

Across the Kitchen Table

By MRS. MAC

MY DAILY PRAYER

Author Unknown

"This coming year I'd like to be a friend to everyone; I'd like to feel each day well spent at setting of the sun; I'd like to know that I have done at least one kindly deed, Before I lay me down to sleep that I have given heed— To some one's cry for sympathy, or friendship or that I Have made the day seem brighter to some chance passer-by, And that the world is better still in just some little way, Because I've tried to live the very best I could each day.

"I'd like to be a ray of light when skies are overcast, I'd like to help someone who failed to blot out all the past, To start again despite the storms, and find the skies are blue, To know that in this good old world there's lots that's fine and true, I'd like to be the kind of person everyone will love, And make the world seem just a little more like heaven above; I'd like in all my dealings to be true and just and fair, That God will help me do these things shall be my daily prayer."

This little poem, clipped from one of the weekly papers that come into the office every week, is, I think, a good one to try to follow in the year to come.

These of us who have been guilty of over eating and adding several pounds to our already plump proportions, should follow the example of Raymond Chevalier of Rouyn, who has fasted since November 6, in an effort to cure his rheumatism and other ailments. Since that date, according to a story in the Rouyn-Noranda Press of December 29, he has taken only a small amount of water each day, until Christmas Eve, when he had a bite or two of everything on the table, going back to his water diet the following day. His weight has dropped from 190 to 145, but he is not yet cured of his rheumatism and other ailments. The diet was taken from an old book written in 1890, by a Dr. Dewey, who claimed that fasting would cure almost anything, and certainly rheumatism. It may be a good idea but it reminds me of a story my Dad used to tell, of a man who painted the inside of the pails he used to feed his calves, white, and then started adding more and more water to the milk, until finally, they were only getting water. However, he was rather disappointed with the success of his experiment, because, just as he got them used to doing without milk, "the blamed things up and died."

And now, regardless of whether you fast or not, may 1961 be one of the best years you have ever had, one that you can look back on and say that it was one filled with pleasant memories.

Here's an idea to tuck away in your memory for next year.

News from the Evelyn Shoppe

WATCH NEXT WEEK'S PAPER FOR NEWS OF EVELYN'S ANNUAL WINTER CLEARANCE SALE EXCEPTIONAL VALUES OUTSTANDING MERCHANDISE AMAZING REDUCTIONS SPECIAL DOLLAR WINDOW

THE Evelyn SHOPPE

Dropping needles or leaves of Christmas trees which strip the trees of color and litter the floor, long have been a Yuletide bane. Therefore, the discovery of the New York State College of Forestry that waterglass spray will prevent the spruce leaves from falling comes as welcome news to family and housewife alike.

Besides preserving the foliage the waterglass spray adds to the decorative effect of the spruce by leaving a slight silver sheen to leaves. The waterglass also has been found to be a good fire retardant.

Here we are, well started on another year. I wonder what we will make of it? Will it be one we will

be proud to look back on, or will there be so many things left undone, and so many things done that should not have been done, that we will not want to remember it at all? Let's hope not. Let's make plans, (Oh, I know the best laid plans 'o mice and men gang aft agley") but still, it's fun planning for things you want and want to do, places to go and friends to visit, even if the plans do not always turn out the way you had hoped. One thing I want in the coming year is a little more time for myself, to do the things I want to do, not just the things that have to be done. I want to be able to sit out on the lawn and watch the cars go by, (but not the trucks and transports, Heaven send that by-pass soon!) I even want a little car of my own, so that I can join the car parade and see some of the by-ways as well as the high-ways, without imposing on the good nature of other people.

The usual rash of calendars, of all shapes, sizes and description has descended on this office and there are a couple of outstanding ones among them. One, from Provincial Papers, has the picture of an Indian from each province in Ontario, with an interesting little note about the head dresses worn by each. The other is a Calendar of Britain, with twelve scenes from England, Ireland, Scotland and Wales, and Ah! Me! they make me want to see them again.

The World Health Organization has set a standard for tuberculosis control. Public Health authorities may consider that they have tuberculosis controlled, though not wiped out, when less than five per cent of children of school leaving age are positive to the tuberculin test. No country in the world has yet reached this standard nor any province in Canada.

Home Decoration Judging Results

The home of Walter Stevens, Russell Street, was awarded first prize in the decorated homes competition sponsored by the Rotary Club and Chamber of Commerce. In second place was Arnold Dempster, Rorke Avenue, and in third place, S. G. Smallman, Main St. In the Commercial competition, Davies Grocery received first prize and the Bank of Nova Scotia, second.

There was a good response to the request for decoration and the judges were pleased with the effort and ingenuity displayed by many. Unfortunately, a number of townfolk did not decorate until after the dead line date, with the result that they were not eligible for prizes.

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Now is the time to re-order your office supplies — forms — Printing and that extra piece of new furniture and equipment.

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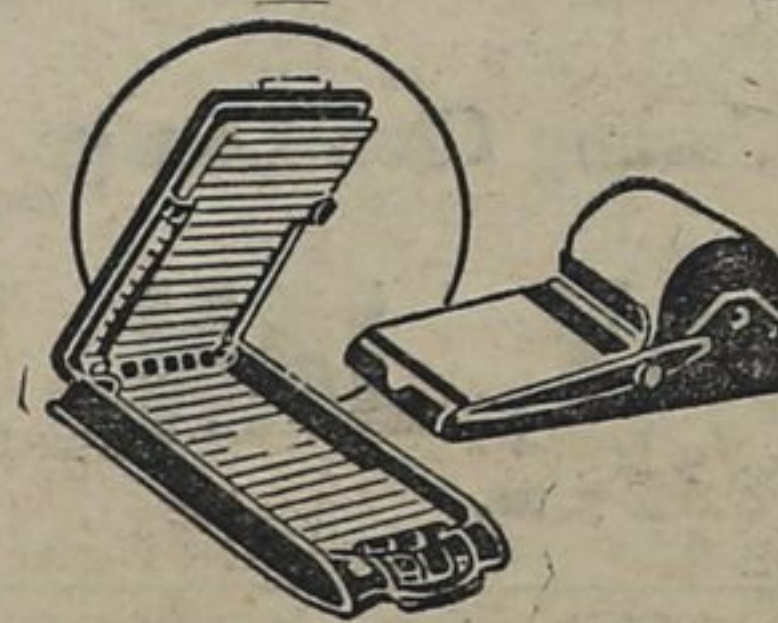
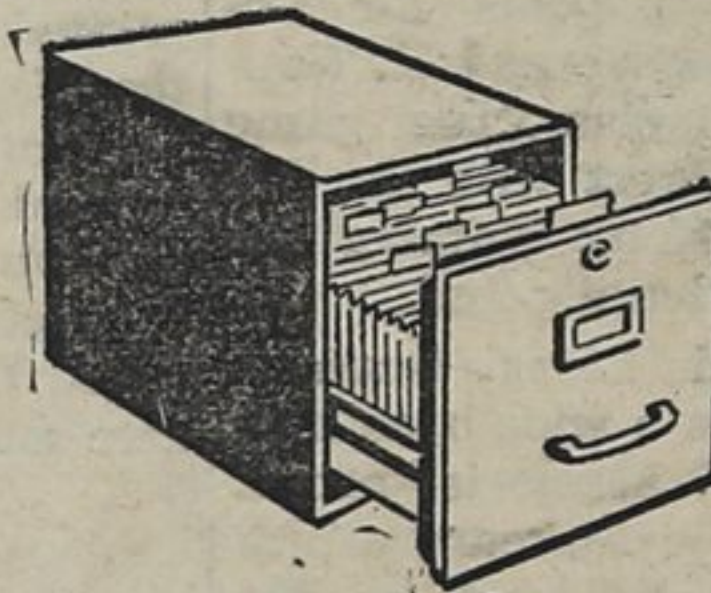
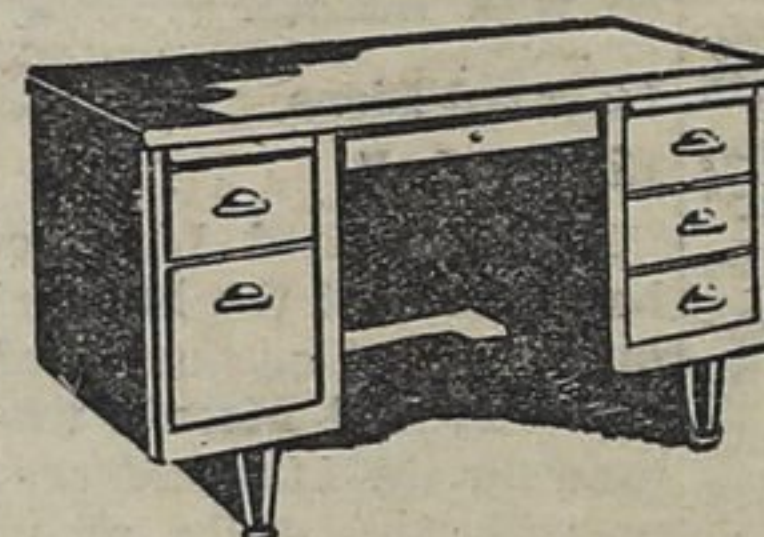
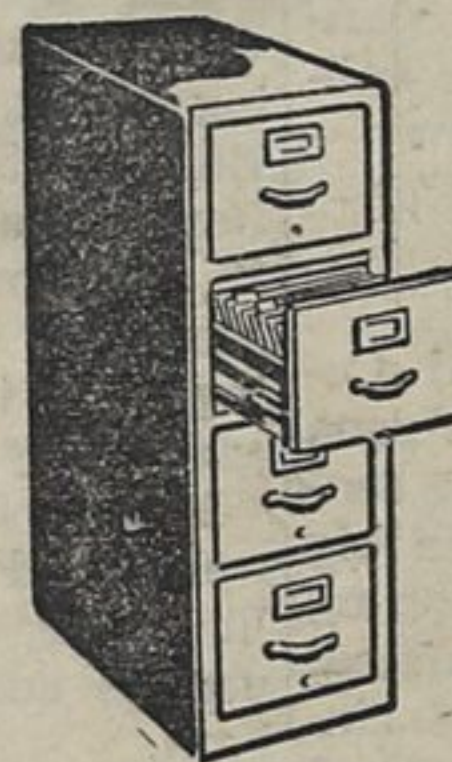
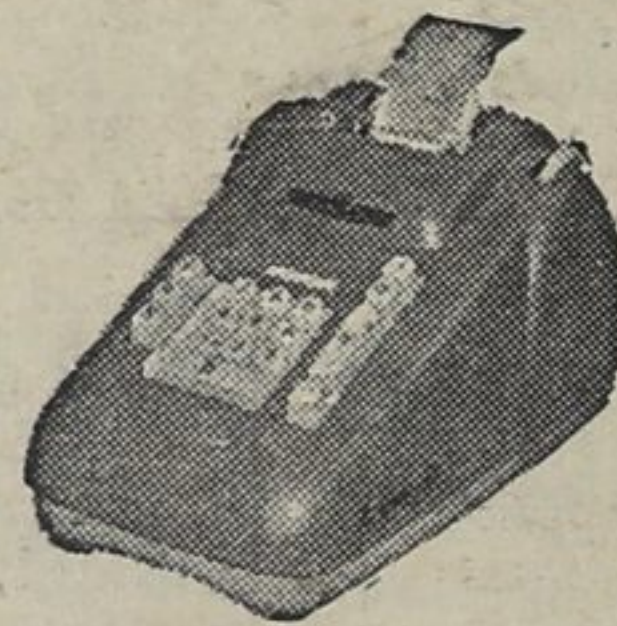
Ledger Sheets - Binders

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