

## TIMELY TOPIC FOR WOMEN . . .

By **Barbara Baines**

### TEEN-AGE BEAUTY

All the creams, rouges and face-packs made, can never give the woman of fifty the natural loveliness of a girl of eighteen. For it is in youth only that you find that radiant health, boundless energy, animation and vivacity . . . that joy in just being alive that is the secret of real physical beauty.

You have only to watch a group of young girls playing tennis, or swimming and diving, or at any other active sport, to know that for grace of limb and suppleness of movement no older woman can compete; nor can they compete with the young girls' clear eyes, glistening hair, firm contours or slim waistline.

No, there is nothing that can quite take the place of youth, and so the teen-age girl has not one, but two problems on her hands. 1. How to make the most of her natural good looks now. 2. How to lay the foundation for good health and good looks when she grows older. Both are important.

For this reason one is never too young to learn habits of cleanliness, daintiness and good grooming; habits which if thoroughly mastered will not be lightly tossed aside when birthdays and responsibilities begin to accumulate with equal speed.

There is not space in this article to go into all the details of a complete beauty program, but I would like to stress the value of a regular routine. Daily care of the teeth keeps them beautifully white now, and did you ever stop to think it might prevent the necessity of wearing a plate later. Daily bathing with warm soap and water not only makes you feel better, but helps keep under things immaculate. Regular care of the hair pays tremendous dividends for the time spent on it, both now and later.

And similarly with exercise. The young girl needs plenty of exercise to "work off steam," and at the same time she is establishing a habit of activity that will keep her healthy and young-looking long after other women's muscles have begun to sag and their joints become stiff. Another thing she should pay special attention to is posture. A good carriage makes a graceful skater, and an attractive dancer, and gives a poised, natural appearance. When you are young is the time to develop it, and when you are older you will take great pride in it, because it will subtract years from your age.

Every teen-age girl should be taught the correct use of cosmetics to enhance her natural beauty. At first a little powder, a little touch of rouge, and maybe a little lipstick are enough to make her look her best. (And here let me warn you that nothing looks more awful than an over-smudged, overpainted, overcurled and overfilled young girl.) Then as she grows older she may find the judicious use of creams and other beauty aids improves her looks. She should also learn how to give herself a manicure, and care for her hands.

Now that you have made yourself as clean and dainty and beautiful as possible, the only thing needed to complete the picture is a fresh, well-cared for wardrobe. And let me impress on you that having a lot of clothes is not nearly as important as having your dress immaculate and pressed, your hat dusted and the ribbon crisp and fresh, your shoes polished or brushed, your gloves clean and if needed mended, the seams of your stockings straight, and your hand bag in good shape.

But even this is not quite enough. You must learn how to choose clothes that are smart and becoming, whether they are for casual sports wear or for dress up occasions, and then you must learn how to "wear them with an air," be one of those girls about whom people say, "everything looks well on her."

Yes, there is more to personal care and good grooming than meets the eye, but the knowledge and habit, once acquired, will serve any woman well throughout all her life.

### VINES TWINE FROM LEFT TO RIGHT

How many of you know that plants which climb by twining spirally about trees or other supports make their way up by twining from left to right; that is if they grow north of the equator. But south of the equator they twine in the opposite direction from right to left.

They are very stubborn about the way they go too. If you don't believe it take a sprout of morning glory which has not been winding itself about a support and twist the vine about the support from right to left. You will find that it will reverse itself and climb in the usual manner. Even when it is fastened in the wrong position it will make a loop or double back and go on climbing from left to right.

### FOR OUR SCRAP BOOK

Life is no brief candle to me. It is a sort of splendid torch which I have got hold of for the moment, and I want to make it burn as brightly as possible before handing it on to future generations. —George Bernard Shaw.

### BOOK REVIEW

#### THE BLIND MAN'S HOUSE

By **HUGH WALPOLE**

Sir Hugh Walpole was one of the most prolific of English writers. He wrote some thirty novels and in addition contributed many articles, short stories, and reviews to newspapers and magazines. He was a man of great energy and did everything with gusto. He will be missed in England from the social scene as well as from the literary world. "The Blind Man's House" is perhaps his most widely known work, and it is to be regretted that he did not live to complete the series.

The scene of "The Blind Man's House," published posthumously, is the dreary village of Garth in the days before the present war. The central figure of the story is Julius Cromwell, who had been blinded in the first World War. He knew great happiness in his first marriage, but his second wife Celia was not so serene a character.

She was fifteen years his junior, forthright and honest, rather spoiled and quite unpredictable. Above everything Julius feared pity. Celia feared only that she could not be to him all that he needed. Since Julius was rich, and Celia so young and charming the villagers were naturally interested and inquisitive, and on occasion their gossip unwittingly complicated the affairs of the Cromwells. Julius loved his young wife madly, but ecstasy was followed by doubt, and mis-giving, and pain. In the end, however, they were able to find a common ground for their love, an interdependence and mutual understanding that promised great happiness for their future together.

"The Blind Man's House" is a colorful and exciting story, one that holds your interest, not only until you know what happens to the Cromwells, but also until you find out what becomes of the Brennan's, the old maid, Lizzie, the dreadful Douglas, Burke who loved Celia, too, and all the other folks whose lives become involved with those of the Cromwells.

### CHICKEN AND DUMPLINGS

When appetites are jaded and there just doesn't seem to be any kind of meat that appeals, try serving chicken with dumplings. It has long been notable for its subtle flavour and mild goodness.

Dress and clean a five or six pound boiling fowl. Cut in pieces suitable for serving. Place in a roomy kettle with tightly-fitted lid. Cover with water and simmer gently until tender (about three hours). Add salt and pepper the last hour of cooking. Prepare dumplings as follows:

3 cups flour  
1/2 teaspoon poultry dressing  
1/2 teaspoon salt  
2 teaspoons baking powder  
2 teaspoons chopped parsley  
1/2 cup milk

Mix and sift dry ingredients, and add parsley. Add milk gradually. Drop by spoonfuls on top of chicken. Keep kettle closely covered. Steam fifteen minutes.

Remove chicken and dumplings to a large platter. Thicken remaining gravy and pour over the platter. Serves eight. Grand for Sunday dinner when accompanied by new potatoes, green peas, and corn on the cob.

EDITOR'S NOTE: Barbara Baines welcomes personal letters from interested readers. Have you a favourite pickle recipe you would like to pass along. Address all communications in care of this newspaper.

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## INTERNATIONAL UNIFORM Sunday School LESSON

THE ETERNAL GOD, THE SOURCE OF HELP  
SUNDAY, SEPTEMBER 14, 1941

GOLDEN TEXT: "Holy, holy, holy, Lord God Almighty, which was, and is, and is to come." Revelation 4: 8.

LESSON PASSAGE: Revelation 9: 9 - 17.

"Tossed on a sea of troubles, O my Soul, Thyself do thou control." —Archilocheus

A Vision, 9, 10

The meaning of the Book of Revelation has often been overlooked in the effort to solve its problems. It was written as a Christian book and cannot be understood unless it is studied in the light of its Christian purpose. It aimed to give courage to persecuted Christians. Their lives were in danger and their comrades were being imprisoned or put to death. It was a time of crisis and language was heightened. When Stephen was being stoned, he lifted up his eyes and cried, "I see the heavens opened, and the Son of man sitting at the right hand of God." That was a brief but genuine apocalypse. In like manner the writer of the Book of Revelation saw. The prophets announced their statements with "Thus saith the Lord" but the writer of Revelation saw. His vision of the great multitude that no man could number gave the sufferers help through faith in the Eternal God. Even though they should be martyred their lives would not be suffered into nothingness. Christ would receive them and they would join in worship around the throne.

Worship, 11, 12

"In a book so intimately connected with the Church, it is inevitable that much should be said of worship, which must always be the central and distinctive activity of the Church. By means of worship it maintains its relation to God, and assures itself of his continuing presence. By worship it awakens and confirms the sense of brotherhood. Men of different races and classes and interests, as they join in adoration of the one Lord, are made to feel that in their deeper life they are united. So in Revelation a cardinal place is given to the worship in heaven which is a pattern for that of the Church on earth. The angels, beholding God's presence, are continually engaged in worship. Their life consists in the realization of God, the source and end of their being. The heavenly worship expresses itself in hymns of praise, to the accompaniment of the harp. This is plainly a Temple, which was supposed to be the remembrance of the service in the counterpart of a temple in heaven, where God has his actual dwelling. "What strength and beauty may be added to our public worship if we make these words our own: 'Amen: Blessing and glory, and wisdom, and thanksgiving, and honour, and power, and might, be unto God for ever and ever.'"

The White Robes, 13, 14

In the vision of John white robes symbolize purity and righteous deeds. Who are entitled to wear these robes? Are they the favourites of fortune, those who have lived days of unceasing pleasure? No, the victors wearing the white robes came out of great tribulation. They had suffered for their faith and had disciplined themselves. They had "washed their robes, and made them white in the blood of the Lamb." Twenty-nine times in this New Testament book Christ is designated as the Lamb. That the writer is speaking figuratively is shown by his phrase "concerning robes washed white in the blood of the Lamb." There was no confusion in the thought of the author. He knew that Christ's spirit transformed lives. He did not forget that Christ was the Man of Sorrows who had died upon a cross and had been made one with his brethren in suffering. The word "tribulation" has a Latin derivation; the tribulum was the flail used for threshing grain. If we think that we are living in terrible days, let us remember that all sunshine makes a desert. What looks like a vale of tears is a field for growing souls. Strong character is never developed without testings. God may be at work in our pains as well as in our pleasures.

Security, 15, 16

John's words and images reflect his own experiences. He had faced hunger, thirst, the intense heat of the Eastern sun. In the better world these physical hardships will be no more. Instead there will be glad, free worship of God. Dr. Hough tells of a group of young monks who were being questioned upon the Book of Revelation. They were asked which promise or saying in the book was to them the most comforting. "God shall wipe away all tears from their eyes," said one. "There shall be no more death, neither sorrow, nor crying," said another. "To him that overcometh will I grant to sit with me in my throne," said a third. But the youngest—Thomas a Kempis—answered, "His servants shall serve him." Need we wait till after death to share these joys? Modern science has given us great physical comfort and security. The fight with Nature is not nearly so severe as for our grandfathers. We may by thanksgiving and reverent experience true worship of God here and now and by helping our fellowmen we may truly be serving God. Dr. Jewett said that the white robes were given to those who had conquered self. "Each has dethroned self that he may crown his brother. By love they serve one another."

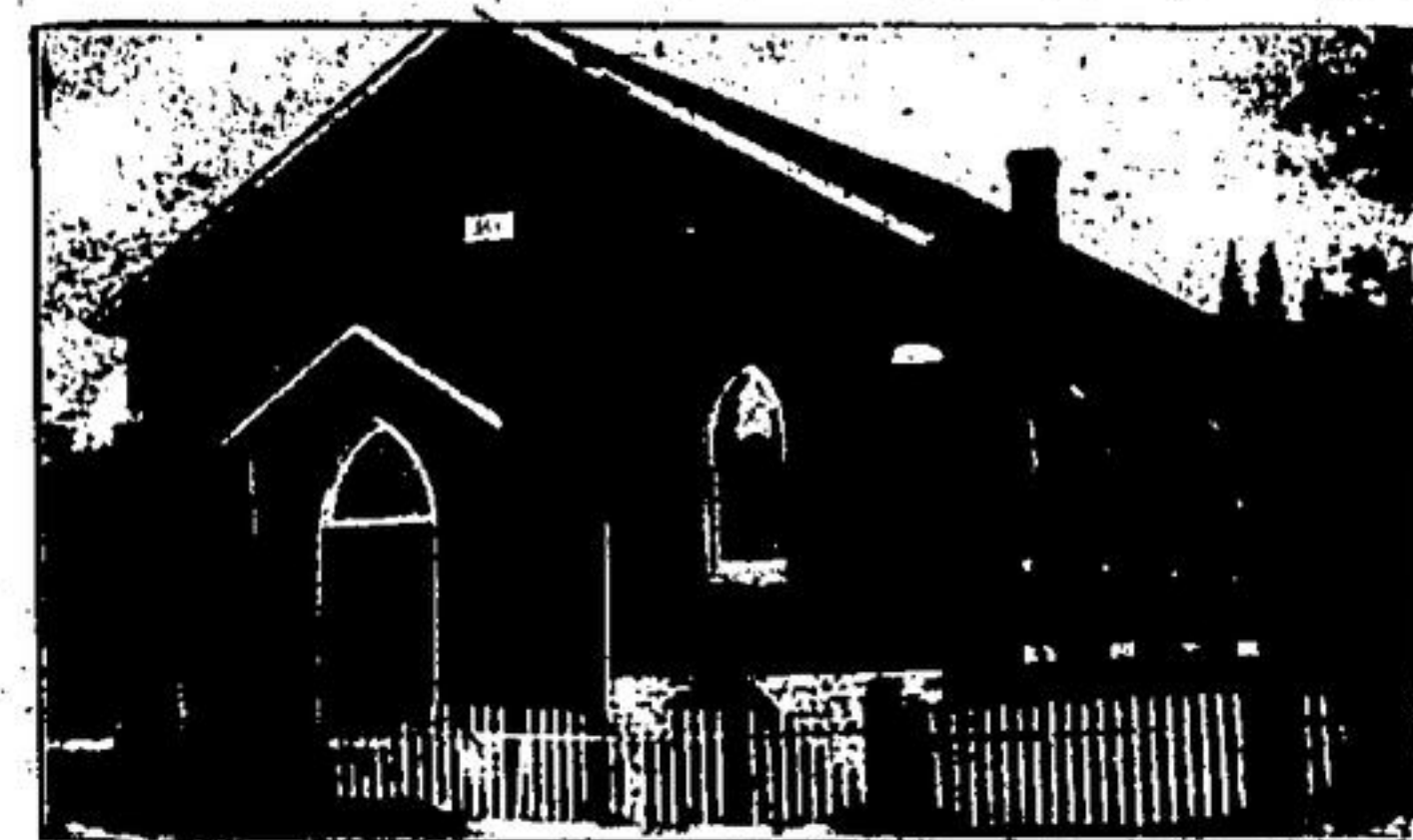
Tearless Eyes, 17

To his suffering fellow Christians John gave the comfort of the love of God. The exalted Christ would lead

them to fountains of living waters and God would wipe away all tears from their eyes. The Book of Revelation is yielding strength and hope to Christian people in these dark war days. "The author wrote for his own time, but he had laid hold of principles which would always be valid. He so understood the conflict of his own day as to throw light on one that would repeat itself, age after age. In a real sense, every generation has been justified in taking this symbolic book as applying directly to itself. The permanent value of the book is due in some measure, to the very fact that it was the product of a given time, which was in many ways unique. There are facts in astronomy which can only be ascertained when the sun is in total eclipse. They are true always, and affect the conditions under which we never cease to live; but they can be perceived only during that minute or two of which most of us have experience only once in a lifetime. John lived in such an interval of eclipse, and so used it as to apprehend and to put on record certain great truths which in ordinary times are forgotten, although they lie at the very heart of things."

### Questions for Discussion

1. Dare we hope for our earth what John foretold of heaven?
2. For what are we most thankful to God?
3. "Measure thy life by loss instead of gain." Which are we seeking?
4. Would life without danger lose interest?
5. Is there any providential purpose in tears?



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