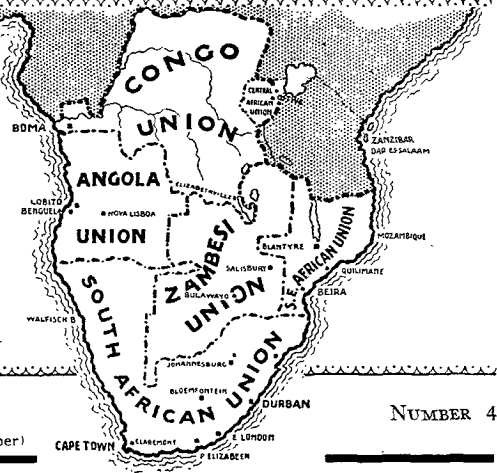


The SOUTHERN AFRICAN DIVISION OUTLOOK



VOLUME XXXIII

KENILWORTH, CAPE, MARCH 1, 1935
(Registered at the General Post Office as a Newspaper)

NUMBER 4

South African Conference CAMP-MEETING

MARCH 29 TO APRIL 6

Just four weeks until camp-meeting! If you have not already made your plans to attend, do so now.

The 1935 camp-meeting promises to be an exceptionally good meeting. The quiet of Victoria Park — the mild weather of a Bloemfontein autumn — adequate accommodation for all services in big, new tents — our own well-managed catering department — camping facilities for all who wish to tent on the grounds — no business session, all the meetings devoted to spiritual interests — two General Conference representatives — in addition to Division, Union and local help, will combine to make the Bloemfontein camp-meeting a pleasant and blessed occasion.

Don't miss it.

L. L. MOFFITT.

PLACE: Victoria Park, Bloemfontein.

VISITORS: Elders I. H. Evans and S. A. Wellman.

M. V. Dept.

L. L. Moffitt, Secretary

Just a Word to Parents

A. W. STAPLES

WHEN God searched Israel of old to find human parents to whom He could entrust the care of His "only begotten Son," His choice fell upon Mary and Joseph. Of them we read that they went to Jerusalem "every year to attend the Passover." This annual Passover was to them what the camp-meeting should be to Seventh-day Adventist parents—a special meeting with God. Neither expense nor business were allowed to interfere. The blessing flowed through the passover Lamb typical of our Lord Jesus.

When Jesus was twelve years old—the age of great decisions—He was taken by Joseph and Mary to the Passover. It was while attending the services and beholding the "Lamb slain," that God revealed to Jesus His true Sonship. With that revelation came the call to "be about His

Father's business." While still a child, He saw in Himself "the Lamb of God which taketh away the sin of the world." His decision—the greatest ever made—led him from that meeting to the cross to save a fallen and perishing world.

What influence did those annual meetings with God have upon both the home life and personal experience of Joseph and Mary? What influence did they have through the years upon the life of the young Jesus?

Shall we not ponder well just why God entrusted Jesus to Joseph and Mary? Then what is our responsibility, as parents, to our juniors and youth? Is not the annual camp-meeting the appointed place of great decisions?

The Missionary Volunteer Department is devoting itself without reserve to make the coming Bloemfontein camp-meeting a "Special" for junior boys and girls as well as for our young men and women.

Dear parents, will you bring them up to this great feast?



"LET your property go beforehand to heaven. Lay up your treasure beside the throne of God."

S. S. Department

L. L. Moffitt, Secretary

Sabbath School Offerings December 31, 1934

BELOW we present the figures indicating the amount of Sabbath school offerings given per week per church member in the churches within the South African Union Conference for the quarter ending December 31, 1934.

The comparison with the previous quarter proves interesting and we trust will provide a stimulus to raise the standard of giving this present quarter.

We desire especially to urge every member individually to raise the standard of giving that the work of God shall not be retarded through lack of funds.

Sabbath School	Amount	
	Sept.	Dec.
Nongoma	4 2½	5 3¼
Lilani	2 0	5 9
Hlobane	1 11	2 11
Queenstown	1 9	1 8
Orange Grove	1 4	11½
East London	1 2½	1 2½
Kroonstad	1 0½	8½
Sweetwaters	1 0¼	1 3½
Germiston	1 0	9
Rokeby Park	11	10
Durban	10½	10½
Port Elizabeth	10¼	11½
Booyens	10	8¼
Karnmelkspruit	9¾	9
Bloemfontein	8¼	6
Cathcart	8¼	9
Johannesburg	8	9½
Claremont	8	9¾
Elliot	7½	1 0
Helderberg	7½	5
Uitenhage	7¼	6¾
Maritzburg	7	6
Senekal	6¾	7¼
Aliwal North	6½	5¾
Grahamstown	6	6
Krugerdsorp	5½	4
Worcester	5	7
Kingwilliamstown	4½	7¼
Cape Town	4½	4¾
Bethlehem	4½	4½
Kimberley	4¼	3
Pretoria	3¾	4
Stellenbosch	3¾	4
Benoni	3¾	3½
Vredendal	3½	2
Reitz	3	3¼
Boksburg North	3	2¾
Taungs	3	3¼
Brakpan	2¾	3
Ermelo	2¾	3
Frankfort	2½	2
Fochville	2½	3¼
Bonnievale	2½	2¼
Potchefstroom	1½	1½
Steysburg	1½	1½

CAMP-MEETING RESERVATIONS

TENTS

Tents will be available for the duration of the camp-meeting, at 15/- each. Beds, stretchers, tables, etc., can be hired locally at special rates.

FURNISHED ROOMS

Furnished rooms will cost from 30/- to 40/-

BOOKINGS

Please write the Secretary, Mr. P. W. Willmore, P. O. Box 256, Bloemfontein, O. F. S., at an early date, stating your requirements for accommodation.

RAILWAY CONCESSIONS

Special concessions have been secured from the Railway, which will enable our delegates to obtain excursion tickets. Concession certificates are obtainable from:

The Secretary,
P. O. Box 256,
Bloemfontein, O. F. S.

When making application for a concession certificate, which will enable you to secure the excursion ticket, the following particulars must be given:

1. Name and address,
2. Class you will travel.
3. Station from which you will leave.
4. Date you will start.

Children under fifteen years of age are not eligible for this special concession, but, under the S. A. R. regulations, are, up to the age of six years, entitled to travel free; and from the ages of seven to fifteen inclusive, at half rates.

Aberfeldy	1½	1
Standerton	1¼	¾
Doornpoort	1	¾
Langkloof	1	1
Christiana	1	2
Parys	½	1¾
Douglas	¾	4

CAPE FIELD

Somerset West	1 1¼	1 0¼
Johannesburg (C)	6¼	5
Salt River	4½	5½
Elim	4	3½
Donkin Street	3¾	4¼
Wynberg	3¾	3¾
Uitenhage	3¼	3½
Kensington	2¼	2¾
Elsie's River	1¼	1½
Athlone	1¼	3

F. G. CLIFFORD.
Sabbath School Secy.

Baptismal Service in Northern Transvaal

P. A. VENTER

OUR territory from Pretoria northwards has until recently been untouched. Beyond Pretoria our message has been unknown among the European population. Last year, when it began to get unpleasantly cold in the Western Transvaal, one of the caravans proceeded to the warmer climate of the bushveld in the Northern Transvaal, in order to spend the winter there. The journey began from the Potchefstroom district, through Johannesburg, Pretoria, Warmbad, and Nylstroom, for two hundred and fifty miles, finally coming to rest in the dense bushveld at Potgietersrust.

Here, the workers were strangers in a strange place, but they had in mind to kindle the light of the last message in this region. The work began in a small way. Many difficulties were encountered, and it seemed as if all the devils had come to the bushveld for the winter. There was opposition on all sides, and no human help or sympathy; but there was one source where we obtained help, and our prayers went up day and night. The Lord blessed and the Word was preached. The interest grew until the message had spread far and wide in the bushveld.

Eight months have passed, winter is approaching again, and the caravan is still here. Sabbath and Sunday, February 9, 10, were memorable days for the workers. The firstfruits of the work were gathered, and twenty-one precious souls joined the Advent movement. The little spot in the river, among the tall trees, where they made a covenant with God by baptism, was holy ground. Pastor Raubenheimer conducted the services on this solemn occasion, and hearts were deeply touched by the Holy Spirit.

On Sunday evening the new members were welcomed into the Advent com-

(Continued on page 4)

SOUNDING AN ADVANCE— NOT A RETREAT

J. F. WRIGHT

God is honoured by the faith of His people. Their confidence and trust in His divine power and leadership ever brings to Him the utmost satisfaction; but the one thing which brings, no doubt, the most cherished honour to Him, is to witness His work moving steadily forward in spite of difficulties and adversity. This was true during the days of ancient Israel. It will be obviously so during the closing hours of the Lord's work upon earth. To *sound an advance and not a retreat* is the divine order of the Most High at all times.

We are pleased to report that the year 1934 was a splendid year of advance for the Southern African Division. This can be said of every feature of our work. During the year, 3,668 souls were baptised, while the total was 3,210 for 1933. The amount of £19,890-13-7 was received in tithe as against £17,442-10-11 for 1933. Then too £6,510-0-6 was the total amount of Harvest Ingathering receipts as compared with £5,482-13-6 for 1933. Our mission offerings totalled £6,735-6-5 thus showing an increase of £375-16-5 over the previous period. The literature ministry placed £10,239-2-4 worth of our truth-filled books in the homes of the people as against £7,561-14-7 for last year. So you can see, brethren and sisters, that there has been a wonderful advance during 1934. And this was accomplished in the face of the many difficulties we have had to meet on every hand.

In fact, as we think of last year's advance, it may be well for us to pause for just a moment and reflect upon our work for the last fifteen years. As we do this we shall note a marvellous advance. A few figures in this connection will give great cause for rejoicing, so we give them herewith.

In 1919 our church membership was 2,383. At the close of 1934 it was 24,505. Fifteen years ago our Bible classes had enrolled 600 persons preparing for baptism. Today there are 22,924 in our classes. And, again, while our Sabbath school membership totalled 4,307 in 1919, it stood at 44,999 at the close of last year. Truly these facts need little comment for they speak clearly of a mighty advance in the work of this field.

And now we have entered upon the activities of the present year. As for as human vision can penetrate it will be a year filled with drawbacks, difficulties, hardships and much opposition. Nevertheless, even though obstacles become more and more prevalent, *the work of God must advance*. We dare not retreat in the battle now. We are too near the day of ultimate victory to lose ground at this juncture; hence our watchword must be "*Onward, ever onward.*"

In accepting anew this watchword we feel thankful indeed for the splendid plans arranged by the Division committee at the time of its recent meeting. All of the 1934 Helderberg graduates who desired to enter the work, were appointed. Six new doctors were called. Three new nurses were placed under appointment. A well-qualified worker was called to take charge of the girls' work at Malamulo Training School in Nyasaland, and a large number of natives were taken into the work either as part-time or full-time workers. It is interesting to note that, without these new workers, we had 1,048 at the close of 1934 as compared with 172 fifteen years ago. With these additional workers we shall greatly strengthen the lines of battle throughout the field, and this should assist materially in making a signal advance upon the lines of the enemy during the present year.

These advance moves will call for great faith in God on the part of both workers and laity. In order to answer all of the calls to which we are responding this year will demand an increase in both tithes and offerings. All the fields are at present working on a very narrow margin financially. In fact there must be an increase of from fifteen to twenty-five per cent in our mission offerings if we are to close the year on the right side of the ledger.

Therefore, as we *sound an advance* all along the lines of our work we wish also to *sound a clarion call* to our people to rally to the "*help of the Mighty*" with a larger and stronger faith, with an increase of more fervent prayer, with a faithful and honest tithe, and with a large increase in mission offerings. It will require just this, and nothing less than this, to make 1935 all it should be. God expects the present year to be *the best year of advance in the history of our work in South Africa*. Let us *not fail Him in His expectations*.

WHAT DO YOU SAY?

Baptismal Service

(Continued from page 3)

munity. Holy communion was also administered. These were truly impressive services, and, oh, the joy that was experienced by the believers, who now for the first time held communion in this fashion. Under the strains of the 146th Psalm, they took part in the ordinance of humility. There is still great interest and we expect before long to reap a similar harvest. Pray for the work in the north.

S.A.U. Conference

A. F. Tarr *President*
J. E. Symons *Secy.-Treas.*

Box 468, Bloemfontein, O. F. S.

Quiet Talks With the Medical Secretary

"It is a religious duty for those who cook to learn how to prepare healthful food in different ways, so that it may be eaten with enjoyment."—*Counsels on Health*, p. 145.

I want you to notice this. We should enjoy our food. The normal person who has not cultivated an appetite for those things that are harmful, will enjoy healthful food that is properly prepared. And even those who have a depraved appetite can, by practise, educate themselves to enjoy wholesome food. But it must be properly prepared and served, or we cannot hope to gain the full benefit from its use.

When you come in hungry, and savoury odours assail you from the kitchen, your mouth begins to water. This is not just a pleasurable experience. It is a physiological preparation for the reception of the food. For the first stage of digestion takes place in the mouth. There starches are converted into sugars. And if this experience is lost by an un-appetising preparation of the food, and lack of mastication, to that extent is the food not properly digested.

We mentioned the kinds of vegetables that one should take at a meal, and the approximate proportions. Now just a few words about the manner of their preparation. If you are boiling vegetables, don't use such a lot of water that you have to throw most of it away. It contains much of the flavour and some of the nutriment of the vegetables. It can be used to make soups and gravies. This is especially true of potato water. Salt should not be used too freely. Neither should it be withheld to the extent that the food is insipid. Butter is also useful as a dressing.

Sauces or gravies are appetising, and wholesome, if properly made. Contrary to popular opinion, the gravy part of the meat consists largely of extractives and is less wholesome than the actual meat itself.

Besides it is quite unnecessary to use it, for very appetising gravies can be made without meat. Here are recipes for two or three.

White Cream Sauce for Vegetables

Butter, 2 rounding tablespoons
Flour, 1 rounding tablespoon
Milk, 2 cups
Salt, $\frac{1}{2}$ teaspoon

Melt the butter in a saucepan, add the flour and cook until well blended but not browned; pour in the milk gradually, and stir until boiling well; then salt. Half milk and half broth of vegetables may be used if desired, provided the broth does not have a bitter or otherwise objectionable taste, as is sometimes the case with asparagus.

Brown Regency Sauce

Peanut butter, $\frac{1}{2}$ cup
Sage, 1 tablespoon.
Browned flour, 3 heaping tablespoons
Salt, to taste
Minced onion, 2 tablespoons
Water, 3 pints

Mix all together, put in an enamel baking pan, cover, bake till of the desired consistency.

Tomato Sauce

Stewed tomatoes, 2 pints
Butter, 1 tablespoon
Salt, to taste
Minced onion, 1 tablespoon
Flour, 1 tablespoon

Put the tomatoes into a saucepan over the fire; add the onion and salt; boil about 20 minutes; remove from the stove and strain through a sieve. In another pan melt the butter, and as it melts sprinkle in the flour, stirring till it browns and froths a little. Mix the tomato pulp in it, and it is ready for use.

There is no excuse for serving vegetables in an unappetising manner, and there is plenty of choice so that all normal appetites and tastes may be satisfied. Study to vary your diet from time to time, so that the family will not get tired of the "same old thing" day after day. And ask God to help you plan your meals in such a way that you can ask His blessing at table with a clear conscience.

S. E. Afr. Union

H. M. Sparrow *Superintendent*
Miss G. P. Fortner, *Secy.-Treas.*

Box 51, Blantyre, Nyasaland

News Notes

It was a pleasure to have Elder A. Floyd Tarr meet with us during our recent union committee meetings. We are always happy to have some of the division staff with us on such occasions. We are sorry to know that Brother Tarr is soon to leave the division office but we wish him God-

Important News for the Members of the Cape Field

A camp-meeting will convene at "Riverside" (Good Hope Training School), near Athlone, Cape Town, March 22-24, 1935. A workers' meeting will be held on March 25.

Elder I. H. Evans, vice-President of the General Conference, and Elder S. A. Wellman of the General Conference Sabbath School Department, will be present. Other speakers will include leaders from the Southern African Division, South African Union, and local field. A real spiritual feast is assured.

Those resident away from the Cape Peninsula, who desire to attend, should know that excursion fares will not be available at that time. In order for us to get special concession privileges it will be necessary for not less than twenty-five to make application. Send word to the undersigned immediately so that the requisite number might be made up without delay. Those who plan to attend and desire accommodation, should send in particulars early.

Remember the date — March 22-25, 1935 — and the place, "Riverside," near Athlone, Cape Town. Plan now to attend.

J. E. Symons,

P. O. Box 468,
Bloemfontein, O. F. S.

speed in his great responsibility as South African Union President.

MISS MELVILL is leaving for Cape Town on her coastal furlough at the end of February. She has done faithful work and we trust that she also will return to us in better health.

ONE of our best pastors has been released to open work in Angoniland. Pastor Roman will now devote his full time to the opening of that field. Pastor James Malinki has taken his place at Cinyama Mission, at which place our large work is growing steadily.

OUR book work is being fostered again by a full-time worker. We are hoping to increase our sales and get the truth before the people. God has a purpose in planting so many missions in these thickly populated areas. Our books can preach when the preacher cannot.

OUR courage is good, and we face 1935 with a keen desire to do our best for the Master.

THE Malamulo European ward is about ready to be used. Elder Max Webster has worked very hard to get it ready. It is a real credit to our work. We shall be able to accommodate more patients in future. Doctor Marcus calls it his "New Baby." He is kept very busy with the medical work. The four hospital units are full to the limit.

ELDER MAX WEBSTER leaves on Feb. 14 for Lourenco Marques to meet Elder Anderson and together they are to interview the governor in the interests of our Portuguese work. We hope to be able to get our full application granted, and then we shall move forward, and, on the site chosen, build our first mission in that great field. Please remember these brethren in your prayers as they interview the governor. Remember Queen Esther's experience and victory!

WE are very happy to welcome back to our field, Elder and Mrs. G. R. Nash and little Virginia, also Brother Ansley, all of the Malamulo Training School. These workers have been overseas, and south on furlough. They came back to us fresh and ready for another term of service. We are also very happy to welcome Miss Rena Curtis into our midst from the States. She comes to us as head of our girls' work. We have long looked forward to the time when we would have such a worker. We wish her every blessing in her new responsibilities.

A THOUSAND, lacking four, were baptised and added to the membership of our union during 1934. Just over 2,400 were added to the hearers' classes. For 1935 we have planned to turn all our schools and teachers loose in evangelistic work for one month. Under thoroughly organised plans this should bring in more fruit than in the past. We are making very strong plans for holding those who have already joined, faithful in the truth. Our lay-mens movement is progressing very well, and we hope to see a greater field opened by this means.

Z. U. Mission

E. C. Boger *Superintendent*
 D. A. Webster *Secy.-Treas.*

Box 573, Bulawayo, S. Rhodesia

A New Headquarters Office

J. F. WRIGHT

IN this issue of the OUTLOOK we are pleased to present a picture of the new office building just recently completed for the Zambesi Union Mission Field. It is

a modest building, and yet one that will serve in a very effective manner the needs of this rapidly-progressing union.

For a number of years the office has occupied the rear rooms of the Bulawayo church. These rooms, however, are small and have never provided the needed office space required by the field. Nevertheless, the brethren have managed after a fashion until just a little over a year ago, at which time some of the workers in the union were forced to do their office work in their own homes. This was a most unsatisfactory arrangement. Then, another thing that caused the brethren concern, was the fact that the church needed the rooms which were occupied by the union; so the officers of the union were compelled to give the matter serious study.

When Elder Watson was with us, also this problem was brought to his attention. After securing his counsel it was brought to the Division committee for study with Elder Watson present. As we looked into the need of the Zambesi Union, it seemed it would be the wisest course to advise them to erect a modest office building rather than to rent office space, inasmuch as rent is high in Bulawayo. Also the funds for rent would be going out of our treasury to pay for the use of some one else's property rather than helping to purchase something of our own.

Thus a vote was taken by the Division committee permitting the brethren in the Zambesi Union to erect a building on their own property next door to the church. We are pleased that the office is now completed, and we feel that this building will greatly facilitate the work of the union and save money to the cause in general.



Nuwe Hoofkwartiere van die Sambesie Unie Sendingveld

J. F. WRIGHT

ONS is bly om in hierdie uitgawe van die OUTLOOK 'n foto te hê van die nuwe kantore van die Sambesie Unie, wat onlangs voltooi is. Dis maar 'n eenvoudige gebou, en tog een wat baie goed sal voorsien in die behoeftes van hierdie unie wat so vinnig uitbrei.

Vir jare al was die kamers aan die ag-

terkant van die Boelawajose kerk gebruik as kantore. Hierdie kamers, egter, is klein en daar was nooit voldoende spasie vir die kantore nie. Nietemin het die broeders maar aangesukkel tot omtrent 'n jaar gelede, toe sommige van die personeel verplig was om hul kantoorwerk tuis te doen. Dit was baie onbevredigend. En dan ook het die kerk die kamers nodig gekry, dus was die uniebeamptes verplig om die vraagstuk aan te pak.

Met die besoek van Leraar Watson, was die moeilikheid onder sy aandag gebring. Na sy advies ingewin was, was die saak na die Divisiëkomitee verwys. Hulle het besluit dat dit die beste sou wees om 'n eenvoudige gebou op te rig, liever as om 'n plek te huur, aangesien huishuur baie hoog is in Boelawajo. Bowendien sou dit beteken dat ons gedurig moes geld uitbetaal vir iemand anders se eiendom wat nooit ons eie sou word nie.

Derhalwe het die Divisiëkomitee besluit om aan die broeders in die Sambesie Unie toestemming te gee om 'n gebou op te rig op hul eie stukkie grond langs die kerk. Ons is bly dat die kantore nou voltooi is en ons voel dat dit die werk baie sal help en ook dat hulle daardeur geld sal bespaar.

S. A. Konferensie

L. L. Moffitt *President*
 P. W. Willmore *Sekr.-Tes.*

Bus 256, Bloemfontein, O. V. S.

Doopdiens in Noordelike Transvaal

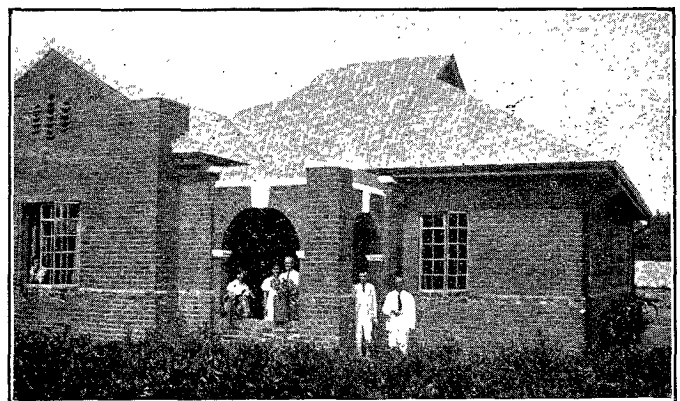
P. A. VENTER

VAN Pretoria af na die noorde, het ons arbeidsveld tot onlangs toe, nog onbewerk gelê. Ons boodskap onder die blanke bevolking was onbekend na mens Pretoria verbygegaan het. Verlede jaar, toe die winterlug in die westelike Transvaal so dun begin word het dat die karavaanwerkers dit onaangenaam gevind het, het een paar karavaanwerkers die warm klimaat van die Bosveld van die noordelike Transvaal bin-

❖

NEW
OFFICE
BUILDING
FOR
ZAMBESIE
UNION
MISSION
FIELD

❖



negedring, om daar te oorwinter. Die trek daarheen het van Potchefstroomdistrik begin, Johannesburg en Pretoria oor, by Warmbad en Nylstroom verby, oor die berge en deur die dale, tweehonderd-en- vyftig myl van waar dit begin het, tot in die digte Bosveld, in Potgietersrust, daar het die karavaan tot stilstand gekom.

Die werkers was hier vreemdelyke in 'n vreemde land, maar die doel was om die lig van die laaste boodskap hier te kom aansteek. Die werk het klein begin. Daar was baie moeilikhede, en dit het geskyn of al die duiwels ook na die Bosveld gekom het vir die winter. Daar was teenstand van alle kante, en geen mensehulp of simpatie nie, maar daar was een Oord wat hulp verleen het, en by nag en by dag was dit besoek in gebed. Die Here het gesien en die Woord van waarheid is gepreek. Die belangstelling het aangegroei tot die boodskap wyd en syd in die Bosveld versprei is.

Agt maande het verbygegaan, die winter kom alweer, en die karavaan staan nog hier. Sabbat en Sondag die 9 en 10 Februarie, was heuglike dae vir die werkers. Die eerste vrugte van die werk was

gepluk. Een-en-twintig kosbare siele het by die Adventbeweging aangesluit. Die plekkie, daar tussen die hoë bosse in die klein riviervallei, waar hulle hul verbond met God deur die doop gemaak het, was heilige grond. Leraar Raubenheimer het by hierdie plegtigheid die gehoor toespreek, en harte was diep geraak deur die Heilige Gees.

Sondagaand is die nuwe lede verwelkom as deel van die Advent volk. Die heilige avondmaal was ook bedien. Dit was indrukwekkende dienste, en O, die vreugde wat ondervind was deur die gelowiges wat nou vir die eerste maal, avondmaal op so 'n wyse gevier het. Onder die weergalming van die 146ste Psalm,

„Prys den Heer met blyde galmen,

Gy, myn ziel! hebt ryke stof . . . ens., was die voetwassing gedaan. Dit was 'n ware lofsang, en daar was waarlik stof tot dankbaarheid. 'n Herlewing het in die werk oor die algemeen gekom. Die belangstelling is groot, en die verwagting is dat eerlank weer 'n oes so groot as hierdie een, sal ingesamel word. Bid vir die werk hier in die noorde.

S. A. Unie-Konf.

A. F. Tarr _____ President

J. E. Symons _____ Sekr.-Tes.

Bus 468, Bloemfontein, O. V. S.

'n Onderhoud met die Mediese Sekretaris

„Dit is die heilige plig van diegene wat kook om te leer hoe om gesonde voedsel op verskillende maniere voor te berei, sodat dit smaaklik sal wees.”—„*Counsels on Health*,” bls. 145.

Ek wil hê u moet hierop let. Ons behoort ons kos te geniet. Die normale persoon wat nog nie geleer het om 'n smaak aan te kweek vir nadelige dinge nie, sal gesonde voedsel wat behoorlik voorberei is, geniet. En selfs diegene van wie die aptyt reeds ontaard het, kan hulleself leer om gesonde voedsel te geniet. Maar dit moet behoorlik voorberei en bedien word, of anders kan ons nie hoop om die volste voordeel daaruit te trek nie.

As u honger tuiskom en u word begroet deur heerlike geure uit die kombuis, dan begin u mond te water. Dit is nie maar somer 'n aangename gevoel wat oor u kom nie, maar dis die fisiologiese voorbereiding van die liggaam vir die voedsel, want die eerste stadium van die verteringsproses vind plaas in die mond. Daar reeds word die stysel verander in suiker, en as hierdie proses ontbreek weens onsmaklike voedsel, of as die voedsel nie behoorlik gekou word nie, dan word die voedsel nie behoorlik verteer nie.

Ons het die verskillende soorte groente wat by 'n maaltyd moet gebruik word alreeds aangestip, asook die hoeveelhede. Nou nog net 'n paar woorde aangaande die voorbereiding daarvan. As u groente kook, moet dan nie soveel water gebruik dat u die meeste later moet afgooi nie, want dit bevat baie van die geur en voedingskrag van die groente. Dit kan gebruik word om soep en sous te maak. Dit is veral waar van ertappelwater. Moenie te veel sout gebruik, maar ook nie so min dat die kos smaakloos is nie. Botter kan bygevoeg word om dit smaaklik te maak.

Sous maak kos baie smaaklik en is voedsaam as dit op die regte manier voorberei word. Gewoonlik dink ons dat vleissous die krag van die vleis bevat, maar dis nie so nie; dit is minder voedsaam as die vleis self. Bowendien is dit heeltal onnodig, want mens kan baie lekker sous maak sonder vleis. Hier volg resepte van drie soorte:

Wit Roomsous vir Groente

- 2 eetlepels botter
- 1 eetlepel meelblom
- 2 koppies melk
- $\frac{1}{2}$ teelepel sout

Smelt die botter en voeg die meelblom by; kook totdat dit goed gemeng is; gooi

Kampdienste

TYD.—29 Maart tot 6 April.

PLEK.—Victoria Park, Bloemfontein.

BESOEKERS VAN OORSEE.—I. H. Evans, S. A. Wellman.

TREF NOU REËLINGS

Nog net vier weke voor die kampdienste! As u nog nie u planne agtermekaar het om te kom nie, moenie langer uitstel nie.

BUITENGEWOON

Die 1935 kampdienste belowe om buitengewoon goeie dienste te wees. Die vreedsame Victoria Park, die sagte herfsklimaat van Bloemfontein, die voorsiening van genoeg groot, nuwe tente vir alle dienste, ons eie uitstekende verversingsdepartement, die voldoende uitkampplek op die gronde, die feit dat daar geen besigheidsvergaderings sal wees nie en dat al die dienste geestelik sal wees, die besoek van twee van die Wêreldkonferensiemanne, asook die Divisie, Unie, en plaaslike helpers wat daar sal wees—dit alles sal saamwerk om die Bloemfonteinse kampdienste aangenaam en geseënd te maak.

Moet dit nie mis nie.

L. L. Moffitt.



Spoorwegkonsessies

Die Spoorwegdepartement het spesiale konsessies toegestaan waardeur diegene wat die kampdienste wil bywoon, vakan-

siekaartjies kan uitneem. Konsessievorms is verkrybaar by:

Die Sekretaris,

Bus 256,

Bloemfontein.

Wanneer u aanvraag doen om 'n konsessievorm wat u in staat sal stel om 'n vakansiekaartjie uit te neem, moet u die volgende besonderhede verstrek:

1. Naam en adres.
2. Klas wat u wil reis.
3. Stasie vanwaar die reis begin.
4. Datum waarop u wil vertrek.

Kinders onder vyftien jaar kom nie in aanmerking vir konsessies nie, dog volgens Spoorwegregulasies reis kinders van sewe tot vyftien halfprys, en kinders van ses jaar en jonger kan vry gaan.

TENTE

Tente sal beskikbaar wees vir die tydperk van die kampdienste, teen 15/- elk. Beddens, kampkateltjies, tafels, ens., kan plaaslik gehuur word teen spesiale tariewe.

GEMEUBELEERDE KAMERS

Gemeubeleerde kamers vanaf 30/- tot 40/-.

BESPREKINGS

Skrif a.u.b. vroegetydig aan die Sekretaris, Mnr. P. W. Willmore, P.K. Bus 256, Bloemfontein, en gee besonderhede van u benodighede.

dan die melk stadig in, en hou aan roer totdat dit kook; voeg dan die sout by. Helfte melk en helfte groentewater kan ook gebruik word, mits die groentewater nie 'n bitter of ander slegte smaak het soos partykeer die geval is nie, b.v. aspersiewater.

Bruin Sous

- $\frac{1}{2}$ koppie grondboontjiebotter
- $\frac{1}{2}$ eetlepel salie
- 3 opgehoopde eetlepels bruungebakke meebloom
- 2 eetlepels gekerfde uie
- 3 pinte water en sout na smaak.

Roer alles deurmekaar en bak tot dik genoeg.

Tamatiesous

- 2 pinte gestoofde tamaties
- 1 eetlepel botter
- 1 eetlepel gekerfde uie
- 1 eetlepel meebloom
- en sout na smaak.

Sit die tamaties op die vuur; voeg uie en sout by; kook vir twintig minute; vry-deur 'n sif. Smelt die botter in 'n ander kastrol en strooi die meel in, hou aan roer tot dit bruin is. Meng dit dan met die tamaties en dis klaar vir gebruik.

Daar is geen verskoning om onsmaklike groente op tafel te sit nie; daar is verskillende maniere om dit voor te berei sodat almal dit kan geniet. Verander u spyskaart van tyd tot tyd, sodat die gesin nie moeg word van „dieselfde ou geregte” nie. Vra die Here om u te help met die voorbereiding van die etes, sodat u met 'n skoon gewete Sy seën daarop kan vra.



Suidoos-Afrikaanse Unie Nuus

MEJ. MELVILL sal teen die einde van Februarie na Kaapstad vertrek op haar vakansie. Sy het getroue diens verrig en ons vertrou dat sy ook na ons toe sal terugkom in beter gesondheid.

Dit was 'n genot om Leraar A. Floyd Tarr in ons midde te hê met ons onlangse komiteevergaderings. Ons is altyd bly om van die Divisiestaflede, by sulke geleenthede met ons te hê. Ons is jammer om te verneem dat Broeder Tarr eerlank die Divisiekantoor sal verlaat, dog ons wens hom alle heil en seën toe waar hy die groot verantwoordelikhede as president van die Suid-Afrikaanse Unie sal aanvaar.

Dit doen ons genoë om Leraar en Mevr. G. R. Nash en klein Virginia, asook Broeder Ansley, almal van Malamulo Opleidingsinrigting, in ons veld terug te verwelkom. Sommige van hierdie werkers was oorsee, en die ander na die suide, op vakansie. Hulle kom na ons terug, verkwik en gereed vir 'n ander termyn van diens. Ons verwelkom ook Mej. Rena Curtis, van die Verenigde State, in ons midde. Sy kom as hoof van ons werk in die meideafdeling.

BLAAS DIE „VOORWAARTS,” NIE DIE „AFTOG” NIE

J. F. WRIGHT

God het die geloof van Sy volk geëer. Hul geloof en vertroue in Sy goddelike krag en leiding gee Hom groot genoë; maar wat Hom ongetwyfeld die grootste eer toebing, is om te sien dat Sy werk, ondanks moeilikhede en teenstand, altyd voorwaarts gaan. Dit was ook waar in die dae van Israel vanouds, en gedurende die sluitingsure van Sy werk op aarde is dit vanselfsprekend dat dit nog in 'n groter mate sal waar wees. Ten alle tye is dit die wil van God dat ons die „Voorwaarts” en nie die „Aftog” sal blaas nie.

Ons is bly om te sê dat die jaar 1934 'n jaar van vooruitgang vir die Suidelike Afrikaanse Divisie was. Dit kan gesê word van al die afdelings van ons werk. Gedurende die jaar was daar 3,668 siele gedoop, teenoor 3,210 in 1933. Die tiendes het £19,890-13-7 beloop teenoor £17,442-10-11 in 1933. En dan ook was die totale bedrag van Oesinsamelingsfondse £6,510-0-6 teenoor £5,482-13-6 in 1933. Ons sendingofferandes het £6,735-6-5 beloop, 'n vermeerdering van £375-16-5 oor die vorige jaar. Die Leesstofbediening het boeke ter waarde van £10,239-2-4 van die hand gesit vergeleke met £7,561-14-7 in die vorige jaar. Dus kan u sien, broeders en susters, dat ons wonderlike vooruitgang gemaak het gedurende 1934, en dit ondanks die baie moeilikhede waarmee ons te kampe gehad het.

Waar ons oor die vooruitgang van die afgelope jaar dink, sal dit goed wees as ons 'n terugblik werp op die vergange vyftien jaar. Waar ons dit doen moet ons let op die wonderbaarlike vooruitgang. 'n Paar gegewens in hierdie verband sal ons stof tot grote blydschap verskaf.

In 1919 het ons ledetal op 2,383 gestaan; aan die einde van 1934, op 24,505. Vyftien jaar gelede het ons 600 persone in ons Bybelklasse gehad; vandag is daar 22,924. In 1919 het ons Sabbatskool 4,309 lede getel; aan die einde van laas jaar was daar 44,999. Hierdie feite behoeft geen kommentaar nie, die syfers spreek duidelik van vooruitgang in die werk van hierdie veld.

En nou het ons die werksaamhede van die nuwe jaar begin. Sover as die menslike oog kan sien, sal dit 'n jaar van moeilikhede, ontberings, en baie teenstand wees. Al vermeerder die moeilikhede egter, die werk van God moet vooruitgaan. Ons durf nie nou terugval nie. Ons is te naby die uiteindelijke oorwinning om nou op hierdie tydstip veld te verloor; derhalwe moet ons leuse wees: „Voorwaarts, altyd voorwaarts.”

Waar ons opnuut hierdie leuse aanvaar, voel ons baie dankbaar oor die goeie planne wat die Divisiekomitee op hul laaste vergadering gemaak het. Al die gegradeerdes van Helderberg Kollege vir 1934, wat begerig was om in die werk te gaan, het betrekking gekry. Ses nuwe dokters was beroep, en drie nuwe verpleegsters is aangestel. 'n Bevoegde persoon, as hoof van die meideafdeling van die Malamulo Opleidingsinrigting, was aangestel, asook 'n hele aantal voltydse en deeltydse natuurleerders. Ons het aan die einde van 1934, voor hierdie nuwe aanstellings, 1,048 werkers gehad, vergeleke met 172, vyftien jaar gelede. Met hierdie bykomende werkers sal dit ons linies deur die hele veld baie versterk, en ons in staat stel om 'n groot inval te maak op die linies van die vyand hierdie jaar.

Hierdie voorwaartse stappe sal egter groot geloof in God van beide werkers en leke verg. Om te voldoen aan al die versoeke sal ook 'n vermeerdering in beide tiendes en offerandes noodsaaklik maak. Om die jaar te sluit sonder 'n tekort, sal daar feitlik 'n vermeerdering van vyftien tot twintig persent moet wees in ons sendingofferandes.

Daarom, waar ons die „Voorwaarts” blaas langs die hele front, wil ons ook 'n duidelike beroep doen op ons mense om die „Magtige te hulp te kom” met 'n groter en sterker geloof; met vuriger gebede; met groter getrouheid in die betaling van tiendes, en met groter sendingofferandes. Dit sal al hierdie dinge verg en niks minder nie, om die jaar 1935 te maak, alles wat dit behoort te wees. God verag dat hierdie jaar die beste jaar sal wees, wat vooruitgang betref, in die geskiedenis van die werk in Suid Afrika. Laat ons Hom nie in die steek laat nie.

WAT SÊ U?

Ons het lankal uitgesien na so'n werker. Ons wens haar alle seën toe in haar nuwe verantwoordelikhede.

Die Europese afdeling van die Malamulo hospitaal is nou gereed. Dit is 'n

aanwinst vir ons werk. Ons sal in die toekoms meer pasiënte kan opneem. Dr. Marcus noem dit sy „nuwe baba.” Hy word baie besig gehou met mediese werk. Die vier hospitaal afdelings is absoluut vol.

(Vervolg op bladsy 8)

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Helderberg News Notes

MISS S. WESSELS of Wellington is teaching violin at the college this year.

THE college is fortunate in having a good crop of peaches, pears and table grapes this year.

BROTHER AND SISTER LYNDON TARR spent a day recently renewing acquaintanceship with his Alma Mater.

BRETHREN N. C. Stuart and W. Mason are spending part of their coastal furlough period at the school taking special work.

THE students pledged about four hundred hours of work for the Week of Sacrifice offering beside cash pledges of several pounds.

THE enrolment this year is running about the same as last year, 147 having been enrolled at the date of writing with 145 on the same date last year.

A FRENCH Club is the newest organisation to be formed at the school. This is for the purpose of affording practice for the speaking of French.

HILDA MCCULLOUGH, Freya Boekhout, Leslie Le Butt and W. Stevenson have been elected by the students as their representatives on the College Council.

MISS M. ROUSSEAU is the latest student to enrol. She finished a successful delivery in Oudtshoorn and George and says that it is good to be back at Helderberg.

THE old boys initiated the new boys by treating them to a trip to the beach on a recent Sunday. A special supper was served. The old girls treated the new girls in similar fashion at a nearby grove at the same time.

"God is not only the Creator, but the Great Workman, who worketh all in all. You can only do your work as He works in you through His Spirit."

Wanted

THE college has an opening this year for a few more bright, consecrated young men and women with a desire to prepare themselves for God's service. This opportunity is for those who are willing to work a large part of their expense. Correspondence with the Principal is invited.

Communion Glasses

COMMUNION glasses may now be obtained at 2/6 per dozen, plus postage. The glasses are two inches high, $\frac{3}{4}$ inch in diameter at the bottom, and $1\frac{1}{2}$ inches at the top. They are very carefully packed in wads of one dozen, but are not guaranteed against breakage. Orders for less than one dozen will not be considered as these glasses are sold in dozen quantities only. Apply: Secretary, South African Conference, P. O. Box 256, Bloemfontein, O. F. S.

Price Increased on Oversea Periodicals

THERE has been an increase in postage rates on second class mail in the United States from one cent to one and one-half cents for each two ounces, or an increase of 50% on periodicals sent to countries outside of the United States. This advance in postage rates went into effect some time ago, and has meant a loss of several thousands of dollars to the Review & Herald Publishing Association, where the largest number of our denominational periodicals are published. In a letter just received from the Periodical Department manager, he states that they have delayed making an increase in the rates of the papers published there, for they do not like to place this extra cost upon our faithful workers and believers outside of America. In order to prevent this heavy loss, however, there seems to be no other course to follow.

Beginning with March 25, the price of the periodicals and magazines listed below will be increased from the price given in our catalogue, and which has been in force in this country for some time, to the amounts as given here:

Review and Herald	13/-
Instructor (single subs.)	10/-
Five or more to one address, each	9/-
Worker	4/6
Two or more to one address, each	4/-
Church Officers' Gazette	4/6
Two or more to one address, each	4/-
Present Truth	2/6
Liberty	2/-
Ministry	5/-
Family Group	32/6
Big Four	16/6

All orders posted not later than March 25 will be accepted at the rate as listed at present in our catalogue, but after that

date the above rates become effective. If your subscription is about to expire, renew now at the old rate and save money. Subscriptions can be renewed at the old rate even though they do not expire until after March 25. This privilege is extended to subscribers in Africa, of any of the periodicals and magazines listed above, by the courtesy of the Review & Herald Publishing Assn., Washington, D. C.

We should like to request that the revised prices as given above be cut out and pasted in your copy of our 1935 Catalogue which has just been posted to all subscribers to the OUTLOOK. If you have not received your copy of this new catalogue, then please let us know.

THE SENTINEL PUBLISHING COMPANY.

S. O. Afrikaanse Unie Nuus

(Vervolg van bladsy 7)

Ons is vol goed, en ons gaan 1935 te gemoet met 'n sterke begeerte om ons bes te doen vir die Meester.

EEN van ons beste natuurlike leraars sal die werk begin in Angoniland. Leraar Roman sal nou al sy tyd bestee aan die werk in daardie veld. Leraar James Malinki het sy plek op Cinyama Sending geneem. Ons werk groei vinnig aan daar.

ONS boekwerk is nou weer onder toesig van 'n voltydse werker. Ons hoop om meer boeke te verkoop en om sodoende die waarheid onder die aandag van die mense te bring. Die Here het 'n doel met die baie sendingstasies in hierdie digbevolkte streke. Ons boeke kan die waarheid verkondig waar die prediker dit nie kan doen nie.

LERAAR MAX WEBSTER het op 14 Februarie vertrek na Lourenco Marques waar hy en Leraar Anderson 'n onderhoud sal hê met die goewerneur in die belange van ons Portugese werk. Ons hoop dat ons aplikasie ten volle sal toegestaan word, en dan sal ons begin met die bouwerk op die plek wat ons uitgekies het vir ons sendingstasie in daardie gebied. Gedenk aan hierdie broeders in u gebede waar hulle die goewerneur sal spreek. Onthou Ester se ondervinding en oorwinning.

DAAR was 996 siele gedurende 1934 gedoopt, en iets oor die 2,400 het by die hoordersklasse aangesluit. Daar bestaan planne om gedurende 1935 al ons skole en onderwysers vir 'n maand in die evangeliewerk te steek. As ons alles goed organiseer dan behoort hierdie plan beter resultate op te lewer as wat in die verlede die geval was. Ons is ook besig om maatreëls te tref om diegene wat alreeds aangesluit het, in die waarheid te behou. Ons lekebeweging maak goeie vordering, en ons hoop om groter uitbreiding te sien as gevolg hiervan.