

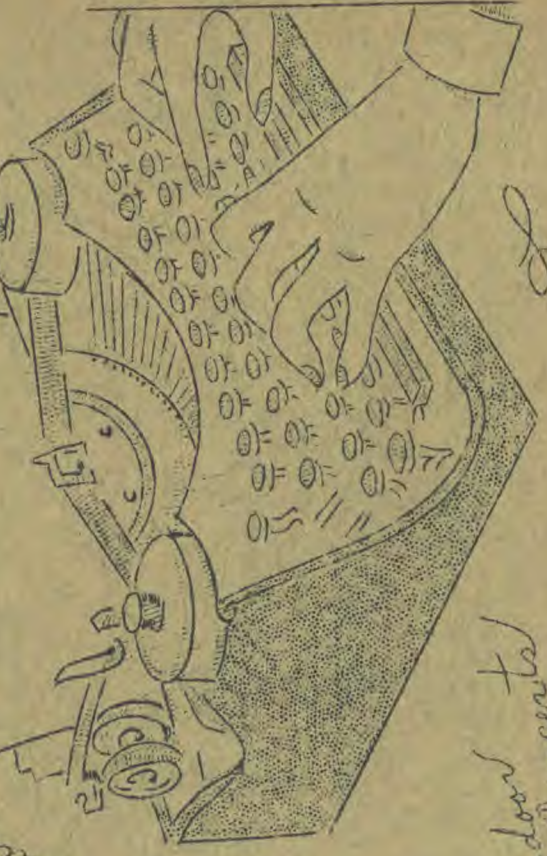
*Ice Cream*

*Swimming*

THE KEY NOTE No. 8  
 Vol. 5 - August -  
 HOT WEATHER SPECIAL!

*Picnicking*

*Fragrant Fruitland*



*Outdoor Picnics*

*Lemonade*

*Panoramic*

## HOW TO KEEP COOL THOUGH "HOT"

The editors of the KEYNOTE have been confidently expecting a snow-storm on the first day of August ever since this "Hot Weather Special" was planned. In case we should awaken to find feathery flakes wafting lazily downward on that day, this page will be useful, we hope, anyway, and if it is blistering--well, it might be all right.

The term "hot" as it is used here, is, we suppose, slang, but it aptly describes the feelings of a person very annoyed. We say something "burns us up" and though our bodies are not consumed, we literally are burning up inside and are most uncomfortable. It is most unhealthful for us, and also displeasing to others, if not disgusting to them. And, we believe, this whole subject can be boiled down to three main headings--for each of which is a simple remedy.

Impatience--Who of us hasn't been upset when what we wanted to happen, oh, so very badly, didn't turn out at all the way we wanted it to. A little friend of ours, who would go white with humiliation at the thought of being considered any kind of philosopher, taught us that if what we wanted to happen, didn't happen just that way, and at the time we wanted it to--why ten years from now, who would know, or care if they did know! Ten chances to one, also, there was a better way out. Let's be more Patient.

Intolerance--Another friend of ours gave us this idea concerning people, and taught a lesson in tolerance, the main gist of which can be summed up as follows: Most people have reasons for what they do. We might think those reasons are good, bad, or indifferent, but that is mainly a matter of opinion, and of what value is our opinion to someone else? Try to figure out their reasons, and give them credit for being intelligent, responsible persons who are engineering their own lives to the best of their abilities. If we do this, we will be much more Tolerant.

And Worry! Much could be said on the subject of this waster of human well-being, but we like the story of the old Mammy, who upon being asked how it was that she could always be so very cheerful, and take all the vicissitudes of life so complacently, gave this answer: "When ah sits, ah sits all over, and when ah worries, ah sleeps!" It is easier to Trust when we are relaxed!

--Mary Jane Dybdahl

## FROM THE SPONSORS TO THE KEEPERS

MUSIC Music is a universal language it is true. But what is its vocabulary? It does not speak aloud, but it communicates with all mankind. Listen, do you hear the quiet, soothing message of the soft harmonious chords as the melody continues to calm the weary nerves and give to you a vision of the harmony heard above? As the language narrates its tragedy and strife, does it bring to mind the awful crisis of the physical world we know? Or does it rouse your soul to conquer in the Christian's fight? Do you hear it? Listen, do not pass it by, for the better music helps to regulate the human soul's desires. Let us take advantage of the opportunity at hand to lift and feed and fill our souls from the Tender Keeper's hand.

SPORTS In season, out of season, any time, all the time, there is one sport that is always welcome. What 'tis? Why--"a good sport." For a good sport is generous, truthful, broadminded, loyal, courageous, polite, modest, courteous, charitable. Of course the sport that is more than popular right now takes place at "the ole swimmin' 'ole." Try a plunge for that needed "pepper-upper."

LITER-  
ARY Mrs. Pratt of the Takoma Park, Maryland, Library wishes all the Keepers to be aware of the new library hours. They are as follows: 3:30 to 8:30 every day of the week.

SPIRIT-  
UAL Meditation: "From Whence Come Wars?"  
"Ye...desire to have, and cannot obtain....Ye have not, because ye ask not....The friendship of the world is enmity with God....He giveth more grace....Draw nigh to God." (James 4)

HOUSE-  
HOLD Want to keep cool? Ice cream doesn't do that, but it helps the imagination. Try this in your refrigerator:  $\frac{1}{2}$  cup sugar plus 2 T; 2 eggs; 1 cup cream; 1  $1\frac{1}{3}$  cup top milk or evaporated milk; 1 t vanilla; dash salt. Dissolve  $\frac{1}{2}$  cup sugar and salt in milk. Beat egg whites until stiff and add the 2 T sugar. Beat yolks until stiff; add to above. Whip cream until thick but not stiff. Stir all together gently. Stir once after slightly frozen.

HEALTH "Remember--if you take it gradually and do not try to get a complete 'coat of tan' on your first day's outing by hours of exposure, you will reap all the benefits of the great outdoors without the harmful effects of a severe sunburn!"



Moving Day! You would surely think so if you could have seen the girls and Mr. Evans going up and down the elevator 'steen times a day, loaded with files and books, etc. So now the Home Study Institute has moved to the Seminary. They have three rooms and the girls say they like it very well, except that they miss us. Well, we miss them, too, and hope they will drop in to see us often. There are four girls working at the present time. Mrs. Capman who has been working this summer has already started her duties at the Potomac Conference office.

Zippie Franklin and her husband are enjoying the cool, soothing waters near Sanford, Florida for a few days. Have a good time Zippie!

It is true that Edna Edeburn is one of the twelve out of hundreds who took part in Jelleff's "Which is Which" hose contest, who missed only one in listing correctly the kind of eight different hose. She won a free pair of their Gold Striperayon hose. Six individuals got 100% in the contest and won a War Bond.

#### COLD FACTS

All is not ice that's frozen. The essence of keynoters, the faithful typewriter, has been frozen and we are now asked to sell them to the Government. They are needed for our armed forces from Alaska to Australia and from Iceland to Africa. Every message and report must be typed for readability and permanence. Combat units going overseas must have new typewriters because of the lack of servicing facilities. A typewriter is essential equipment on every bomber, every battleship carries 59, aircraft carrier 55, cruiser 30, and destroyer 7. Those figures are being cut in half, but still they need 500,000 typewriters, and the manufacturers can supply less than one-third that number. Therefore our government has asked this office to make an inventory of all typewriters and sell all that we can possibly spare that were made since January 1, 1935. - Genevieve Melendy

CHIT CHAT FROM THE COOLEST SPOT IN THE BUILDING--THE BASEMENT:  
Layne Higgins has just returned from a swimmingly fine vacation at Woodland Beach. Edna Helms answers the roll call from Allentown, Pennsylvania, where she is vacationing with her parents. Edith Geymet reports there is nothing more exciting to her than this summer's weather; it reminds her of her "Swiss Christian weather," which she interprets as weather one can stand if he does not have too much irritation. Myrtle Chrisman is revelling in the lusciousness of her home-grown corn, and Edna Helms seconds her vote that it can't be beat.

And here is a letter from Margaret Weir: "The little news I have may or may not be of interest to other Keepers, but I have been properly thrilled, for it is the only time I've seen royalty in my life except the King and Queen of England. Last Sunday Queen Wilhelmina and Princess Juliana were to attend church here. We also went, but the Queen unfortunately was indisposed, so she didn't come. Juliana came with her lady-in-waiting. My, she was dressed severely plain--sand-colored dress with brown accessories, and that brown silk Dutch hat with a streamer hanging at the side. She had no makeup--no rouge or lipstick. And, lo and behold, no gloves. Two secret service men accompanied her. She looked serious and sad to me. The Prince flew over from England the other day, and is here now. There are three shifts of secret service men to guard the house and occupants. And the President has loaned them his bullet proof car to use. We went up to see their home one day. It is at the top of one of the hills here. Juliana pays \$5000 a month to Lloyds of London for rent. There is a private swimming pool, a tennis court, a greenhouse of flowers, etc., etc. Those pictures in Life the other week were taken at the back of the house for the front is quite well hidden by trees. I sat in church directly across the aisle from Juliana, so had a very good look at her. This town is thrilled to have such royalty here, and every time any of them entertain or are entertained it goes in the paper." (Written from Lee, Massachusetts.)

Jewel and Nora, Virginia Cheshire, and Mrs. Machlan went out to Bond's cottage at the beach for a swimming Tuesday afternoon, July 28.

Several of the Keepers were guests at a shower held in honor of Ruth Dorn, Tuesday evening, July 21, and were also present at her wedding at the Review and Herald Memorial Church, July 26. Ruth, who is now Mrs. Reese Jenkins, has been employed at the Potomac Conf. office.

## A SUMMER LAF:

My typist's away on vacation%  
My typixt;s away by the sea;  
she left me to do alz the typigg\*  
O bring back my typist to me!  
Md typixt's aw-py on vasaction%  
a fact gou can exzily zee--  
IT's odd how tees letirs get mexed up(  
O brine back my tipr to me,,?

Marie Mooney is now Aunt Marie--her sister, Viola, presented her with a small niece early on July 23.  
Evelyn Wells has just returned from a week spent in Indianapolis visiting her sister, Mrs. Halladay. Evelyn has only words of praise for the vacation idea.  
Esther Nivison, who has been working in the Publishing Department, recently left us to move to Wisconsin. Good move, Esther, but we're sorry that you're gone.  
Lattie Farney hopes to realize the fruits of her earlier planning by spending a few days in Atlantic City during her second week of vacation, the first of August.

## THE KEY NOTE

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