



KEY NOTE

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DOING OUR DUTY

The ringer stood at the keyboard
Far down beneath the chimes,
And patiently struck the noisy keys
As he had uncounted times.

He only knew his duty,
And he did it with patient care;
But he could not hear the music
That floated through the air.

Only the jar and clamor
Fell harshly on his ear;
And he missed the mellow chiming
That everyone else could hear.

So we from our quiet watch towers
May be sending a sweet refrain;
And gladdening the lives of the lowly,
Though we hear not a single strain.

Our work may seem but a discord,
Though we do the best we can;
But others will hear the music
If we carry out God's Plan.



--Selected.

Friendship

Epicurus said that "Of all the means to insure happiness throughout the whole of life, by far the most important is the acquisition of friends." Emerson adds, "The only way to have a friend is to be one."

Ben Jonson admonishes, "True happiness consists not in the multitude of friends, but in the worth and choice." And George Washington counsels: "Be courteous to all, but intimate with few, and let those few be well tried before you give them your confidence. True friendship is a plant of slow growth, and must undergo and withstand the shocks of adversity before it is entitled to the appellation."

We read in the apocryphal Ecclesiasticus that "a faithful friend is the medicine of life." "To friendship every burden's light," and one of the truest joys of friendship is "to be a strong hand in the dark to another in the time of need," yet we must not let our friends do for us what we can do for ourselves.

"Be the same to your friends, whether in prosperity or adversity," advises one ancient sage; another adds, "Unless you bear with the faults of a friend, you betray your own," and a third concludes, "Without confidence there is no friendship."

Finally, Vlyna Johnson has this (and more) to say:

"I have a friend whose stillness rests me so...
I have a friend whose brilliancy inspires...
I have a friend whose charity delights...
I have a friend whose discipline I need...
I have a friend whose calmness some mistake...
I have so many friends--each one fulfills
Just what God wills.
For He through them His best in me instills.
And so twice fortunate am I to find
Friends great and kind--
Each one himself, yet part of God's own mind."

Let us keep our friendships in repair!

T. Rose Curtis

The "Keepers" Entertain

Esther Kuckenmeister was happy to have her father visit her recently for a week. She also entertained friends from Akron, Ohio.

T. Rose Curtis had as her guest for a few days in July, her cousin Rena Curtis, on furlough from South Africa, where she has been superintendent and instructor of nurses at the Nokuphila Hospital, Johannesburg.

Friends of Glee King (formerly of this office, now instructor in commercial subjects at Emmanuel Missionary College) were glad to greet her as she paused briefly on her way to New York. She was accompanied by her mother and sister.

Miss Weir and Louise Meyer motored to the Longwood Gardens on July 9, taking with them Helen Philipps, a former member of the General Conference family. A party was also given at Louise's home in honor of Mrs. Philipps.

We glean the following note from a recent letter from Esther Adams (of the South American Division office) to Louise Surface: "The other day I went to the boat to see some friends off, and not only did I get on the boat--unusual privilege in these war days--but I carried my camera on and off again. It really was against the law, but I just didn't think about it. Afterward I wondered if I had a 'charmed' camera--and why shouldn't I? when such charming girls gave it to me. I've had so much fun with it, and I do want you all to know that your gift is genuinely appreciated. --As for Your Life, the quizzes in it alone are worth the subscription price. They challenge me to work on them, to discover whether I'm subnormal, and what kind of man my future husband should be!"

It has been whispered about that there is some desire for a "Keepers Auxiliary," to include the "smaller fry" male members of the General Conference family and also the husbands of the married girls. Suggestions or convictions, pro or con, may be presented to your officers or editors--or both. One ambitious gentleman has even offered a name--"The Keepers of the Keepers of the Keys." Tut, tut! Most of us are quite happily "keeping" ourselves, thank you just the same!

* * * * *



SPONSORS



1

FOR THAT SUMMER SLUMP --

"Walking," said McFadden, "is a natural tonic. It's good for everybody with two legs, except invalids and paralytics. It tones up everybody's system--the body and the mind. It will give you new enthusiasms, a new outlook on life, a new zest. It gives a person an enjoyment of life he cannot possibly find without walking.

"Walking will do wonders. There's magic in it, to be sure."



--Hazel Shadel



2

COOLING AND REFRESHING --

A Jiffy Beverage from fresh fruit and packaged drink powder. Juice three oranges and two lemons; add one and one-third cups sugar, one envelope orange-flavored "Kool-Aid," and two quarts water. Thinly slice lemon and orange for tempting floaters. Pour over ice to serve. (Other flavors are lemon, lemon-lime, cherry, grape, raspberry, strawberry, root beer.)

Grape Iceberg. 1 pt. grape juice; $1\frac{1}{2}$ c. orange juice; $\frac{3}{4}$ c. lemon juice; 1 qt. dry ginger ale; $\frac{3}{4}$ c. sugar; $1\frac{3}{4}$ c. water. Freeze grape-juice cubes in automatic refrigerator tray by releasing half tray of ice cubes and filling with grape juice. Make syrup of water and sugar; cool. Add fruit juices and ginger ale. Pour over grape-juice cubes. Makes two quarts.



--Mary Scott

SUGGEST



FOR YOUR SUMMER HEALTH --

3

There's good advice for everyone in the suggestions given by the American Medical Association for hot weather diet. They tell us that regardless of how high or how low the temperature goes, our bodies require the same amount of protein, minerals, and vitamins for proper nourishment; that caloric intake alone is adapted to the weather.

We may cut down on heat-producing foods during warm weather, but should not neglect fruits, fresh vegetables, and the good protein foods such as eggs and dairy products--especially cottage cheese and cream cheese, "au naturel," in salad combinations with tomato, pineapple, or any fresh fruit, or used in sandwiches.



--Stella Thompson

4

A PLEASANT DIVERSION --

Do you want an hour of relaxation? Then why not spend that hour in such a way as to provide fun and exercise as well? Bicycling is a very pleasant form of exercise, and to office workers who may be nervous, restless, or unable to sleep, this may mean physical salvation.

All of you bicycling enthusiasts who are able to do so should plan to enjoy an hour's fun on Wednesday, August 7. We shall want to leave immediately after work. Watch for notices.



--Mildred Davis

WHAT TO WEAR TO BUSINESS

(Condensed from "Manners in Business," by Elizabeth MacGibbon)

Gone are the days when a girl could look dowdy at the office and get away with it. Girls are learning, slowly, that nothing helps so much in getting or keeping a job as cleanliness, neatness, and becoming and appropriate dress and make-up.

Appropriateness is the secret of correct dress everywhere. Although it is difficult for young girls to realize it, the heads of most businesses are conservative and wish their offices to have a dignified atmosphere. Business dresses should be simply made and devoid of sashes, hanging bow ends, and extreme cuffs.

When I urge girls to choose for office wear dresses simple in line, I am only recommending what the best-dressed women in all walks of life prefer. A plain dress must have good lines, and it must fit. The strictly tailored dress is correct for business; or one that is casual and less severe with an unadorned neck line which permits of adding different collars and cuffs.

Well-dressed women everywhere acclaim black as being always in perfect taste. A touch of white or color is sometimes needed to make the black becoming, and that is always allowable in collar, cuffs and belt. After black, navy blue is always next in favor for office wear--then the brown tones, grays, and dark greens. Red, purple, yellow, bright green--and gay plaids, checks, and prints--are not in good taste for business. A very quiet check or plaid is all right, and so is a printed silk, provided the colors are not too bright nor the design too large.

In materials, silk crepe or lightweight wools are best. A suit to be worn for business should be severely tailored and dark in color. If the jacket is to be removed, the blouse should be of about the same shade, or tailored white. When the jacket is kept on, a touch of vivid color in the blouse is allowable.

On hot summer days wash dresses are permissible in most offices. White is lovely for summer; narrow stripes and small checks in the tub silks are also good. The main thing to remember with all these summer dresses is that they must have enough

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INTRODUCING --

Mary Jane Dybdahl, who was born a great many years ago (she says) on a farm in northern Minnesota.

At Washington Missionary College she majored in English, assisted the librarian, and at various times edited both the student publications. As for hobbies, she adores walking and skiing, but her real passion is for climbing rocks.

At present her time is divided between the Seminary and the Catholic University Library School. Not content with one bachelor's degree (B.A., W.M.C., 1940) she must forsooth have a B.S. in Library Science.

When you visit the new Seminary building this fall, you can say "hello" to Mary Jane in the library there.

* * *

What to Wear to Business (cont.)

sleeve to cover the armpit. Backless cotton frocks are not designed for business wear any more than are bathing suits.

Eventually business girls will, I hope, learn not to combine simple office dresses with "party" shoes. Pumps with French or spike heels are inappropriate; they are much too dressy. Likewise, flat-heeled sports shoes are not correct because they are not dressy enough. The type of shoe appropriate for office wear is an Oxford with Cuban, boulevard, or continental heel.

When it comes to jewelry, a wrist watch is about the only thing everybody agrees upon as being suitable for business wear. Clips sometimes add a touch of smartness to a business dress.

WANDERING "KEEPERS"

Olivia Lockwood "took wings" on a recent holiday and flew over Washington

Margaret Elliott returns from Missouri, reporting the ideal vacation.

Mildred Davis and Thelma Durrell "cooled off" with the Chester Rogers at Swift Run Gap, over the week-end of July 27.

Paul and Tilda Wyatt spent a recent week-end at Harper's Ferry, and report a very pleasant time in the mountains.

Virginia Butler is missed in the Mailing Department these days. She is on a vacation trip to North Carolina and Georgia.

Floyd and Edna Helms are spending their vacation at Wrightsville Beach and at Charlotte, N. C., the home of Mr. Helms' parents.

After an absence of nearly three months in Iowa, Nebraska, and lastly Chicago, Illinois, Emma Howell has returned to Takoma Park. Welcome home, Emma!

Ralph and LaVerne Case have just returned from a three-week vacation trip to California, stopping en route at various points of interest, including Yellowstone Park.

High points of Marie Mooney's vacation (motoring with Ruth Conard): Hyde Park, Lake George, Lake Champlain, Montreal, Trois Rivieres (where she saw a camp for the internment of German prisoners of war), Mt. Morency and Isle d'Orlean. For further details, see Marie!

Cecil and Mayme Higgins spent the major portion of their vacation in Michigan at the home of Mayme's parents. They took a shorter trip over the week-end of July 27, Big Meadows on Sky-line Drive being their destination. Alice Love accompanied them on this latter trip, and visited her parents there.

June Norton, Esther Kuckenmoister, Alice LaBonte, Irma Lee Hewott, and Bethel Rice, as members of the Washington Missionary College A Cappella choir, enjoyed a week-end trip to New York City recently. The choir sang several numbers over the radio from R.C.A. Building, and spent a day at the World's Fair, where they gave a program at the Hall of Religion. Milton J. Cross was their announcer.