

## TIMELY TOPICS FOR WOMEN . . . By Barbara Baines

### CHRISTMAS

God rest you, merry innocents,  
Let nothing you dismay,  
Let nothing wound an eager heart  
Upon this Christmas Day.

Yours be the genial holly wreaths,  
The stockings and the tree;  
An aged world to you bequeaths  
Its own forgotten glee.

God rest you, merry innocents,  
While innocence endures,  
A sweeter Christmas than we to ourselves  
May you bequeath to yours.

From "A Carol for Children," by Ogden Nash.

### CHRISTMAS SNAPSHOTS

This year many an adored husband and father, or tall young son or brother will be missing from the family circle at Christmas. For some it will be for the first time. For others it will be their second or even third Christmas away from home. But of one thing you may be sure: our men in khaki and blue, wherever they are, in their deepest hearts are lonely for the sight of familiar scenes and faces.

And so how about getting out your camera and taking some snapshots during the Christmas holidays. If you have a real camera fan in the family it will be simple to get some good indoor shots of the Xmas tree and Santa handing out the first gift, or of the family group gathered around the gayly-decorated dinner table and raising high their glasses to toast the absent member.

Of course, as a rule, for the amateur, outdoor shots turn out the best, and if you have some fresh snow to add glamour to the background, some fine pictures are yours for the taking. It is the simple familiar things your soldier boy will want to see: the graphic shadow of the picket fence on the snow; fresh foot prints leading to the snow-capped pump; his favourite pine-tree heavily-laden with snow; or a new shop of your home or church or shop or factory.

Pictures of persons usually look the most natural when the subject is caught unawares at a favourable moment. Unposed group pictures in the camera usually turn out well. Action shots, especially of children, always have an extra appeal.

Winter sports are an excellent field for the snapshotter. So when during the holidays you go skating on the river, or skiing or tobogganing or hiking be sure and take along your camera.

Then when your snaps have been developed choose the best prints and have them made up in the new little booklets of ten each for your soldier or sailor or airman overseas. I am sure no gift you could send him from home will be so much appreciated.

### THE SPICES YOU USE IN YOUR CHRISTMAS-COOKERY

There is glamour in the very thought of spices. With each dash of cinnamon, clove or ginger, you add to your Christmas food a dash of the romantic East . . . the lands which for centuries have been associated with beautiful jewels, silks and riches . . . the goal of generations of adventurers who journeyed over unknown seas into unknown lands.

Food without seasoning is like talk without reasoning. It is flat and savourless; but the judicious addition of spices will add to the plainest food a subtle deliciousness.

There are thirty or more different varieties of spices and herbs. They may be the roots, buds or bowers, fruits, bark or seeds of plants. Each depends upon delicate volatile oils for its pungent aroma and ability to impart flavour.

It is a thrilling sight to see a spice cargo unloaded from the hold of a modern liner, but that is only the end of its journey. Yesterday the waters of India were thick with pepper-laden patimars (native boats shaped like a cradle); and along the roads ambled ox-carts and lazy mules with their precious loads of cardamom and turmeric. And perilously fragile-looking sail-boats, manned by turbaned natives, plied between the islands of the East carrying fragrant bales of cinnamon and cloves to the chief harbour of export.

But that was yesterday. Today those peaceful islands are the scene of shiffling guns and diving planes and exploding bombs. And the picturesque names of those tropical spice lands are prominent on our war maps and in our war communiques. And so you had better use sparingly the supply of spices now in your cupboards.

The Dutch East Indies are perhaps the richest in spices . . . the Molucca Islands (the Spice Islands), Java, Borneo, Celebes, Sumatra, Bali . . . these are the garden spots of the world, the native home of our cloves, nutmeg, mace and cinnamon. In the Malay States and Southern China there are great plantations of cassia, ginger, sesame seed, mustard seed and pepper. India, too, produces many valuable spices, turmeric, ginger, pepper, cardamom, poppy seeds and dill seeds. Japan grows chill peppers and ginger.

In Europe many herbs are grown, poppy seed and mustard seed in Holland; paprika in Hungary; celery seed in France; coriander seed and sesame seed in Turkey.

The only spice native to the Western Hemisphere is allspice which grows in the West Indies. Ginger is grown in Jamaica, cardamom in Guatemala, chili peppers in Mexico and mustard seed in the U.S.A.

When an American spice mill receives a shipment of spices they are first thoroughly cleaned. Those that are ground are sifted through fine silk to insure a smooth, fine powder, and all are packaged by machinery. Spices lose their potency as the delicate oils evaporate, so they should be fresh and kept air-tight. The best rule as to the amount to use is still "to taste."

It is upon their skill with spices and seasonings that the great cooks of the world have always depended for their reputation; but with a little experimenting and study the ordinary housewife can soon learn to prepare dishes for her family that are a gastronomic delight.

### THE BOOK OF THE WEEK

"INSIDE LATIN AMERICA" By John Gunther  
(Mussion, 468pp. \$4.00)

Most of us know so very little about our southern neighbours, but never have the Latin American countries been so much in the public eye. So for this reason John Gunther's "Latin America" is particularly timely.

It is informative and educational but full of interesting anecdotes that make it entertaining reading. Mr. Gunther discusses the economic geography of the republics but also politics and personalities, and endeavours to interpret how the people live and how they are reacting to the major problems of the world today, and to the war.

He travelled 18,938 miles by air alone to write this book, visited all twenty republics and took notes on conversations with 338 people. He discusses everything from schools, fire equipment, exports, and minority problems to hoof and mouth disease.

He says the traveller is first impressed by the insufferable poverty, illiteracy, bad transport, and social backwardness on one hand, and ultra modern buildings and great wealth on the other. He found a German fifth column almost everywhere, German airlines covering the country like a web, and German agents most active in Argentina and Mexico. He reports the dictatorships in Latin America have strong democratic leanings, and discusses at length the urgencies of hemisphere defense and possible co-operation in inter-American trade.

### SPAGHETTI A L'ASTRA

Just to prove how much taste enjoyment spices can add to an ordinary dish try serving Spaghetti a l'Astra when the crowd comes in after skating or skiing, or even after a game of "rummy royal."

- |                            |                                   |
|----------------------------|-----------------------------------|
| 1 clove garlic             | 1 large onion                     |
| 2 1/2 cups canned tomatoes | 1 cup beef consommé (canned)      |
| 2 teaspoons celery salt    | 1 tablespoon butter               |
| 1 teaspoon sugar           | 1 cup giblets (chicken or turkey) |
| 1 teaspoon cinnamon        | 1 1/2 tablespoons flour           |
| 1 teaspoon cloves          | 1 cup mushrooms                   |
| 1/2 teaspoon thyme         | Spaghetti                         |
| Dash of cayenne and salt   | Parmesan cheese                   |

Rub cut garlic around large saucepan, add tomatoes, sugar, spices and onion. Simmer one half hour. Then add beef consommé. While this is cooking saute giblets, cut up, in melted butter, cover and simmer until tender. Then add the flour and mushrooms and stir well. Add giblets to first mixture and simmer 15 minutes longer. Cook one small package spaghetti in 4 quarts of water to which salt has been added. When tender drain and add to sauce and mix well. Serve with parmesan or any grated cheese, a green salad and hot crusty rolls.

EDITOR'S NOTE: Barbara Baines would like to take this opportunity to wish readers of the column, one and all, a Happy and Joyous Christmas.

## IMPROVED UNIFORM INTERNATIONAL SUNDAY SCHOOL LESSON

By HAROLD L. LUNDQUIST, D. D.  
Of The Moody Bible Institute of Chicago.  
(Released by Western Newspaper Union.)

### Lesson for December 28

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#### THE CHRISTIAN'S HOPE

LESSON TEXT—John 14:1-6. Revelation 21:3. GOLDEN TEXT—In my Father's house are many mansions.—John 14:2.

Hope is something this world desperately needs, and which it has all but abandoned. Little wonder when one recalls that the usual meaning of hope is really more than "wishful thinking" without any real confidence—and that such hope as men have, has been only in their fellow-men, who have so often grievously failed them.

The Christian's hope—ah, that is something quite different. To him hope is certain expectation resting in the assured Word of God. Such a light only shines brighter as the darkness deepens. As the lights of men's promises and purposes flicker and die out, the hope of God's people shines like a beacon in a dark and stormy night.

How appropriate that we should use the last Sunday of this year to remind one another of that hope, to trim the lamp, as it were, for even brighter shining, as we cast its beams out into the unknown year just ahead. There are three great and helpful things in this lesson.

#### I. A Sure Promise of Heaven (John 14:1-3).

We are not forgetting that for us who love the Lord there is the blessed hope of His return. He is coming again (v. 3). But whether we have the joy of being caught up to be with Him, or go by way of death, we have a sure promise of the eternal dwelling place which He has prepared for us.

"Let not your heart be troubled"—the very words come like the balm of Gilead upon our restless, troubled lives. Faith in God and in Christ—here we have the sure anchor of the soul. He has promised. We may count on His fulfillment. We know our faith in our fellowmen by trusting their word, even though they often fail us. Shall we not then fully trust the omnipotent, never-failing God?

#### II. A Safe Way to Heaven (John 14:4-6).

Our Saviour has not just gone before us and bade us follow as best we may, but He is Himself the Way. Having Christ, we have the way. Observe that He does not say that He is the "way-shower," as one religious system names Him. He is not just an example, or the master-teacher, or a martyr to a holy cause. He is "the way, the truth, and the life."

Note, too, that no man comes to the Father but by Christ. Dr. Wilbur M. Smith points out that "the apostle Paul in his epistles constantly emphasizes the truth that we have access to the Father only through the Lord Jesus Christ (Rom. 5:2; Eph. 2:13, 18; 3:15; Heb. 7:25; 10:19-21) Jesus is not one-way to God. He is the only way to God. Men cannot come to God through anyone, but only through Christ."

Someone may say, "That's very true, and wonderful. I am a Christian, and I have Christ who is the way. But what is heaven like?"

#### III. A Symbolic Picture of Heaven (Rev. 22:1-5).

First of all there is "life"—the river of life, the water of life. In heaven there is no death, but only eternal life, blessing, peace, and joy. In this world man lives under the constant shadow of death, and misery which hurts, destroys, and reminds him of sin. But in heaven all is life through eternity.

When we've been there ten thousand years  
Bright shining as the sun,  
Then we'll no less days to sink God's praise  
Than when we first begun.

Then we have what Dr. A. C. Haebel calls "the seven glories of the redeemed" (vv. 3-5). Let us enumerate them. (1) "No curse"—perfect sinlessness. (2) "The throne of God and of the Lamb shall be set on"—giving perfect and blessed government forever. (3) "His servants shall serve Him"—in perfect, unhindered, untrusting service. Heaven will not be idleness (perish the thought), but blessed and happy service for God. (4) "They shall see His face"—an eternal, undimmed vision of God. (5) "His name shall be on their foreheads"—speaking of eternal ownership and possession. (6) "There shall be night no more"—God is the light throughout eternity. No more darkness to fear. (7) "They shall reign forever and ever." Few of us would care to reign in this world, for that brings only sorrow and trouble, but to reign with Him, that indeed will be eternal blessedness.

So then we have—a sure promise of a heaven to which we have a safe way, and concerning which we have such blessed knowledge. But what good is the promise if we do not accept it? What good is the way if we do not receive Him? What good is there in knowing about heaven unless we are going there? Everybody talks about heaven, but not going there" sings the folk song. Are you? Or are you only going to talk about it?

## "HOW FREEDOM WORKS"



ISABEL THOMAS

Placing emphasis on the need for discussion, persuasion and toleration as the means of making democracy effective, the OBC is to present six talks on citizenship under the title, "How Freedom Works." The speaker will be Isabel Thomas, Toronto high school teacher and student of public affairs. The broadcasts will begin early in the New Year, the introductory programme being scheduled for Tuesday, January 6, at 5:00 p.m. EDT.

### ARE YOU GOING HOME FOR CHRISTMAS

Are you going home this Christmas-time

To Dad and Mother, too,  
To share the dear day's happiness  
Just like you used to do?

It seems—oh, such a little time,  
Since you were just a child,  
A—running, playing 'round that place  
With happy children, wild.

You'd hang your stocking Christmas eve

Out by the chimney side,  
And in the morn, before 'twas light,  
Then out of bed you'd slide.

You'd tip-toe to that chimney, then  
With wide eyes you would stop  
For you would see that stocking filled  
From toe, right to the top.

In fact, so full, it would not hold  
Another small thing more,  
And bigger toys your Ma would lay  
Beneath it on the floor.

You'd wonder how your Ma would have  
A chicken roasted through,  
And dressing, sage so tasty,  
And thick, brown gravy, too.

And big plum pudding, carmel sauce,  
And lovely Christmas cake,  
So nicely leed and filled with fruit,  
Made specially for your sake.

But now your parents aren't so young,  
They may not be here long;  
So go home Christmas, fill the place  
With laughter, love and song.

—RALPH GORDON

628 Crawford St., Toronto.

### STEWARTTOWN

(LAST WEEK)

The W. I. meeting was held last week in the council chamber. Another quilt was quilted for the British bomb victims. Christmas remembrances for the sick were planned for and another quilt arranged for. Lunch was served after a busy afternoon.

The Christmas concert for the Public School was held in the school this Friday evening. Every seat was taken and some of the visitors had to stand. Under the direction of Miss White, the teacher, and Miss McPhail, the music teacher, the children put on a splendid concert. From the oldest to the youngest, each took their part in songs, dialogues, recitations, vocal and piano solos, tap dancing and drill. Every number was excellent and gave a great deal of pleasure to the audience. Mr. Harry Lawson was chairman. During the entertainment tickets were sold on a quilt which was donated by Mrs. Walter Hodge, the proceeds to be used for the British War Victims' Fund. Betty Humphrey was the lucky winner of the quilt. Oh, yes, Santa Claus came, and gave every one something nice off the Christmas tree. The W. I. gave back the amount they had been paid to quilt the quilt, and the Christmas tree was sold. Putting it all together the fund will be richer by over \$26.00.

Saturday afternoon the "Little Helpers" held their annual meeting in the school. Rev. S. R. Colebrook took charge. "Jesus Loves Me" was the opening hymn. Evelyn Smith, Jeanene and Betty Humphrey and Betty Barron sang "Away in a Manger." Miss Jenkinson playing for them. Mr. Colebrook told them a story of how we get our Christmas tree. Then the children made the offering of the contents of their little boxes. The hymn "When He Cometh" was sung. After half an hour of games, Mrs. Hodge, the Little Helpers' secretary, assisted by Christina Dickinson and Eleanor Smith, served lunch to all. Although it was a snowy, slippery afternoon, there were twenty present at the meeting.

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**GINGER ALE 2** 1g. btl. **21c** Deposit extra

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Maple Leaf <b>MINCEMEAT</b>	2 lbs. <b>27c</b>
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Plain unadorned <b>SIFTO SALT</b>	1 1/2-lb. pkg. <b>6c</b>
Evaporated <b>MILK</b>	3 16-oz. tins <b>25c</b>

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**CORN FLAKES 2** 12-oz. pkg. **23c**

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Biscuits <b>CHOCOLATE PUFFS</b>	pound <b>19c</b>
Don't Forget <b>ROMAR COFFEE</b>	1-lb. bag <b>39c</b>
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For Cats and Dogs <b>PARD</b>	2 tins <b>19c</b>
Carroll's Own <b>SOAP FLAKES</b>	4-lb. pkg. <b>35c</b>

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Smoked <b>ORANGES</b> doz. <b>27c</b>	Choice <b>Cranberries</b> 1b. <b>28c</b>
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