

TIMELY TOPICS FOR WOMEN

By Barbara Baines

LETTERS ARE GREAT MORALE BUILDERS

Have you acknowledged your Christmas gifts yet? Have you written to that friend who is ill or whose son is reported missing?

You know from your own experience how pleased you were to get an unexpected card from friends who remembered your wedding anniversary.

Letters, and men's notes and cards are great morale builders. They let you know you are being remembered.

As regards the boys and girls too, overseas it is an old story now that letters and parcels from home are like a tonic.

In one Ontario village a church group of young people have undertaken what I think is an exceptionally fine piece of work.

Canada's Official Food Rules. Eat these health-protective foods every day in at least these amounts (use more if you can).

FRUITS—One serving of tomatoes daily or of a citrus fruit or of tomato or citrus fruit juice.

MEAT, FISH—One serving a day of meat, fish or meat substitutes, etc. Liver heart or kidney once a week.

CHERRY BREAD PUDDING. To the housekeeper and the budget-keeper here is a find—a tasty attractive dessert, wholesome, reasonable and easy to make.

FOR OUR SCRAP BOOK. Were a man's sorrows and disquietudes summed up at the end of his life, it would generally be found that he had suffered more from the apprehension of such evils as never happened to him.

THE BOOK OF THE WEEK

"LOOK TO THE MOUNTAIN" by Le Grand Cannon, Jr. (Oxford, 647pp \$1.35)

"Look to the Mountain" is a book you cannot help liking. One that you will want to read slowly, without hurry that you may savour every picturesque description every bit of dialogue to the full.

It is the story of pioneer life in New Hampshire, homesteading on a "handsome big interval" dominated by Osceola Mountain in the 1770's.

Then came the clearing of the land, their first cow, a team of oxen, the birth of their children, the coming of their first neighbours, the first winter.

BETTER HEALTH FOR VICTORY. The festive season is over. All the holiday delicacies have been eaten up, except perhaps a little Christmas cake.

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LETTERS WRITTEN BY A SOLDIER OVERSEAS

The following poem read by Andy Clarke on his Neighbourly News Broadcast last Sunday morning struck us as being particularly good.

There's a rumor current, though strange it may seem, Of Herr Hitler and his most wonderful dream.

Being harried on all fronts, he lay down in bed And, among other things, he dreamt he was dead.

His cold warms feature all frozen with hate. He hadn't been dead long when he found to his cost.

That his tickets and passports to the next world were lost! Then, leaving this sphere, he sought Heaven straight— Doing the goose-step right up to the gate.

But a written challenge in a voice strong and clear Said "Regret! Adolph! Hitler! We don't want you here Adolph!"

CHURCH NEWS. January 10th—"And because iniquity shall abound, the love of many shall wax cold."

St. John's Church, Stewarttown. Rev. B. R. Colebrook, Rector. Second Sunday after Epiphany: 2 p.m. Sunday School.

St. Paul's Church, Norval. 7:30 p.m. Evening Prayer. Vestry meeting on Jan. 10th, 8 p.m. in the rectory.

St. Stephen's Church, Hornby. 12 a.m. Morning Prayer. Vestry meeting, Jan. 10th, 8 o'clock at the home of Mr. G. Bussell.

The United Church of Canada. Rev. R. O. Todd, B.A., Minister. Sunday services: 10 a.m. Sunday School and Bible Class.

JOHN C. KIRKWOOD DIES FUNERAL HELD TO CALEDON

One of Canada's Most Widely Known Advertising Writers and Copywriters—Native of Brampton

The death occurred on Sunday at his home, 47 Woodlawn Ave. East, of John Campbell Kirkwood, a native of Brampton and one of Canada's most widely-known advertising writers and copywriters.

He was particularly well-known to readers of The Post-Gazette and of the Banner and Times before his emigration to England, where he worked for the Banner and Times.

Mr. Kirkwood was born in Brampton seventy-four years ago as a son of William Kirkwood, who conducted a grocery business at the corner of Main and Queen Streets.

He returned to Canada in 1911, he opened a Canadian branch of the J. Walter Thompson advertising agency in Toronto and contributed widely to trade papers and other periodicals.

Mr. Kirkwood returned to England after the war and gained a national reputation as an authority on advertising and marketing during eleven years there.

Mr. Kirkwood on October 16, 1942, was the guest of honor at a testimonial luncheon attended by his closest friends in newspaper and advertising circles, at the National Club.

Norval Presbyterian Church. 1:30 p.m. Sunday school, Bible class. 2:30 p.m. Public worship.

St. George's Church. Rev. W. O. O. Thompson, Rector. Second Sunday after Epiphany: Sunday school 10 a.m. Holy Communion 11 a.m. Evensong 7 p.m.

St. Alban's Church, Glen Williams. Second Sunday after Epiphany: Sunday school 2:00 p.m. Evensong 3:00 p.m.

Knox Presbyterian Church, Georgetown. Rev. Chas. C. Cochran, B.A., Minister. 10:00 a.m. Sunday School. 11:00 a.m. Public worship. 7:00 p.m. Public worship.

LIMEHOUSE

"East Be the Tide that Runs" followed by the Lord's Prayer opened the January meeting of the Limehouse W. I. held at the home of Mrs. B. Kirkpatrick, on Thursday last.

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PROUD OF THE PAST

Canada's Island province, Prince Edward Island, still honours one of its great pioneers in the CBC "Heroes of Canada" series this week.

The county road of snow. Those from here who are employed at Malton did not risk the deep snow last Monday morning.

Miss Hertha Ivershouse spent a few days with her aunt, Mrs. W. O. Norris in Toronto, since New Year's.

Mr. and Mrs. Wilfred Hodgson and Mr. Frank Robinson visited Mr. W. A. Lane on Sunday.

DANCE Oddfellows' Hall, Brampton WEDNESDAY EVENING, JANUARY 13th ART SNYDER AND HIS RHYTHMAIRES

Coal Terms Cash Owing to the increased cost of the coal at the mine which we have to absorb due to the price ceiling, all coal must be cash.

J. B. Mackenzie & Son PHONE 33 GEORGETOWN SPECIAL FARM MECHANICS COURSES to be held at GEORGETOWN Ken. McMillan's Implement Shop ON JANUARY 21 and 22 10.00 a.m. to 4.00 p.m. D.S.T.

DANCE Town Hall, ACTON Saturday, January 16 Doris Hulls' Orchestra Modern and Old Tunes PROMOTES FOR WAR WORK

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