

Volume
3

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THE
KEY NOTE



ISN'T IT STRANGE?

Isn't it strange
When you stop to think,
How out of the same black earth
Comes pink
Of apricot petals,
White of a pear,
The royal purple
Potatoes wear:
The yellows, the clustering
Currants choose;
Each leafed in pale
To deep green hues;
The thistle blue
Of artichokes--
And how, when these fruits,
They are eaten by folks,
And metamorphosed
Into you, into me--
Don't you wonder at times
How these things be?

--Ethel Romig Fuller.

UP
ε
DOWN

THE CORRIDORS



When It Comes to Hobbies --

Watch out for Thelma Wellman, one of hers is studying human nature . . . and there's browsing in book stores.

Then there's Marian MacNeil, who likes to try out fancy new recipes and to roller skate.

Crossword puzzles have a fascination for Virginia Butler . . . then there's hiking.

Mrs. Flora Williams has always had to work too "good and hard" to mount her hobby, but his name is "Gardening."

Our versatile lady of languages, Olivia Lockwood, also has an urge to garden.

Alice Love's hobby horse is bucking a bit--it takes money to make him ride smoothly, but photography's fun.

Peggy Perkins likes art and tennis, but "where does one get the time?"

"Right now," says Marian Nyman, "my hobby is planning my summer vacation." Can you blame her with five weeks of it coming along?

Of course, Mable Hinkhouse likes to write . . . and then maybe she likes riding a Hudson as well as a hobby horse.

Now for Irma Lee it's "Penny" and we aren't speaking of money. He's the little nephew who's nothing less than a wonder child, and he shares her interest along with music, juniors, etc., etc.

Margaret Elliott says, "reading--without doubt."

"Crocheting and needlepoint" have a charm for Thelma Durrell, Loui Meyer, and Bethel Rice, and Bethel adds that her main hobby is the A Cappella Choir.

Lottie Quinn likes to paint cards and raise hyacinths--anyone want to buy one to feed his soul?

There being two of the twins, they have lots of interests, but reading, swimming, and knitting take the spotlight.

Marjorie Marsh is like the rest of us and needs more time, she says, to develop her interests--skating, reading, handcrafts.

--June Bender.



News of Former "Keepers"



Little "Dicky" (Norvella Fair) keeps Fern Green (now living in Calvert City, Ky.,) busy these days, but in addition to that she has time to keep house, help her doctor husband with tonsillectomies and other minor operations, and study piano.

If you step into the registrar's office of the Los Angeles branch of the College of Medical Evangelists, you will see the smiling face of Grace Thrall. She finds her work fascinating and enjoys the busy activity of the large White Memorial Hospital.

Who would ever believe that a year and a half has elapsed since a telegram announced the arrival of Bill Keith, Jr. The Keiths are located in Mobile, Alabama (1355 Centre Street), where Bill is in ministerial work. Your editor has a picture of the Keith offspring which she will gladly show to all those interested. Nellah doesn't seem to miss tapping the keys, for she thinks it great fun to keep house, raise a peppy son, and help her husband in his work.

Several "Keepers" have recently received pictures of Ada Lu Williams-Turner's young daughter. From Carol's roguish smile, we have an idea that she makes life interesting for mama! Ada Lu keeps in writing trim by editing a small paper for Union College Alumni. Harry is connected with the science department at Union College while taking the course in pharmacy at the university.

On January 7 Carl Roger arrived at the home of Mr. and Mrs. Roger Wilcox (Violet Numbers) who are now located in Brazil, where Roger is mission director of the North Coast Mission.

Even a brand new house isn't so intriguing that it keeps Jennie Flaiz from holding down a full-time job at the Loma Linda Sanitarium where her doctor husband is assistant to Pres. P. T. Magan. When Jennie left, we lost our most faithful, long-distance year-around hiker.

Since returning from the Far East, Elder Bond has placed two new pictures on his desk--one of Bobby Bond a la solo, and the other with his mother--Bernice Casey Bond. Bobby who has now reached the ripe old age of nine months lives with Dr. and Mrs. Edward Bond in Priest River, Idaho, where his dad has a big medical practice. Bernice keeps busy with her son and the office books.

VOICE OF THE SPONSORS



Excerpts from an article on diet by Miss Pearl M. Jenkins, M.S., facts that should be of interest to Key Note readers. (Give)

"A balanced diet is as essential to physical well being and efficiency as a balanced budget is to a prosperous business and financial safety. The balanced diet should include carbohydrates, protein, fats, minerals, and vitamins. In supplying the protein so essential in repairing broken-down tissue, both the quality and quantity of protein must be considered. All proteins do not have the same tissue building value. (A low hemoglobin indicates insufficient protein diet.) There are the complete or adequate proteins, and the inadequate or incomplete. Foods that supply the adequate proteins are milk, cheese, eggs, soy beans, garbanzos, meat, and most nuts; while the protein of cereal grains, peas, beans, lentils, fruits, and vegetables, are inadequate or lacking in some one or more essential part of the building substances. Of course, inadequate protein foods should be used. They are excellent, inexpensive sources of protein, and when combined with one or more of the adequate proteins, their deficiencies are supplied.

"The amount of protein required to supply the needs of the body varies with the size and age of the individual, and the quality of protein. The recommended protein allowances most likely to produce optimum health and long life should include two glasses of milk (skimmed milk may be used) a day, one egg, one serving of cottage cheese, or of legumes or other protein entrees, and a serving of nuts. The remainder of the protein needed will be provided in breads, cereals, and vegetables. (Legumes, cheese, and nuts may take the place of meat when a pint of milk is used, since milk has excellent supplementary value.) Continued deviation from these standards, whether more or less, is responsible for much lowered vitality (and low hemoglobin--Ed.) and ill health."

--Stella Thompson.



TENNIS

30

Spring, like prosperity, is "just around the corner," bringing weather that is just right for tennis. April is one of the best months of the year for this exhilarating sport, so I suggest that you visit the little house in the middle of the lot across from the courts at Third and Van Buren. Here you may fill out an application blank, and usually get your first or second choice of hour, especially if you see about it near the first of the month. If there are those who wish to play tennis this season, and do not know exactly where to go, or what to do to procure a permit, be sure to see your Tennis Sponsor, who will be glad to assist in any way possible.

--Mable Hinkhouse.



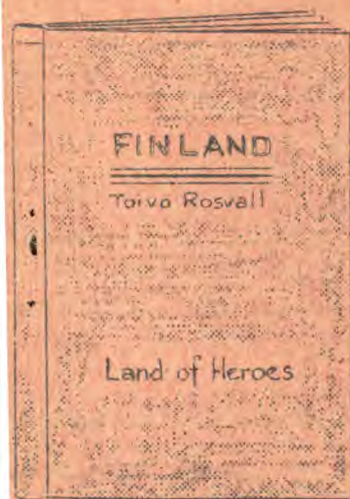
DO YOU PREFER BOOKS ON

SELF-IMPROVEMENT? Inside pointers on working in an office which they just CAN'T teach you in any business school.

AUTOBIOGRAPHY? Explore the world of darkness with the author who was struck blind in the midst of a happy, busy life, and be stimulated by her determination to carry on successfully.

TRAVEL? "Do" Borneo with the American bride of a British Government man stationed there, and meet Arusap and Simpalili.

HISTORY? An American, son of Finnish parents, after his second visit to Finland, writes entertainingly of the land of his fathers.



"MINCED OATHS"

"Soldiers are infamous for their profanity, the expression 'swear like a trooper' indicating the superlative degree of blasphemy; printers are likewise noted for their ability to 'fill the room with blue smoke' when things go wrong, as they so often do in a print shop. But whoever thought that professed Christians would in many cases be equally well known for breaking the third commandment if the camouflage were stripped from some of their expressions? Yet such is the case.

"Of course much of this swearing is done ignorantly. It comes under the caption of 'minced oaths,' the profanity used by those who feel like swearing but who as yet have not become hardened enough to openly take the name of God in vain.

"Rather than actually use the name of God, these 'timid blasphemers' usually start out on the attributes of God. It seems as if someone had carefully gone through the Scriptures and picked out every adjective used to describe the deity and then passed the expressions around for everyone to use. So we hear 'goodness,' 'gracious,' 'mercy,' etc., on every hand. We would not think of saying 'For God's sake,' yet we glibly say, 'For goodness sake,' or 'Goodness knows' when any dictionary at once informs us that these latter expressions refer to the deity. Too religious to use a real oath and too irreligious to speak a pure language we compromise the matter by using a minced oath.

"Those a bit more hardened--or a bit more ignorant as to the source of their expressions--use still stronger language. They run through the nicknames of God and use them instead of His real appellations. So we sometimes hear 'gosh,' the softened form of 'God,' which Webster informs us is used as a 'mild oath.' Still more commonly we hear 'gee,' a minced form of Jesus, used in mild oaths.

"Another common form of 'pulled' blasphemy is to take less commonly known appellations of God and to use them in place of those used by the hardened swearers around us. One such expression which seems to be spreading rapidly among those who claim to respect God is the title applied to Christ in John 1, 'And the Word was made

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Beauty -

A certain kind of beauty is but "skin deep." There is a beauty within the reach of all of us which far outshines the superficial beauty of face and form--it is beauty of character and personality. Tastes for ordinary beauty vary, but charm of personality is admired by everybody. Nor can anyone or anything take it from us. It is ours, and it develops with age and maturity.

oo - o - oo

Sleep is the most positive beautifier, the best cosmetic. The term "beauty sleep" is no misnomer. Sleep freshens the complexion, smooths out wrinkles, clears up the brain, strengthens the muscles, puts light into the eye and color into the cheek.

--Dr. Mary Wood Allen.

oo - o - oo

ish, and dwelt among us.' (Even as I write this, a Sabbath school teacher, preparing her lesson with three other Sabbath school teachers claims every few moments, 'My word!' as vehemently as would a hardened atheist who had just dropped a hammer on his sore foot!) - All this in spite of the fact that even the dictionary informs us that this is a specific title of the Second Person of the Trinity.

"Thus it is that those who claim to be working for their Creator now, either ignorantly or intentionally, that they respect neither Him nor His name!" --The Campus Chronicle (Pacific Union College).



