psychologists suggest that it was a prompting from the subconscious mind of Paul in whatever way this positive leading came, it was the cry of Europe for Christ. Paul may not have known that he was crossing from Asia to Europe. To him it was all part of the Roman Empire. But we see in it one of the fateful choices in world history. Had the gospel gone east instead of west, the trend of events would have been greatly changed.

"We," 10, 11

God's direction may be given to us by consultation with wise friends. Verse 10 says, "After he had seen the vision, immediately he endeavoured to go into Macedonia, assuredly gathering that the Lord had called us to preach the gospel unto them." This is a beginning of the "we" passages. Hitherto Luke had been writing about Paul, but now he is a companion traveling with Paul. As the little company of missionaries talked things over they were convinced that it was right for them to go into Macedonia. There is great comfort and reassurance in discussing personal plans in a fellowship of trusted friends. One's own idea may be right, in the main, but it will be enriched or modified through conference with other people who bring to it the light of their experience. There is not much gain in seeking advice if we only wish our own desires to be confirmed. If we are really looking for further light as to what we should do and how we should do it, then conference with sympathetic people will prove to be of great assistance. This is especially true for headstrong, impulsive people who are inclined to act first and think afterwards.

Coincidence, 12, 13

Philippi was the logical location for the travelling group of missionaries to begin their work. "Octavius planted here a colony of Roman veterans with farms attached, a military outpost and a miniature of Rome itself. The language was Latin. Here Paul is face to face with the Roman power and the Empire in a new sense. He was a new Alexander, come from Asia to conquer Asia for Christ, a new Caesar to build the kingdom of Christ on the work of Alexander and Caesar." So writes a historian. The actual beginning of Paul's work in Philippi was very humble. "The man of Macedonia turned out to be a group of women." There was no synagogue and Paul went along the river side on the sabbath and found a group of women worshipping. God's direction comes also through coincidences. Often it is impossible to explain them but it is very dramatic to live in a world where such striking coincidences happen. It makes us sure that we are not living in a world of blind chance. There is a plan back of our seemingly chance choices. Very often big doors swing on small hinges.

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Standard, Ontario
PEACHES 15-oz. tin **10c**

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3 1/4-oz. tin **20c**

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32-oz. jar **39c**

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MAIN STREET GEORGETOWN

At Both Ends, 14, 15

Quite often God's direction is given by reason of the fact that the Holy Spirit has been at work in two lives at once. Paul had never heard of Lydia and Lydia had never heard of the gospel message. She was prepared to receive it. "One solitary convert, a woman, and she already a seeker after God, and a native of that very Asia where they had been forbidden to preach. But a new era had dawned for Europe and for women in the conversion of Lydia." The gospel was not being withheld from Asia but it was to be carried thither through Lydia and her household, and not by Paul and his companions. God moves in a mysterious way, closing some doors through which we wish to go and opening other doors through which we go hesitatingly. The secret of inner peace is not to be forcing our own plan but to be seeking God's will ready to fit into his divine purposes. He will lead if we are ready to follow.

Questions for Discussion

1. How do you make your decisions?
2. Do missionary leaders get divine direction differently from military leaders?
3. What was the most important choice you ever made?
4. Why are so many Europeans non-Christian or antichristian?
5. Has the Christian Church any strategy for the post-war period?

HE KICKS THE SPOOKS OUT OF HAUNTED HOUSES

Edward Saine, special investigator for the Los Angeles Scientific Psychic Research Society, recalls . . . in The American Weekly with the July 6 issue of The Detroit Sunday Times . . . the weird case of the "Caresing Spirit" and other expensive nuisances that is willed under his special treatment. Be sure to get The Detroit Sunday Times this week and every week.

ASTHMA

Sufferers from Asthma or Hay Fever can now obtain "DAVID ASTHMA REMEDY 788" at Chapman's Drug Store. Scores of joyful testimonials go to show that it is exceptionally effective. Regularly \$1.00. 64 doses only \$4. Get it today.



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