

Therba—The Unruly

By CLEWLEY CLIFFORD
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WLU Service.

Therba Tash was the despair of all the traffic men in the district. They made their regular visits and gave her instruction; sent all their bulletins of the latest rules and changes, and tried to impress their importance upon her; but they knew it was of no use.

"Now, Mr. Bentley" — Therba beamed over her glasses — "wouldn't it be downright silly for them to have to stop to look at those numbers up when I know 'em forward and back and it don't bother me a mite to tell 'em what time it is? I got the best watch ever; never gains nor loses. Had it 15 years, too."

"But, Miss Tash, it's ridiculous for a person to call for R. A. T. and get a telephone connection."

"Not if you know R. A. Trent as we do here in this town; that's just exactly what he is, a 'rat' I s'pose it would be like a cross word puzzle for a stranger, but I know 'em all and what they want." After he went out, Therba got to thinking about the rules and decided that they were made for op-

SHORT SHORT STORY

Complete in This Issue

erators who couldn't tell right from wrong, but that a wise operator was one who knew when to break them.

The office gave service until 12, but after 10 most nights she was able to put the night bell on and nap on the couch behind the switchboard, until she could go home in the rattly old car waiting at the back door. One night, after things had quieted down and she had settled herself for a nap, the bell rang. It was a toll line calling.

"Hello, there, what you want?" she yawned.

The operator in the next town was speaking. "Say, we're having great excitement here. Some kind of disturbance here at a political meeting. Some young boys got into a rough house."

"That so? What of it?" Therba was sleepy.

"Well, Sheriff Bean from your town was here, and he's on their trail, and says he'll make an example of them if he catches them."

A young boy came in, all out of breath.

"Get me 244 Barton, please, soon's you can."

Therba knew this must be one of the disturbers of the peace. She thought, "Only a boy. Didn't mean a bit of harm." She looked at the tumbled head showing through the glass door of the booth.

While she was ringing, she was startled by a loud voice just outside. Sheriff Bean! There was no time for the boy to get out of the booth.

"The sheriff's coming and you don't want to see him; shut that door and get down on the floor and keep quiet," she warned the boy. It was quite evident that he didn't wish to meet the sheriff.

"Good evening, sheriff."

"Hello, Therba. Get me Ant Blake over in Dixmont. Want him to be on the lookout for some dangerous characters."

"Been raising the devil over to the meeting tonight. They're a bad lot and I'm goin' to give 'em the limit when I get some of them." He roared as he stamped up and down the office. Therba's heart skipped a beat every time he went near the booth. "The old hyena!" she thought. She was determined now to outwit this vicious old man.

"They don't answer over there now."

"Must be there," he said impatiently, walking toward the booth again.

"Oh, come here quick!" she shouted in an excited tone. He came back and she added: "Er—er—why, I thought that last call must be one of those dangerous characters, but it wasn't, after all."

"The devil!" the man blazed as he made for the door.

Pulling the curtain down, she got the boy behind the board just in time. The sheriff returned and this time she had no difficulty in getting his connection for him.

Therba questioned the boy. "It's this way, Miss Tash. There's a rough gang out there been cutting up, but tonight some of us boys got to fooling — honest, we didn't do much, but my mother — the boy sobbed — why, it'll break her heart if I'm arrested. That's why I didn't keep on with the rest. I wanted to let her know about it."

Therba made up her mind. "Now, son, you lie down here and rest, and at 12 o'clock I'll take my things and take you some place. Where'd you aim to go?"

He wished to go to his aunt's in Hanover.

"Right, and I'll telephone your mother so she'll know what's up. This will soon be over. Don't you worry none." She thought, "I'll get back just about time to go to work in the morning."

"There you go, Therba, breaking more rules. You're just a natural law-breaker," she muttered.

TESTED RECIPES

Further Peach Delicacies

In view of the abundant crop of peaches this season, the following recipes for home canning of this fruit may prove useful.

Peach Marmalade

18 peaches
Sugar
2 oranges
Water
Peel and stone the peaches. Remove seeds from oranges and put through a food chopper. Mash all together, weigh and allow an equal amount of sugar. First cook the food until tender in a small amount of water, then add heated sugar and boil quickly until thick. Pour into hot sterilized glasses. Cool, seal with paraffin wax, and store.

Peach Cantaloupe Marmalade

12 peaches
3 oranges
1 cantaloupe
Sugar
Peel and stone the peaches. Peel oranges and remove skin from the melon. Slice fruit finely. Measure weight and add an equal quantity of sugar. Boil quickly until thick. Seal and store.

Peach and Apple Marmalade

Use equal parts of apples and peaches diced. If the apples are a good colour, do not peel them. Add three-fourths as much sugar as fruit. Cook the mixture slowly until it is thick and clear. Seal in clean hot jars. Equal parts of rhubarb, peaches, and apples may be used.

Five Fruit Pickle Sauce

6 peaches
6 apples
6 pears
20 tomatoes
1 pint pitted plums
3 red peppers
2 cups sugar
2 sticks cinnamon
1 tablespoon whole cloves
1 tablespoon mixed spice
1 tablespoon salt
1 quart vinegar
Boil 3 hours. Makes 7 pint jars.

Peach and Cantaloupe Preserve

3 cups diced peaches
3 cups sugar
1/2 cup blanched shredded almonds
2 cups diced cantaloupe
2 oranges, juice and rind
Mix all the ingredients and cook until the mixture is thick and clear. Pour into sterilized glasses. When cold cover with hot paraffin wax.

SCALLOPED FISH EASY TO MAKE FULL OF GOODNESS

Canadian scalloped fish, easy to make and easy to take. Very easy to take, indeed, for it is full of flavor, as well as rich in nourishment. It is economical, too, since "left-overs" from an earlier meal of fish may be used or Canadian canned fish which is an inexpensive food product, having regard to its nutritive and health value. If canned fish is used, the oil in the can and the bones, crushed together, should be left with the fish.

The method of preparing this scalloped dish, as outlined by one of the cookery demonstrators on the staff of the Dominion Department of Fisheries, is as follows: First make ready a white sauce by melting two tablespoons of butter, blending with the butter two tablespoons of flour, mixing with these ingredients a well beaten egg and half cup of milk, adding this mixture to one and a half cups of scalded milk, and cooking the whole until smooth. While cooking goes on,

the mixture should be stirred constantly. Next take two cups of steamed, baked, or boiled fish or a one-pound tin of canned fish. Place a layer of the fish in a greased baking dish, then add alternate layers of white sauce and fish, having a layer of sauce on the top. As each layer is put in the dish, the desired seasoning should be added and over the top layer of sauce a covering of buttered crumbs should be placed. Bake the scallop in a moderate oven until it is well heated and the top is browned. If desired, sliced olives and slices of hard-cooked eggs may be placed between the layers of fish and sauce.

SWIMMING AND BODY BUILDING

Increase in swimming ability during the past decade—the last ten years the swimming public in America is estimated to have increased 450%—is not entirely prompted by life-saving desires. True, from a standpoint of human safety, a knowledge of swimming is most important; but aside from this, no other exercise approach swimming for all-round development of the body.

This is brought out effectively in an article "Learn How to Swim" in the Summer issue of "Health". It is contributed by John D. Devlin, swimming director of the Central Y.M.C.A., Toronto, who says in part:

"Swimming exercises the large fundamental muscles of the trunk and limbs. The leg kicks develop the lower back and abdomen muscles along with the leg musculature. The arm strokes develop the chest and upper back muscles. The muscles of respiration are developed to an unusual degree. The upward lifting and stretching of the chest. Suppleness is promoted generally in all the joints and much is done to equalize the unbalanced muscle pull associated with poor posture. Swimming is one of the very few exercises that promotes a symmetrical development of the arms and legs, of antero-posterior posture, and of lateral symmetry. Swimming permits free and unobstructed movements in the full range of joint action without sudden or violent jars, due to contact with apparatus or to the ground.

A fact of considerable importance to girls and women is that swimming is one exercise that does not develop the body in a way harmful to physical beauty. The muscular development associated with swimming is of a smooth rounded type rather than characterized by extremely hard, bunched or knobby muscles. Flexibility in all the joints is promoted which improves physical grace in general. Even an excessive amount of swimming will not make one scrawny and thin nor will it add a great deal of extra weight. Swimming as a recreational exercise has been called a normalizer as far as its effect on body weight is concerned."

FRIENDS —

Friendship is the greatest thing in life, and lucky indeed is the man who has the power to make friends. This is not so difficult as many persons believe. It is merely a case of reciprocity. There is just one way to make a friend, and that is to be one.

ENEMIES —

It used to be said that a man was known by the enemies he had. But it is really necessary to have enemies? Few of us want to be an enemy to anyone, therefore we know others are not so anxious to be our enemies. Hatreds never bring happiness.

NEW MENTAL HOSPITAL TO CARE FOR 3,000

Not only will the Ontario government's new \$7,000,000 mental hospital in St. Thomas be the most modern in Canada from the point of institutional facilities, but it bids fair to become one of the show places of the province. While it was expected that patients should be admitted at three of the buildings this month, it is stated that it will be another month or two before everything is in readiness.

One year after the sod was first turned on the 450-acre site, three of the proposed thirty buildings are almost completed. Plasterers are putting the finishing touches to the interior of these buildings and in a few weeks they will be ready for furnishings and equipment. Of the thirty buildings proposed, ten are under construction, five of which have just been started. Under the progressive system, whereby a group of buildings at a time are being constructed, it is estimated that four years will be required to complete the project. Much depends upon the plans of the government, it was learned.

When ready, the dormitories and pavilions will accommodate 3,000 patients and if necessary, a few hundred more. It is proposed to house only the milder mental patient, but in time the more serious cases will be treated in a special pavilion. The present building when ready will take care of 2,000 patients. In such a modern institution a large staff will be required. The exact number is not known, but it is expected to be in the neighborhood of 500. Male nurses, now in training at the Ontario Hospital in Whitby, will be on the staff along with the female nurses.

The dominant idea in the architecture of the place is sunlight and the absence of any suggestion of the old prison-like asylum. The exteriors of the buildings, all tending to the same design, are of chaste outline, three stories in height. The buildings resemble a double row of stone apartments, the male pavilions on one side and the female on the other.

All the windows consistent with such buildings are to be found in the pavilions. Absent are the iron bars, which are replaced by what is termed "institutional grill," a wave design iron grill work, resembling that of the interior French window. The grill work is painted grey to conform with the stone face.

Everywhere one walks in the buildings there is sunlight. Even down the long corridors in the centre of the pavilions the sun penetrates, making them almost as bright as the outside rooms.

An old time farmer went into a store to buy a shirt and the clerk tried to sell him a trunk also.

Farmer—"What would I use a trunk for?"
Clerk—"To keep your clothes in."
Farmer—"Say, do you want me to run around naked?"

—Try an Advertisement in The Herald. It will bring results!

HOME SHOULD BE RUN LIKE BUSINESS

Something Wrong When The Current Expenses Exceed Income

The woman who enters upon the enterprise of homemaking assumes definite economic obligations. The home is an investment—in part, a financial investment. If the home is maintained on a paying basis, then it is a sound financial investment; if on a losing basis, there is something which needs correcting. Should the question arise: "How does one know when her home ceases to be on a paying basis?" The answer is: "When the current expenses are not compatible with income, and the balance sheet at the end of the month shows financial loss instead of gain." No business undertaking could hope to succeed if those in authority did not understand the technique and fundamentals involved. The same laws which make a business organization successful are essential to the prosperity of a home.

Find Where The Leak Comes

In order to place a home on a businesslike basis one must determine what portion of the assets shall be set aside for current household expenses, such as: rent, food, clothing, fuel, gas, and electricity. If at the end of the month the resources are in excess of the expenditures the home investment is sound. This can only be consistently and successfully accomplished through a budget plan which enables one to look at facts squarely, and helps to prevent the leakage that frequently occurs in household expenses.

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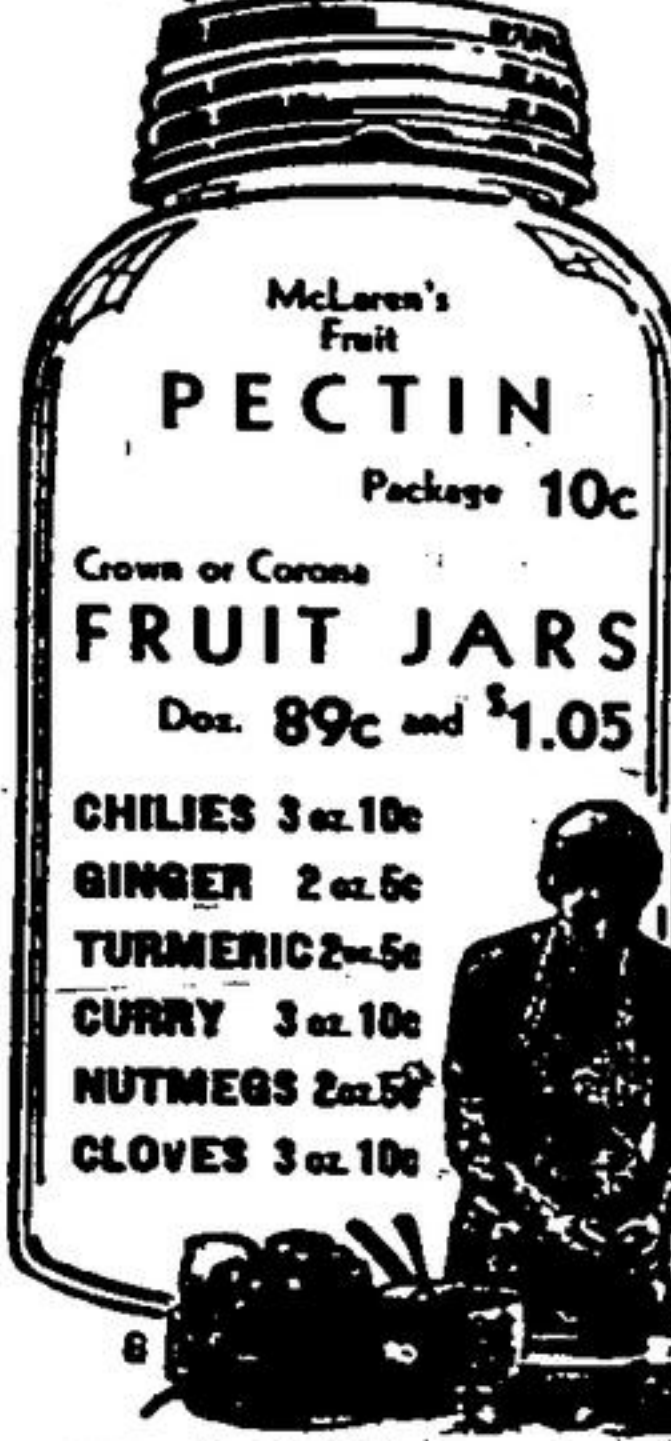
MAIN STREET GEORGETOWN

Herald Block (Upstairs)

	
Potatoes	PEACHES
7 1/2 POUNDS Mealy Cookers Nice Size	DELICIOUS Heaping Quart Boxes
9c	13c
ORANGES	Nice Size Sweet and Juicy
19c doz.	
ONIONS	For Pickling Best Quality Silver Skin
3 lb.	19c
APPLES	Tomatoes
3 POUNDS Good Cookers Delicious	3 POUNDS Delicious Slicing
9c	9c
BANANAS	Golden Yellow Nice Size
23c doz.	
Cantaloupe	Delicious Flavor Nice Size
2	15c
CARROLL'S Fresh Made First Grade Creamery BUTTER	
CARROLL'S	



Special Carroll's SIDE BACON Sliced and Wrapped 1-lb. pkg. 32c	Special Suits Anywhen MATCHES Single Box 7c 3 boxes 18c
Special—Clear, New HONEY No. 1 White—Cover 2-lb. tin 27c 4-lb. tin 49c	Weston's Finger Ruffle BISCUITS A Choice Spangled Marmalade Bar 2 pounds 29c



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McLaren's Frenz EASY 3 pkg. 25c	Aylmer Irish STEW 2 1/2-oz. tin 21c
King SUGAR 2 lb. 15c	Hotest Tomato SOUP 2 1/2-oz. tin 23c
Lush Jolly POWDER 2 pkg. 15c	Beaver Chicken HADDIE 2 1/2 lb. 25c
Aylmer Pure Grape JUICE 10-oz. tin 10c	Libby's Potted Meat SPREADS 3 Tins 25c
Aylmer Pineapple JUICE 2 10-oz. tins 17c	Clean White Soap 2-1/2 LITRE LIQUID 14c
Texas Grapefruit JUICE 18-oz. tin 10c	Fly Dred Fly SPRAY 16-oz. Tin 25c
Try Good Golden Tip TEA 1/2 lb. pkg. 33c	Sticky Fly COILS 3 for 5c
Five Roses Brand FLOUR 24-lb. bag 93c	Northern Toilet TISSUE 3 rolls 25c
Moarch Flour FLOUR 24-lb. bag 61c	Soap Scouring POWDER 2 Tins 25c
Golden Dry Grape ALE (Extra) 1/2 gal 12c	Lux Toilet SOAP 4 cakes 23c
Aylmer Tomato JUICE 10-oz. tin 4c	Chamo Soap FLAKES 1/2 lbs. 19c

Hotest White, Color or Best VINEGAR 23-oz. Bl. 21c 2 1/2 gal. 25c	Aylmer Sweet Mixed PICKLES 7-oz. jar 8c
McLaren's Prepared MUSTARD 23-oz. jar 13c	Hotest Tomato KETCHUP 2 1/2 lbs. 35c

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