

The Key Note

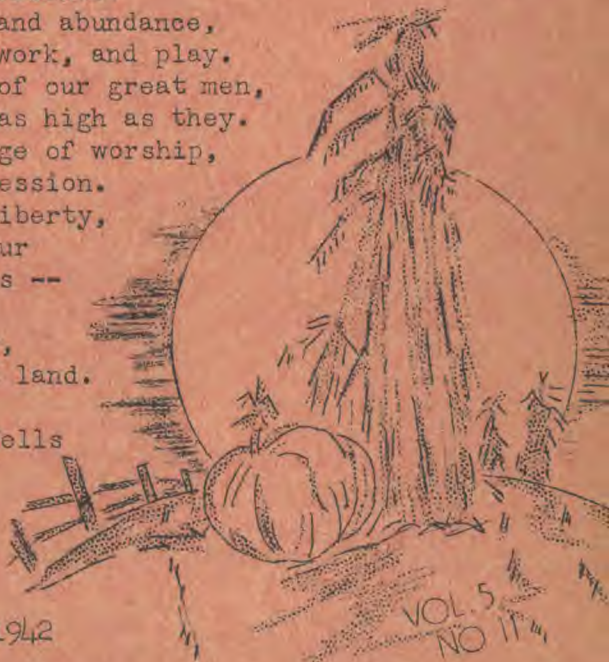


We love our country,
Our own fair native land--

We love its mountains and its valleys
The lakes and rivers, too.
We love the sunshine of the summer,
The snowfall in the winter.
We love the fields of waving grain,
The trees, the birds, the grass, and flowers.
We love the monuments and statues,
The buildings large and small.
We love the cities and the countryside,
The comradeship of friends.
We love the plenty and abundance,
The time to study, work, and play.
We love the memory of our great men,
The chance to rise as high as they.
We love the privilege of worship,
The freedom of expression.
We love our every liberty,
The protection of our
Stars and Stripes --

We love our country,
Our own fair native land.

-- Evelyn Wells



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GRATEFUL GREATNESS

In spite of illness, loneliness, and a torn and nerve-wracked body, Grace Noll Crowell has risen above ordinary heights in dealing with people through poetry. Her aim in writing has always been to comfort and cheer lonesome, baffled, suffering, perplexed people. She gives the Lord credit for her success, and the poem below is typical of her appreciation of life.

--Zippie Franklin

SONG OF GRATITUDE--

Lord, you have been good to me
Year long, life long--
I would sing the clearest, high,
Glad Thanksgiving song.

I would sing a hymn of praise
For the glory of the days,
For the years that I have spent:
Years of joy and deep content.
Lord, you have been good, so good--
My heart bursts with gratitude!

Lord, you have been good to me,
I would praise you ceaselessly,
Through the prayers that I pray,
Through the words that I say,
Through the things that I do--
I would have them honor you.

Lord, you have been good to me,
Year long, life long--
Help me find the clear, high words
For my grateful song.

--Grace Noll Crowell.

THANKSGIVING

There is an old legend that says that the angel of requests and the angel of thanks both came to earth to carry up to God the prayers of men. Each angel had a basket. The one carried by the angel of requests was full, very full; while the basket containing the thanks sent up by the children of men was nearly empty. How must the great, loving Father of all have felt when He saw that almost-empty basket! His great heart of love must be sad when He sees how ungrateful His earth children are! And yet He loves us so much that He keeps right on giving.

Again this year our garnerers are full; we have much in a material way for which to be thankful. Speaking of another year Whittier wrote:

Our common mother rests and sings
Like Ruth among her garnered sheaves,
Her lap is full of goodly things,
Her brow is bright with Autumn leaves.

In some parts of the world today many are suffering severely for lack of food. Little children are crying for something to eat, and their poor, little, under-nourished bodies are pitiful to see. Surely our thanks should ascend to God, and with our thanks shall there not be "requests" for others rather than for ourselves? There never was a time when we could more appropriately say, "Thank God, I am an American and live in the United States."

The herdsmen of the Alps have an interesting and striking way of expressing their gratitude to God. They have horns for calling their sheep, but they have other uses for the horns. When the sun has disappeared from sight and its last rays are touching the topmost pinnacles of the mountains, the herdsman who lives farthest up, takes his horn and trumpets, "Praise God the Lord." Then the herdsmen a little lower down, both to the right and left, take it up, "Praise God the Lord," until the whole valley echoes, "Praise God the Lord."

Could we not find our Thanksgiving thought in that call of the Alpine herdsmen, "Praise God the Lord"?

--Mrs. Flora Williams

TO PREVENT A COLD --



Run up the shades, let the light pour in. Cold germs die young in sun or sunlight.

Get at least eight hours' sleep every night. It's good all-round prevention and cure.



Wash your hands frequently. It's the most effective single preventive against infection.

Keep room temperature 68 or 70 degrees. To avoid dryness, keep water on radiator.



Fresh air and outdoor exercise daily. This keeps you fit--fine way to foil germs.

Wise eating wards off disease. Get your share of vitamins and protective foods.

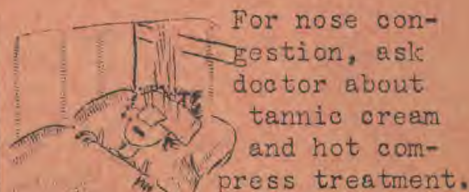
TO CURE A COLD --

Get lots of rest. Sleep by yourself the first 3 days --the most infectious period.



Gargle, drink lots of liquids. For chest colds keep steam kettle boiling in room.

If cold is severe, consult doctor about new sulfa drugs, vaccines, anti-serums.



For nose congestion, ask doctor about tannic cream and hot compress treatment.

Daily cleaning of room with damp cloth, vacuum cleaner. Dry dusters kick up germs.



Sterilize. Use separate utensils, glasses--sanitary paper towels and tissues.

Taken from

GLAMOUR

Lillian

Bragan

is

YOUR HEALTH SPONSOR

We wrote to Mary, at Autumn Council, for news, and we'll share with you: "Isn't it a coincidence that I open your letter just as I seem about to have the first breathing spell I've had since--well, I can't remember since when. Yesterday morning the storm broke....This morning it is reported to have threatened snow....We don't see daylight in our office, but work by the light of crystal chandeliers, enclosed by doors embellished with mirror glass, with rose brocaded draperies....And we have a pet--a little mouse who goes scampering under the doors and behind the draperies. When we were reporting Elder Branson's opening address, said mouse or his cousin was playing under the table. Mrs. R. A. Anderson said she was expecting one of us to discover our playfellow and let out a yell as we sought safety on the table top. But we were blissfully unaware of his presence, and went on with the business of the evening....The Columbia Union has given us help in our office: Mabel Colby, Ohio; Bertha Fearing, W.Pa.; Frieda Teis, Potomac; Katharine Kavanaugh, E.Pa.; Mrs. Scharf-fenberg, Union office....Every now and then Mrs. Rebok comes in to lend a helping hand....We are all happy to see Elder McElhany looking so well again....I spend a lot of my time dashing around these doors in and out, trying to catch up with someone who is trying to catch up with me. It is a great life."

Margaret Lay, after ten years of married life, is experiencing some of the joys of motherhood! The little girl's name is Tui, and she is the daughter of Elder and Mrs. Anderson, who are at the Council.

Thelma Wellman is full of the glories of autumn colors in Maine and New Hampshire, where she spent a week of her vacation.

Louise Meyer's new wire-haired terrier is named Pal, and has a brown spot over one eye. "Hi, Pal!"

For most of us it is a little early for "Jingle Bells," but not for the girls of the Department of Education. Ingrid caught Carol and T. Rose buying her Christmas present down at Hecht's the other day--so they had a Christmas tree with lights, and an early gift for Ingrid! She says she'll get two months' extra service from her "welcome" mat, while the rest of us are waiting for Christmas to arrive.

Got any hard--and pretty--jigsaw puzzles? The Educational girls are practically experts--noon hours!

Roy Slate, brother of Keeper Verna, is taking the "leap in the dark"! He's doing his bit to promote Canada's friendly relations with the United States by matrimonial alliance with Jean Robertson--in November.

Kathryn Haynal sends greetings to the Keepers, "from California and especially from Paradise Valley Sanitarium," where she is working. Kathryn's clever card will be found on the various bulletin boards in turn during this week.

Mary Hindmarsh was "surprised" at Mildred Butts' home, the evening before her birthday, October 20.

Hazel Peter has just returned from her vacation in Michigan, where she visited her parents whom she'd not seen for two years. She also visited Mr. Peter's sister at South Bend, Indiana.

To the Autumn Council from first floor went: Mary Paul, Ora Williams, Stella Fleisher, Elizabeth Zeidler, Katie Farney, Sarah Williams, Louise Surface, Hazel Shadel, and Edna Edeburn.

Helen Miller is enjoying a much-needed vacation in Oklahoma, with her doctor brother.

Edna Helms is minus her tonsils! She surrendered them at the Sanitarium, on October 15.

Not to be outdone, Jewel Hatcher sacrificed hers the next day!

Marie Mooney enjoyed a recent visit with her mother and sister, from New York City.

The Seminary Keepers entertained the Arabic students Thursday evening, October 29, in the Review chapel.

Jewel and Nora spent last week end at S.V.A. They "slept, ate, and hiked," so we know they had a good time. Esther Benton visited Alice Holst at the same place and time--and brought back apple candy!

The Ladies' Gospel Trio--Viola Walker, Carol Crabtree, Alice LaBonte--sang over WOL last Monday morning.

Why the big smile on T. Rose's face? Her brother Lloyd, from Oakland, California, is coming to see her.

The Freemans recently spent a week in Elmira, New York, celebrating their first wedding anniversary.

The Ministerial Association had a Stuffing Party wednesday afternoon--with refreshments, and music.

INTRODUCING Jeanne Griffin, who recently came to the Home Study Institute from Wichita, Kansas. She was graduated at Union College in 1944, majoring in English and French. Last year she taught these subjects at Adelpian Academy, Michigan, but deciding the "grass is greener" on the other side of the Appalachians, she's come to us. While in college, Jeanne was president of the King's Daughters League, and active in musical and editorial circles. She is not particularly fond of sports, claiming that the sun brings out her freckles! Jeanne and Mary Hindmarsh have an apartment at Dr. Olsen's, and they say the latch-string is always out!

Lillian Bragan recently gave a talk on Red Cross Home Nursing, before the District Medical Association. She had prepared a talk for laymen, and had just a few minutes to adjust herself to the idea of talking to doctors. A faint-hearted person might have run away-- but not our Lillian.

On Saturday evening, October 10, there was "open house" at the Andreasen home, for Keepers and other friends of Irma Lee Hewett, that they might wish her happiness as she embarks almost simultaneously on the Sea of Matrimony and the waterways to Alaska. Background music was furnished by Esther and her ever-faithful record player. The Keepers presented Irma Lee a bank of money with which to purchase silver. ... Irma Lee and Donald Payne were married by Elder Bond, October 18, in the Hinsdale (Illinois) Union church.

THE KEY NOTE

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