

# TIMELY TOPICS FOR WOMEN . . .

By **Barbara Baines**

## HIGHLIGHTS OF "THE EX"

What a grand time everyone is having at Canada's National Exhibition this year. I'd just like Hitler to see the throngs of happy folk, some a bit footsore and weary maybe, but all anxious not to miss any of the varied and wonderful displays depicting "Canada's Answer" to Nazi tyranny.

My impressions are terribly jumbled, but I did enjoy seeing the crowds, crowds everywhere . . . in chic fall styles, and in faded summer dresses and comfortable shoes . . . in top hats and in windbreakers . . . the hundreds of American cars on the street and parked around the grounds . . . the bands playing . . . the thousands of marching men wearing the trim uniforms of the navy, army, and airforce, the veterans of another war in their berets. But the biggest thrill of all was to see the Duke of Kent, looking tanned and very handsome, as he walked from the Executive Offices across the grounds to the Band Shell for the formal opening of the fair. Cheering thousands lined the way and pecked about the platform to hear him speak. Later he visited a number of exhibits, and imagine my surprise, while examining the Royal Children's dresses in the Women's Building, to suddenly hear a tumult of cheering, and look up and see the smiling Duke and his party making an announced visit to the war work wing. He was very interested in the "sewing bee."

The Manufacturer's Building always a very popular spot, a constant stream of people making their way up and down the crowded aisles, strangers rubbing shoulders in friendly fashion as they endeavored to see the newest in fabrics and fashions and household furnishings . . . a queue lined up to see Elsie, the cow, gracefully reclining on her canopied bed . . . an old-fashioned cradle with rope springs, and toddlers wearing styles of long ago, in the Pioneer Exhibit . . . Arthur, who can certainly play a piano, entertaining the big crowd at Mrs. Aitkens Cooking School; these are among the things I recall most vividly.

And two Americans, on a hiking trip through Canada, with their baby carried Indian style in a pack on his father's back, and looking very pleased about the whole thing too . . . the Bollingbroke Bomber so huge you had to climb up a stairway to see it . . . the "Iron Duke," a bomb-scarred tea-wagon that has seen six months active service in Britain . . . and the air-raid shelters, and a demonstration of the art of camouflage . . . yes, and the spacious Automobile Building, once used to show pleasure cars, and now exhibiting wartime equipment, everything from tanks and "jeeps" to mobile repair shops.

Women in uniform, looking very smart, and munition workers in overalls looking equally attractive . . . "Styles for Canadians" at the fashion show . . . ray, fibre handbags from Haiti . . . crowd listening with rapt attention to the U. S. Navy Band . . . the beautiful gardens in full bloom . . . Tommy Dorsey's Orchestra arriving late by bus after being held up at the border . . . the bright lights of the Midway . . . the crowds around the "Water Bug" . . . the odour of hot-dogs, and potato chips, and hamburgers with onions . . . all a part of the fair . . . a cross-section of our Canadian way of life . . . there is none better.

## NEW USES FOR FOOD PRODUCTS

New uses for food products may soon provide farmers with valuable untapped revenue sources. Among crops recently utilized for non-culinary purposes are:

**RAISINS**—The long discarded raisin seed contains an oil rich in vitamin F, the "skin vitamin," which is expected to be used in cosmetics.

**BANANAS**—The Japanese are manufacturing the banana skin into hemp. This former waste product is now being utilized to the extent of 4,000,000 pounds annually.

**COFFEES**—Brazilian coffee, recently a drug on the market, is now being made into cafcette, a plastic. The bean is processed to form a powder which is then molded under pressure.

**CRANBERRIES**—From the skin of this holiday favourite comes ursolic acid, an emulsifying product which is valued because of its ability to make oil and water mix.

**MOLASSES**—In the United States molasses is being made into industrial alcohol at the rate of 200,000 gallons annually. It is also being turned into gasoline by breaking down its water soluble carbohydrates into oil hydrocarbons.

**BUTTER**—An acid found in rancid butter is the basis of a newly-patented salve to protect the skin against poison gases.

## FOR OUR SCRAP BOOK

Oliver Wendell Holmes, asked to express briefly his idea of happiness, said: "Four feet on a fire-place fender."

## BOOK REVIEW

"THE KEYS OF THE KINGDOM" BY A. J. CRONIN (McClelland and Stewart, 344p.d. \$2.75)

"The Keys of the Kingdom," the Book of the Month Club's choice for August, is a novel that will be read with satisfaction, and discussed for a long time to come. In it, as in "The Citadel," Dr. Cronin tells the story of a man who, though not without human weakness, is strong enough to face life squarely, and is guided by the promptings of his heart and his conscience in the service of his fellowmen, rather than by self interest.

Francis grew up in an atmosphere of bigotry. His father and mother lost their lives when he was ten because of the persecution of the Catholics in Tweedside, Scotland, where he was born. At twelve he became rivet-boy in the shipyards, and his spirit was almost broken by the parsimonious, old grandmother with whom he was forced to live. Then along came "Aunt Polly" who fed him, and made it possible for him to go to Holywell College where he came under the influence of the kindly and understanding Bishop McNabb.

But he also became friends with Nora, and it was only after her untimely and tragic death that he became passionately anxious to serve God, and was sure of his vocation as a priest.

Tolerance and humility were the keystones of his creed. He was an individualist who disdained gushing piety, and as a result he found that on many occasions service to God ran counter to the rules and convenience of his superiors.

Then Bishop McNabb sent him to a mission station in the interior of China. His life there was full of adventure and drama. He fought the plague, he rebuilt his church ruined by floods, he out-witted the war lords to save his mission. He was captured by bandits but escaped.

But by worldly standards he was a failure. At the end of thirty-five years' work he counted his converts by hundreds, not thousands; but how far from failure, how near to glorious triumph his mission really was you will have to read the book to understand.

In sharp contrast to the kindly, devout life of Francis is that of his boyhood schoolmate, who later became Bishop Mealy, a plump, heavy man who never crossed a superior and knew well on which side his bread was buttered.

Dr. Cronin is himself a Catholic, but he has written a book that has no limitations of creed or faith, a great book with a stirring message for these troubled times when faith is such a vital force.

## FRUIT CHUTNEY SAUCE

A friend whose chutney sauce has always been in high favour passes on this old family recipe. I hope you will like it as much as I do.

All ingredients should be chopped fine or put through a coarse meat chopper. Add the vinegar, sugar and spices. Simmer until thickened (about three hours). Stir frequently to prevent sticking. Seal in sterile jars.

- |                        |                        |
|------------------------|------------------------|
| 6 pounds ripe tomatoes | 1 hot red pepper       |
| 1 pound green apples   | 1 1/2 quarts vinegar   |
| 2 pounds ripe peaches  | 3 pounds brown sugar   |
| 1 pound onions         | 3 tablespoons salt     |
| 1/2 pound dates        | 1 ounce ground cloves  |
| 1/2 pound raisins      | 2 tablespoons allspice |
| 2 sweet red peppers    | 2 tablespoons cinnamon |

Editor's Note: Barbara Baines welcomes personal letters from interested readers. Who has some good suggestions to make for things to send in the boxes to the boys overseas? Address all communications in care of this newspaper.

## M.O.H. REPORT FOR AUGUST

Following is the report of communicable diseases as given by the M.O.H. for August:

Chickentox	0	Measles	0
Scarlet Fever	0	German Measles	0
		Mumps	0
		Infantile Paralysis	0
		Typhoid Fever	0
		Whooping Cough	0
		Cerebro-Spinal Meningitis	0
		(Epidemic)	0

# DID YOU TAKE A LAXATIVE TODAY?

Do you really know why constipation is so harmful?

You probably know that constipation sets up poisons in the large intestine or colon. But you know that these poisons seep through the walls of the colon and infect the bloodstream? They set up toxic accumulations in kidneys and liver and are contributing causes of rheumatic pains, sciatica and back-ache.

Most laxatives only act in the colon. *Kruschen does more.* It is the laxative with a double action. Besides ridding the colon of stagnating waste matter, *Kruschen's mineral salts* have a diuretic action. They flush the kidneys, help to clear the bloodstream of all poisonous matter, and so protect your whole system from that form of infection.

You can get *Kruschen* from all drug stores. Prices 75c. and 25c.

## INTERNATIONAL UNIFORM Sunday School LESSON

A MESSAGE TO PERSECUTED CHURCHES

SUNDAY, SEPTEMBER 7th, 1941

**GOLDEN TEXT:** "Be thou faithful unto death, and I will give thee a crown of life." Revelation 2: 10.

**LESSON PASSAGE:** Revelation 2: 1-11.

"With hue like that when some great painter dips His pencil in the gloom of earthquake and eclipse."

The Book of Revelation

The Book of Revelation has been described as a tract for bad times. It is an apocalypse or an unveiling and it is written in the literary form common to such writings. It is a series of visions and full play is given to the imagination. There is little attempt at logic. One vision blends into another. Because of religious persecution the book is written in code and is intelligible only to those who find the key to the cipher. We may understand the aim of secrecy from the modern use of the Morse code for the letter "V" to symbolize victory. In Revelation Nero Caesar is referred to as 666, the numerical value of the letters of his name. The Chinese have a saying that the dictators are fighting against the ABC's of democracy, meaning America, Britain and China. In like manner the Roman authorities would not understand this book but the Christians to whom it was written understood it readily. The author was a prisoner on the Isle of Patmos in the Aegean Sea, writing to encourage Christians undergoing cruel persecution. He wrote for his own day primarily but his principles are true for all time. His book has been greatly misused but poets and artists and musicians have recognized its greatness. Two of the greatest of modern poems, Dante's Divine Comedy and Milton's Paradise Lost owe their inspiration to the Book of Revelation. Michelangelo found in it the source of his picture, "The Last Judgment." And Handel took the words for his Hallelujah Chorus from its pages. Genius has readily acclaimed its power and grandeur.

**Congregational Characteristics, 1 - 3**

Congregations differ in temperament much like children in a family. One congregation is especially interested in missions, another in religious education, another in social service. One congregation may stress beautiful ritual while another seeks to be known as a friendly church. What determines the character of a congregation? Very often the standards of the founders live on for generations. Or a forceful minister may put his stamp upon the life of the congregation. Certain congregations are made up of old people while others are known as young people's churches. In writing to the seven Asian churches John had something different to say to each one. Both their virtues and their faults were different. The church at Ephesus was distinguished for its patience. The church members there worked hard while others are known as the church of his imaginative writings John was very realistic about the inner life of the Christian groups to whom he was writing. In the modern church every church member is responsible in some degree for maintaining the Christian spirit of the congregation.

**Cooling Off, 4 - 7**

Whether they liked it or not John spoke plainly to the Ephesian Christians. Having commended them for their patience, he rebuked them for wanting ardour. They had been very enthusiastic at the start but were cooling off. They had been devoted to Christ but were leaving their first love. Christ recalled them to their good works and warned them that otherwise their candlestick would be removed, that is, that they might lose their very existence. He urged them to listen to the Holy Spirit. The peril of modern congregations is very similar to that of the Ephesian group. It is easy to be satisfied with conventional Christian worship and activities, missing the deeper truths, life-changing, and collective power that are normal in the New Testament church. How may such spiritual life be attained and maintained? Only by seeking to do the will of God, waiting for the leading of the Holy Spirit and holding one another to the highest. When Christ dwells in the hearts of individual church members the collective life of the whole congregation will be quickened!

**A Rich Church, 8, 9**

The congregation at Smyrna faced a different set of circumstances. They were suffering greatly and trouble makers were at work on the inside. They were poor in outward things yet

# CARROLL'S

Small White **BEANS** 3 lbs. 11c  
Nestle's Evaporated **MILK** 2 1/2 qt. 9c 2 lg. tins 17c

Kellogg's **CORNFLAKES** 2 12-oz. pkgs. 23c  
Aylmer Tasty Cut **ASPARAGUS** 2 12-oz. tins 19c  
Aylmer Choice **TOMATOES** 2 15-oz. tins 15c  
Libby's Cooked **SPAGHETTI** 3 15-oz. tins 25c  
Jewel Salad **DRESSING** 32-oz. jar 39c  
**LIGHT BULBS** each 20c

Australian Seedless **RAISINS** 2 lbs. 19c  
Aylmer Tomato **CATSUP** 12-oz. btl. 12c  
Aylmer Tomato **SOUP** 2 10-oz. tins 15c  
R.C.A.F. Cream Sandwich **BISCUITS** 1 lb. 18c  
**FLOOR WAX** Hawes' tin 25c, 45c  
**MAYONNAISE** Hellmann's 8-oz. jar 23c

**SURPRISE SOAP** 2 bars 9c  
**INFANTS DELIGHT SOAP** cake 5c  
**KLEENEX** for Hay Fever pkgs. 10c, 25c, 29c  
**WOODBURY'S SOAP** 1c Sale 4 cakes 24c  
**OXYDOL** pkgs. 9c, 23c, 63c Ask for Contest Blanks  
**CAMAY SOAP** 2 cakes 11c

**VI-TONE** tin 24c, 43c  
**PARL** Dog Food 2 1/2 lbs. 19c  
Christie's Raisin **CUP CAKES** 6 for 10c  
**DO-NUTS** doz. 20c  
**NO. 1 WEALTHY APPLES** 6 qt. bsk. 25c  
**GOLDEN RIPE BANANAS** 9 lb., 25c-40c doz.  
**CRISP WHITE Celery Hearts** 2 bdl. 19c  
**NO. 1 ONTARIO POTATOES** peck 29c

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Stiffen it with . . . **Certo** btl. 25c  
. . . or Klovah  
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Puffed Rice pkgs. 9c  
Quaker Corn Flakes 3 pkgs. 25c

In the eyes of Christ they were rich. What makes a congregation rich? Is it architecture, endowments, furnishings? These things have their own place but a congregation may have them all and yet be spiritually poor. The unsearchable riches of Christ are utter faith in the love of God the Father, loyalty to Christ the Saviour, daily experience of the direction of the Holy Spirit, joyous fellowship with other Christians, a desire to learn more truth, hearty worship, active service, high moral standards and a contagious spiritual enthusiasm. The early Christians in the catacombs in Rome or the Covenanters in the hills of Scotland or faithful Christians in the forests of Russia had spiritual riches though they were bereft of all that they had held dear. In fact, some people whose churches have been destroyed in the Old Land say that there is a gain in no longer having their building to venerate: they now know the reality of God in whose honor the temples had been built.

Enduring Persecution, 10, 11

The counsel given to the church at Smyrna is very similar to the saying of Jesus in the Gospels: "Be not afraid of them that kill the body, and after that have no more than they can do." Christ warned rather against those who are able to destroy both soul and body through sin. A martyr's death may be glorious. So the risen Christ told the persecuted Christians not to be afraid. They might be put in prison, but if faithful unto death they would be given a crown of life. To us enjoying the Christian liberty of Canadians, it seems that the Christians in Europe have yielded too easily to threats and force. There are notable exceptions. Many Christians have gone to concentration camps for their faith, yet the state has been able to dominate the churches all too easily. If we had been there perhaps we would have shown no greater courage. We are none too resolute resisting the encroachments of commercialized evils even when we have the right to vote and freedom of speech. Our clear duty is to live the Christian life in such a vital and effective

way that religious persecution may never arise.

**Questions for Discussion**  
1. Why should the Book of Revelation be especially helpful now?  
2. What is the outstanding characteristic of your congregation?  
3. What expectation have you for your denomination?  
4. When is a church rich?  
5. What will the war do to Christianity—and Christianity to war?

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## 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 Action Stations  
Giving Messages to Friends