

TIMELY TOPICS FOR WOMEN . . . By Barbara Baines

A HOLIDAY FOR STAY-AT-HOMES

There are a great many people who this summer will get no holiday . . . that is not officially. This is true of war-workers, office-workers and sales girls and others who have not been at their present job long enough to qualify for "two weeks with pay." It is also true of many housewives who just must be home to care for their children or see that said workers are fed.

But everyone needs a holiday, a change of scenery and of interests, and a chance to laze in the sun . . . or if not the sun, the moonlight. And strange as it may seem to you, you can take that holiday . . . even though you are at your accustomed place of work every day.

But you will need to plan ahead for it just as you would for a bona-fide vacation. First set definite dates for your holiday to begin and end, and perhaps you would even like to ask some friends to share it with you.

You will need to save some money for the extra holiday expenses. You will need to get your clothes in order . . . and it takes a bit of planning to have them all clean and mended and looking their best at one time. And how about buying yourself a brand new sports outfit to put you in the holiday mood? You will need, too, to get caught up with all the extra chores so there will be no incidental to interfere with your good times.

At last the long awaited day arrives. What will you do? Anything but what you are accustomed to doing. You have to be in the factory or office or store or kitchen as usual. But before and after working hours do those things you would like to do on your regular vacation. Go for a swim. Even though the old swimming hole at the edge of the town is not as captivating a place as the beach you were at last year, the water is just as refreshing, and your appetite will be just as good for the picnic lunch you take along.

Plan to visit some nearby place of interest that you haven't explored before, and be sure to include some music and dancing in your programme. Invite your friends to a "Dutch Treat" dinner at your favourite eating place. Or get the gang together for a barbecue. It is really fun to toast hamburgers over an open fire.

Above all cater to your own likes and dislikes . . . do the things you want to do . . . but don't be afraid to try something new. What if you haven't played golf before? Your first attempt will be an experience to remember . . . and talk about. And how about starting volleyball in your own back yard. What you start as a holiday gesture may become a source of enjoyment to you and the young folks of your community for weeks to come.

Will your holiday be all over. Your money is spent, and your gay sports clothes all limp and soiled. And your pretty tired, till bet. But then don't you always come back tired and broke after a successful vacation. If you had fun . . . if you had some new experiences, and made some new friends, then it was worth it . . . your first stay-at-home-holiday."

BAKING WITHOUT SUGAR

We are all having difficulty in making our sugar ration cover home-cooking as well as table use. In adapting my favourite recipes to wartime conditions I have found these rules for SUGAR SUBSTITUTION helpful. Perhaps you will too.

- 1 cup sugar—1 cup honey with 1/2 less liquid.
- 1 cup sugar—1/2 cup honey, 1-2 cup sugar, with 1/2 less liquid.
- 1 cup sugar—1/2 cup molasses, with 1/2 less liquid and the addition of 1 tsp baking powder.
- 1 cup sugar—1 cup corn syrup, with 1-3 less liquid, in plain cakes, muffins and cookies. They will not be as sweet however.
- 1 cup sugar—1/2 cup corn syrup and 1/2 cup sugar with 1-3 less liquid, in sweet cakes and candy.
- 1 cup sugar—1/2 cups maple sugar.
- 1 cup honey with a teaspoon baking powder equal 1 cup molasses with 1 tsp soda.

Here are some other suggestions for saving sugar:

FRUIT JUICES from canned fruits may be used as the liquid in gelatin desserts. Use 1 tsp gelatin to 1 1/2 cups sweetened fruit juice.

DRIED FRUIT cooked with fresh fruit will lend enough sweetness. Try cooking dates with fresh rhubarb or raisins with apples. Most dried fruits can be cooked without sugar. If you must add some, add it just before the end of the cooking. A pinch of salt adds sweetness too.

PUDDINGS, ready-prepared, may be used as a filling for cakes and pies if made a little stiffer than usual.

JELLIES AND CANNED FRUIT may be kept quite satisfactorily with 1/2 cup sugar and 1/4 cup corn syrup.

STEWED FRUITS will be just as sweet half sugar and half corn syrup.

FROZEN DESSERTS are smoother if made with 1/2 cup sugar and 1/4 cup corn syrup.

SACCHARIN is being widely used to give added sweetness to stewed fruits, puddings and desserts as well as in beverages. It is a crystalline product of coal tar, very much sweeter than cane sugar but if used to excess tastes bitter.

THE BOOKS OF THE WEEK

"FOR FREEDOM" BY SQUADRON LEADER O. L. CREED
(J. M. Dent, 66pp. \$1.00)

"For Freedom," a little volume of patriotic and war verse, is the work of Squadron Leader O. L. Creed now stationed at Air Force Headquarters at Ottawa.

Squadron Leader Creed was born 43 years ago in Scotland but has spent many years in Canada. He was with the R.C.A. in the last war, and since then has had a varied career as salesman, radio announcer, journalist and fox farmer, and has travelled in many parts of the Empire. When this war broke out he was living in Halifax.

His poems have a punch and a ringing patriotism. "Message from Singapore," one of his best, was used by Sir Cedric Hardwicke on his Canadian tour and received wide and favourable comment. "The Little Folks of London" is one of the most touching, "Ode to Hoos" the most humorous, and "They Shall Not . . ." the most eloquent. I think perhaps my favourite is, "I Knew Her When . . ." Squadron Leader Creed looks on war realistically. He sees both its tragic and its heroic side and writes with sincerity.

All royalties from the volume go to the R.C.A.F. Benevolent Fund, a fund established in 1934 to relieve distress among R.C.A.F. personnel.

"J. JAMES BLUNT" BY H. V. MORTON
(McClelland, Stewart, 83pp. 25 cents)

Another little volume which no Canadian should miss reading is "J. James Blunt" by H. V. Morton, the celebrated author of "In the Steps of the Master," "In Search of England" and other well known books. It is a superbly written account of life in England in 1944 and 45 AFTER the Germans have "occupied" England.

James Blunt, a retired tradesman living in Surrey, is one of millions of Britons squirming under the Nazi heel. In secret he keeps a diary. Through its pages we see the Gestapo at work in an English village, the German troops goose-stepping past Buckingham Palace, the terror of forced labour, the daily humiliation and degradation of the ordinary man and woman. But saddest of all, perhaps, is the effect of the new German schools on the children, an influence the parents are helpless to counteract.

It is a book of fiction . . . yet; but it is a deadly serious book condemning all false optimism and wishful thinking.

SHEPHERD'S PIE

Are you interested in budget meals? Well here is a grand dish to serve on "Blue Monday" because you can make it from the left-overs from Sunday dinner, and serve it without any apologies because of its economy.

- 3 cups meat stock or gravy
- 3/4 tablespoon quick-cooking salt
- 2 cups diced cooked meat
- 1/2 cup canned tomatoes
- 1/4 cup cooked carrots
- 1/4 cup cooked onions
- 1 tbsp. chopped parsley
- 2 tsp. Worcestershire sauce
- 1/4 tsp. pepper
- 1/4 tsp. paprika
- 2 cups mashed potatoes
- 2 tbsp. melted butter

Bring stock to a boil over the direct heat. Combine salt, paprika, pepper, Worcestershire sauce, and tomatoes and parsley. Stir in the Worcestershire sauce. Turn into a greased baking dish. Cover top with the mashed potatoes starting with the outside edge, and working to the centre where an opening is left for the steam to escape. Brush with butter. Bake in a hot oven (450 degrees F.) twenty minutes or until the potatoes are browned.

For Distinctive Service

"SALADA" TEA BAGS

CARROLL'S

Nourishing Food for Vacation Days

"Quaker" Muffets
3 pkg. 25c

KOPY SUB
No. Cottage Kebab! pkg. 31c

Instant Festum
No Cottage Kebab! tin 31c, 51c

PUDDINGS Dainty's Quick 2 pkg. 11c

ORANGE JUICE Gulf Breeze 20-oz tin 18c

JUMBO PEAS Aylmer Fancy 16-oz tin 13c

GREEN TOMATO PICKLE Libby's 16-oz jar 19c

MUSTARD Libby's Prepared 6-oz jar 10c

CORNSTARCH Canada pkg. 10c

MOTHER PARKER'S COFFEE tin 28c, 51c

Cowan's Cocoa tin 14c, 24c

Master's Dog Biscuits 2 lbs. 25c

COX GELATINE Package 17c

QUAKER OATS Quick pkg. 7 1/2, 19

Jewel Salad Dressing 8-oz jar 17c

32-oz jar 39c

WOODBURY'S SOAP 1c Sale 4 cakes 24c

CASTLE SOAP Kirk's 2 bars 9c

OXYDOL pkg. 9c, 23c, 65c

OLD DUTCH Cleanser tin 10c

Princess Flakes lg. pkg. 24c

Guest Ivory Soap 3 cakes 14c

Ivory Snow or Flakes lg. pkg. 23c

Palmolive Soap 2 cakes 11c

NOODLE SOUP Stafford's pkg. 10c

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Christie's Golden Pound CAKE each 35c

Christie's Raisin CUP CAKES 6 for 10c

Quaker Puffed RICE pkg. 9c

Sliced Side of BACON 1/4-lb. 21c

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Ovaltine tin 39c, 98c

Seal Jam Jars with Mamba Seal pkg. 10c

Shopping BAGS each 3c

Laundry STARCH pound 12c

Fly-Go SPRAY 8-oz. tin 20c

Carroll's BAKING POWDER 16-oz. tin 21c

TODDY tin 25c, 45c

GRAPEFRUIT Lge. size 4 for 25c

LEMONS 6 for 15c

ORANGES Med. Size Doz. 35c

APPLES Good Cooking Bakt. — 35c

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FUN FOR SUNDAY

Here is Maestro Allan McIver, who's wood's most prolific songsmiths . . . appearing over this week's edition of Montreal's Sunday Night Variety Show (August 16, 10.15 p.m. EDT). Drawing his inspiration from the film capital, Mr. McIver has planned a gala salute to Robin and Ranger, two of Hollywood's most popular songs in the community singers' repertoire.

per, paprika and salt; add gradually to the stock, bring to a full boil stirring constantly. Add the meat, onions, carrots, tomatoes and parsley. Stir in the Worcestershire sauce. Turn into a greased baking dish. Cover top with the mashed potatoes starting with the outside edge, and working to the centre where an opening is left for the steam to escape. Brush with butter. Bake in a hot oven (450 degrees F.) twenty minutes or until the potatoes are browned.

IMPROVED UNIFORM INTERNATIONAL SUNDAY SCHOOL LESSON

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

Lesson for August 16

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ISAAC PRACTICES PEACE

LESSON TEXT—Genesis 18:1-11.
GOLDEN TEXT—Blended are the peace of God and the peace of men called the children of God—Matthew 5:9.

To talk peace in a warring world seems almost futile, and so it is, unless it be the peace of God. In a world largely dominated by the philosophy that might makes right, and in which men demand what they call their rights, taking them even by lawless and violent methods, it is increasingly difficult to proclaim the truth that patience and meekness are not weakness, but are Christian virtues worth emulating.

The story of Isaac is interesting from beginning to end. He was an ordinary man, one of the common people. He had come through varied experiences of victory and defeat before the time of our lesson. Facing a famine, and apparently not trusting God at the moment, he had gone down from the promised land to the country of the Philistines, there redigging the wells which his father Abraham had dug. The result was that he prospered. Ere long, however, envy on the part of his enemies taught Isaac that—

I. Peace in This World Is Temporary (vv. 18-21).

Isaac had prospered, but he was still out of the promised land, and while he was in the land of Philistines he could expect no permanent peace.

We are in the world. We long for peace, and would throw all our influence and service into the cause of bringing a righteous peace to the troubled peoples of the world. But let us not be misled by that desire into the support of unscriptural and impossible peace programs. This world is a sinful world, and as long as that is true, there will be strife and war, that men (as James puts it) may have the gains thereof for their own pleasure.

Our business in such a world is to preach the gospel of grace, winning men to Christ, that they may become men of good-will. Isaac was such a man, willing to yield even what seemed to be his right, rather than cause contention.

Undoubtedly there are times when one must defend his name and his possessions, but all too often those who do "stand for their rights" have wrecked homes, churches, and nations, and have gained nothing but an empty victory.

The peace of this world is temporary. Is there then no real abiding peace and joy?

II. Abiding Joy Is Found in Fellowship With God (vv. 22-25).

When Isaac came up into Canaan, the land which God had promised to him, he found real peace and abiding joy in renewed fellowship with God. Even so, the Christian man and woman who will step out of a spiritually destructive fellowship with the ungodly world and come over wholeheartedly into the spiritual Canaan of full consecration and separated living, will find true peace and satisfying communion with God.

Our thought, however, has wider application—one much needed today. There is to come a time when this world will have true and abiding peace which shall cover the earth like the waters cover the sea. When the One who has the right to reign, the Lord Jesus Christ, returns to take His throne, then, and not before, will there be true peace.

We await that day with longing which grows more intense as men grow more violent in their hatred. But is there nothing more we can do? Yes, we learn from Isaac's experience that—

III. A Godly Life Is a Testimony to Warring Men (vv. 26-31).

These men were wicked men, even speaking falsehood in their claim of friendship toward Isaac (v. 29). Now that they perceived that God was continually blessing Isaac in spite of their repeated injustice toward him, they decided that it would be well to make a covenant of friendship with him. Even those who follow the way of war and aggression cannot deny the effectiveness of true Christian testimony.

Observe also that by his patience and kindness Isaac ultimately made friends out of his enemies. "It is better to turn enemies into friends than to beat them, and have them enemies still." And so this man with the patient, self-sacrificing spirit brought peace not only to himself, but to those about him, because he believed and trusted God. "When a man's ways please the Lord, he maketh even his enemies to be at peace with him" (Prov. 10:7).

What can we do to bring peace today? Can we pray that God will help America and her allied nations to turn to Him in repentance of sin, and in desire to honor His name that He may be able to give His blessing. When Herakleus spread before the Lord the threat of his enemy, God undertook for him in a mighty way, because his heart was right toward God (Isa. 37:14-30). Will he do less for us?

IMPROVED UNIFORM INTERNATIONAL SUNDAY SCHOOL LESSON

By HAROLD L. LUNDQUIST, D. D.
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Revised by Western Newspaper Union

Lesson for August 9

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ABRAHAM'S INTERCESSORY PRAYER

LESSON TEXT—Genesis 18:1-11.
GOLDEN TEXT—The effectual fervent prayer of a righteous man availeth much—James 5:16.

Prayer has been the subject of thousands of books of sermons without end; yet how little it is actually practiced. Conferences are held to discuss it, and they attract large audiences, but at prayer meetings we find only a handful.

We are sure that "prayer changes things" and we agree that it is the most powerful force at man's disposal, but we go right ahead trying to change things in our own strength. "O what peace we often forfeit, O what needless pain we bear, All because we do not carry Everything to God in prayer!"

Our lesson from the life of Abraham stresses one important phase of prayer—prayer for others.

I. The Nature of Intercessory Prayer.

1. It is a Privilege.

We speak of the burden of prayer, but let us also recall that it is a privilege. Abraham had been honored by a visit from the Lord. The covenant had been renewed and a son promised (Gen. 18:1-18). Then the Lord, because of His friendship with Abraham, shared with him (v. 17) His purpose of judgment on wicked Sodom and Gomorrah.

How glorious to be on such intimate terms with God—to know Him and to know His plans and purposes. Would you enjoy having such fellowship? You may through Jesus Christ and through the study of God's holy Word.

2. It is a Duty.

Privilege brings corresponding responsibility. The two men went toward Sodom, but "Abraham stood yet before the Lord" (v. 22), to pray for the wicked cities.

Those who know God's plans are to share them in prayer. Those who have audience with the King of Kings are those to carry the blessed burden of prayer for others as well as for themselves.

Are we praying for our nation, for its President and leaders; for our city, for our church, our families, our children, our friends? The deeper the need, the greater the wickedness, the more we need to pray. If we as Christians do not pray, who will pray?

3. It is a Reality.

Some modern religious leaders would take all reality out of prayer by making it a sort of spiritual exercise which operates only on the soul of the one who prays, giving him new strength and a sense of well-being. Undoubtedly the very fellowship with God which is inherent in true prayer is spiritually beneficial; but prayer is objective, not merely subjective. It deals with nations and cities, men and women, problems and sin and sorrow. It concerns every need of man—physical, mental and spiritual.

II. The Spirit of Intercessory Prayer.

1. Unselfish.

Abraham had the assured blessing and promise of God. The cities were wicked and unrepentant. If he had taken the attitude of many church folk, he would have said, "It serves them right. Wipe out their wickedness." But Abraham prayed for them in complete unselfishness. Can those who know the spirit of Christ be selfish in prayer?

2. Bold and Courageous.

Note the reverent boldness with which Abraham pleaded the cause of the cities. God is not displeased to have us press our cause in prayer; in fact, the Bible reveals that He frequently answers according to the earnestness with which men pray. He has always honored and used men of holy courage.

3. Persistent.

No one—not even God—likes a "quitter." Remember those who were heard for their importunity? (Luke 11:8; 18:1-8). Many pray like the little boys on Halloween. They ring the bell and run.

Abraham persisted; fifty, forty-five, forty, thirty, twenty, ten—perhaps he should not have stopped even there. God who saw his persistent faith went the rest of the way and saved the only four who could be saved, and even of those, three were infected with the wickedness of the place.

"Let us not be weary in well doing" as we pray, "for in due season we shall reap, if we faint not" (Gal. 6:9).

III. The Result of Intercessory Prayer.

God had to destroy the cities. There are some kinds of violent infection which must be destroyed by fire for the sake of others. Out of the destruction, however, God did deliver the righteous Lot, which was doubtless Abraham's real desire.

God hears and answers prayers. That is not only the testimony of His Word, but of countless Christian men and women down through the ages even to our day. The one who would dare the efficacy of prayer must face an overwhelming flood of authenticated answers.