

THE MODERN ELECTRIC RANGE

King of the Kitchen

By Sybil Gayford Rhoads
We homemakers are in and out of our kitchens most of the day, and often more than out. In reality the kitchen is woman's kingdom. We owe it to ourselves to make sure they are as efficiently equipped as our husbands' offices.

The secret of successful homemaking is to get the best of our job. Instead of getting the best of us, and that is where electricity plays such a big part. Meals must be prepared three times a day, but the wonderful electric ranges now on the market, have turned this duty into a delight. It is really quite thrilling what the up-to-date electric stove is able to do.

"My dear!" exclaimed a friend the other day. "Since I bought my new electric range I feel as if my fairy godmother had saved my hand and made me over me. I have not much more time to myself now. I can hardly believe it! And I'm not nearly so tired at the end of the day."

This remark is easily understood by anyone acquainted with the joys of cooking by electricity, because the new stoves do so much for us that formerly we had to do ourselves. Now-a-days there is no waiting around till the oven reaches a certain heat before lowering it, because automatic control looks after temperatures.

Electricity certainly does away with the bug-bear of washing up. No more scouring the outside of a lot of dirty pots and pans, because electric heat is a clean heat with no flames. Also, controlled heat prevents food boiling over in the oven or sticking to the bottom of saucepans. Often an entire meal can be cooked in the oven leaving fewer pans to wash.

"I'll get the meal ready up!" is an expression never heard in the home of electrically-minded, modern people. The economy of the new electric ranges must not be over-looked; it is a tremendous asset to the lessening of Mr. Budget's figures. It has been proved by actual tests that the average cost of a meal, cooked in a modern stove, is less than one cent a meal per person, because of the very definite saving through reducing shrinkage of meat, going away with cooking failures and eliminating waste of food values.

It is a very common mistake in this country, but one never made by those excellent cooks, the French people, that expensive cuts of meat taste the best and are the most nutritious. This is an entirely erroneous idea. Many of the cheaper cuts, given a long slow cooking, make them tender and are perfectly delicious and contain just as much actual food value as the most expensive joint.

A sustained low temperature, perfectly controlled, is one of the many ways in which the modern electric stove excels. This perfectly controlled low heat is the answer to the problem of cooking the less expensive cuts of meat and having them as deliciously tender as the best under-cut steak. For an example of this type of cooking the following idea is a good one.

4 medium size shoulder, yearling lamb chops. Cut 1 inch thick
1 medium size tin tomato juice.
1 cup cold water.
Bacon fat.
Flour.
Salt and pepper.

Method: Trim off chops neatly. Shoulder chops are considerably cheaper than loin ones. Dredge with flour. Lightly grease pan with bacon fat, heat, brown chops slightly on both sides. Then put them in covered baking dish. Pour over meat the tomato juice diluted with the water. Season to taste. Cover with tight lid. Set oven for a sustained heat of 250 degrees and cook slowly for two hours to two and a quarter hours, depending on the size of the chops. Arrange meat on the hot platter, sprinkle lightly with chopped parsley. Remove any fat from tomato juice gravy and serve in gravy boat. Riced potatoes and buttered carrots or spinach make a nice accompaniment to this dish. Amount given serves four generously. If more chops are required don't forget to increase the tomato juice and water.

"Thinking of electric stoves—a poster was seen in London, England, recently, advertising all the wonderful things electricity does now-a-days. It read "Don't kill your wife with work. Let electricity do it!"

BUSINESS SUMMARY

The following is a brief summary of information received by the Bank of Montreal from its branches throughout Ontario:
"The volume of wholesale and retail trade has shown moderate improvement, but turn-over continues below that of a year ago. Collections are fair. Steel and iron output is being well maintained, farm implement manufacturers remain quiet and there has been a slight pickup in the automobile industry due largely to improved export demand. Heavy engineering firms are generally well occupied. Manufacturers of refrigerators are fully employed but some curtailment is noted in the production of other electrical appliances and equipment. Furniture factories report a slight betterment over March but the industry is generally in a short time. Textile, woollen and worsted mills remain quiet, knitting mills are very busy. Leather tanners while still on reduced schedules report some improvement, as is the case with shoe manufacturers. Electric power consumption continues to exceed that of a year ago. Gold production for March totalled 228,182 ounces (7,988, 870) as compared with 208,328 ounces in March, 1937. Production of silver was 39,744 ounces, against 61,742 ounces a year ago."

"Jackson—Did you hear about the accident my brother had? He fell against the piano and hit his head."
"Johnson—That's too bad. Did he hurt himself?"
"Jackson—No, no; not much. You see he hit the soft pedal."

HOME TOWN

We don't know who Ruth Earle Jones is from a load of hay, but the following she wrote in the Augusta, Georgia, daily paper shows her head is screwed on straight:

"Real towns aren't made by men afraid. Least someone gets ahead—When everyone works and no one shirks
You can raise a town from the dead."

All little towns are the same, so if there is anything about the one you are living in that displeases you, it won't do you a bit of good to slip and take a trip elsewhere. You would find the same thing you left behind, only under a different name. When you stop to think of it, there is really nothing new anywhere, and life goes on just the same in the new town as it did in the old. People have the same joys and sorrows and make the same mistakes—everywhere. They are homesick, grieve, fall in love, get married, have children, and die. The age-old cycle of life continues generation after generation, and even if we sometimes stop and wonder if it is worth while to keep going round and round like a monkey in a cage, we won't have time to stop and do anything about it.

If you get peeved at your home town, hate all your neighbors, and feel that the place is going to the eternal here, it would be far wiser to visit a doctor than to change towns. In practically every case the trouble is not with the town but with you. When you knock the place that is home to you—it is really a kick at yourself, because if the place fails to measure up it is your fault as well as your neighbor's. You have got to put something into that town, a big part of yourself, energy, enthusiasm, progressiveness, you've got to be a substantial, constructive citizen before you can expect the home town to be the kind of a town you'd like it to be. A town can only grow when the co-operation of the people gives it the needed impetus.

If you don't like the people in your home town—well—maybe they don't like you either, and it's more than likely that it's your own fault. Perhaps you are not exacting, too easy to find fault, and too desirous of everyone living their lives according to your own design. You have to be generous and understanding when you judge your neighbors and make allowances for that difference of opinion that is every man's right. You've got to say "I think THIS way—you think THAT way—but what's the difference? We both mean well and every man has a right to his own opinion." It is not your opinion that will rule the home town but your opinion plus the other fellow's combined for the common good.

No, there isn't any difference in towns except their names—and all human beings are the same. It follows that if all women are sisters under the skin, then all men are certainly brothers under their whiskers, so why swap those you KNOW for those you DON'T?

Of course you love your home town and you only think you don't because you have malaria or spring fever, or maybe a chronic grouch. If you don't believe it, then go away on a trip. When you come back you will grab your bitterest enemy by the hand and say "Gee, I missed you old man. You're a swell guy, and I had to go away to find it out." You might even write a letter to a friend in another town and say:

"There is no difference, except in the name—
My town and your town—they're both the same."

BABY CHICK SHIPMENT

PRESENT DAY MARVEL

Shipment of baby chicks in a commercial way is a development of the last 25 or 30 years, being even more recent than the introduction of the automobile. It was made possible by the discovery that the chick, in common with some other birds, takes into its body just before it is hatched a supply of food sufficient to nourish it for a week or more. The scientific world has always stood in awe of the wonderful provision of nature whereby there is included in an egg all of the elements required to grow and bring into being an organism of as high an order as the baby chick, with the simple addition of appropriate heat.

It required, however, the knowledge of the availability of a natural food supply to make possible the present-day baby chick business. Chicks are now shipped as far distant as 1,000 miles from the point of hatching without the necessity of feeding or watering. All that is needed is that they be given sufficient ventilation and boxed in such a manner that their own heat can be preserved, and also provision made for supplying the necessary warmth. This shipment of chicks is in reality one of the present day marvels in modern scientific achievement and is one of the latest advances that have taken place in agriculture in recent years.

One of the first persons in North America to make commercial shipments of baby chicks was a Canadian—the veteran poultryman, W. E. Fisher, of Aylton, Ontario. The original chick box used in the first shipment is prized almost as a museum piece by the people of that town. From small beginnings the trade in chicks has grown until today on the continent of North America over 100,000,000 baby chicks are distributed annually. Of this number, Canada accounts for about 12,000,000.

The development of the baby chick industry, in which baby chicks are available in any quantity on any date, provides the medium for the development of quality to meet the needs of market through the fact that, in the selection of breeding stock from which hatching eggs are supplied, the proper market type and requirements are constantly to the fore. This is possible owing to the fact that a comparatively limited number of breeding flocks supply the bulk of the eggs required for incubation in the larger hatcheries. Six out of the nine provinces are co-operating with the Dominion Department of Agriculture in a Flock Approval and Hatchery Approval Policy in which definite grades of chicks have been established to assist the producer-buyer in his purchases. The other provinces operate under a voluntary and flock approval policy.

BUILDING COSTS AT 1918 LEVEL.
Construction costs are at present 12 per cent. lower than 1926 and exactly equal to costs which prevailed in 1918, according to C. D. Harrington, Montreal, Chairman, Canadian Construction Association, who addressed the management committee at Ottawa last week.

He added the only difference was that sales and municipal taxes were added which were non-existent in 1918. "Actually, excluding taxes, today's costs are cheaper than in 1918. If building costs are too high, why are all our brick companies and wood-working sub-contractors in financial difficulties?"
Extension of the Dominion Housing Act to the rural communities in British Columbia was requested by a British Columbia member who suggested that the act at present was confined to the larger urban centres in his province.



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- Tomatoes** Hot House Delicious Flavor **20c lb.**
- Potatoes** 5 POUNDS New Nice Size **19c**
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HE WAS AFRAID TO CROSS A STREET

Lost His Nerve After 12 Months' Agony

Suffering from acute rheumatism in both his knee joints—treated in hospital twice without result—so unwell that he was afraid to cross a street—how readily every rheumatic sufferer will sympathise with this man. Read what he says:
"For 12 months, I suffered pain and misery with acute rheumatism in both my knees. Twice, I was treated in hospital—but it was no use. I could not walk up or down stairs. I was afraid to cross the street, for I had lost all confidence in myself. Fourteen days ago, I started taking Kruschen Salts, and already I am a new man. I can walk with a smart step, go up and downstairs with ease, and cross the street with complete confidence. My rheumatism is getting better every day."—D.L.

In a good many cases, rheumatism cannot resist the action of Kruschen Salts, which dissolve the painful crystals of uric acid—often the cause of those aches and pains—and assist the kidneys to eliminate this poison through the natural channels.

11 MAGAZINES ON BAN LIST

Revenue Minister Iseay today announced 11 magazines had been banned from Canada.

Importation into Canada of the following magazines will be prohibited: "Romantic Detective", "Actual Detective Stories of Women in Crime", "Official Detective Stories", "Front Page Detective", "Weird Tales", "Polo", "True", "Health and Efficiency", "True Confessions", and "Romantic Love Secrets." "Vivre d'Abord."

Some of these publications were complained of by a delegation of church and social workers which met several members of the Cabinet recently.
Mr. Iseay said today that the department welcomed co-operation and invited organizations and citizens to submit to the Department for examination any magazine or publication of doubtful character.
Of the eleven publications prohibited, nine are published in the United States, one in England and one in France.

Elderly Lady (to her granddaughter)—I'm afraid you'll be late at the party.
Girl—Oh, dear, grandma, don't you know that in a fashionable set nobody goes to a party until everybody has got there!

Sambo—Do you want me to shoo the flies in here for you?
Mr. Crabber—No, let 'em run around in their bare feet.

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Aylmer Red Dessert CHERRIES 2 No 2 tins 29c	Extra Special Choice PRUNES 3 lbs. 19c	Carroll's Baking POWDER 16-oz tin 17c
Wagstaff's Peach JAM with pectin 32 oz jar 23c	Laing's Chocolate Peppermint PATTIES 1 lb 19c	Evaporated MILK 16-oz tin 8c
McLaren's Powdered JELLIES 2 pkgs. 9c	Eagle—The Best Pie BLUEBERRIES No 2 tin 11c	Kellogg's ALL-BRAN 16-pkg 19c
Our Break O'Moin COFFEE 1 lb 25c	FRY'S ICED COCOA 1 1/2 lb tin 19c	Silver Crest Red SALMON 2 1/2 tin 25c
Our Dandee TEA 1-lb pkg 41c	ICED COCOA 1 1/2 lb tin 19c	Clover Leaf Pink SALMON 1 lb tin 11c
Fresh Rolled OATS 3 lbs 13c	FRY'S ICED COCOA 1 1/2 lb tin 19c	Ingersoll Malted CHEESE 1/2 lb pkg 14c
Aylmer Tomato JUICE 3 25 oz tins 25c	Kellogg's Rice KRISPIES 2 pkgs 21c	Frankford TOMATOES 3 No 2 1/2 tins 25c
Aylmer Pork and BEANS 3 21 oz tins 25c	Evaporated APRICOTS 1 lb 25c	Green Valley PEAS 3 No 2 tins 25c
Aylmer Tomato or Vegetable SOUP 10 oz tin 7c	Burford Ontario PEACHES 2 No 2 tins 25c	Aylmer Golden Broom CORN 3 17 oz tins 25c
Graves Pie APPLES No 4 tin 10c	Catelli's Cooked SPAGHETTI 34-oz tin 15c	Lockhe Cut Wax BEANS 3 No 2 tins 25c
Durham Corn STARCH 4 lbs 9c	LARGE IVORY SOAP 1 lb 15c	Free Tumbler with OVALTINE 16-oz tin 98c
For the baby who has out grown strained teats	LUX FLAKES 1 lb. pkg. 23c	SAVE 24¢ SPECIAL! KIRK'S CASTLE
2/19c AYLMER CHOPPED FOODS for BABY BOTTLES	SOAP CHIPS 3-lb bag 19c	
	CORN BROOMS ea. 27c	
	H O AMMONIA pkg. 5c	
	P & B or PEARL SOAP 5 bars 16c	
	BON TON TISSUE 4 rolls 13c	
	KIRK'S CASTILE 2 cakes 9c	

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