

**Buckthorn—Sometimes Is Called the Christ-Thorn**

The buckthorn is one of a very large family whose members grow all over the world. Some of them have long and interesting histories, but only a few of them live up to the family name by producing thorns, says a writer in the Chicago Tribune. Probably the most famous variety is the Asia Minor and European buckthorn, which is sometimes called the Christ-thorn. It got its name from the legend that the crown of thorns which Christ was forced to wear was made from this shrub.

English writings in the Eleventh century mention the buckthorn (also known as waythorn or Hartshorn) and its uses in medicine. Welsh physicians in the Thirteenth century advise that the juice of the buckthorn berry mixed with honey and taken as an aperient drink.

One of the most interesting relatives of the common buckthorn is the species which grows in the western states. The Indians like the dark berries of the western buckthorn, which is unique in that it is said to color the body of anyone who eats the berries. Soldiers fighting Apaches in the early days reported they found Indians whose bodies were red from gorging on the buckthorn berries.

The buckthorn's use in medicine is not its only recommendation. Its small greenish-yellow flowers are especially favored by the bees; grass, sheep, and horses like to eat the berries, although cows refuse to touch them. Gathered before they are ripe, the berries make a yellow dye used for staining papers and maps. A different shade of yellow dye is prepared from the bark of the buckthorn, and the ripe berries make a green pigment when mixed with other ingredients.

**Outlying Territories of U. S. and How Acquired**

The outlying territories of the United States are the following:

Alaska, purchased from Russia in 1867 for \$7,200,000. Hawaii, annexed in 1898 at the request of the people of Hawaii.

Puerto Rico, ceded by Spain at the conclusion of the Spanish-American war.

Virgin Islands of the United States, consisting of the more westerly of the Virgin Islands group in the West Indies, the others being British. These islands were formerly known as the Danish West Indies, and were purchased from Denmark in 1917 for \$25,000,000.

The Philippines, taken from Spain by the Spanish-American war, \$20,000,000 being paid Spain in settlement.

Guam, an island of the Mariana Archipelago in the Pacific, also ceded by Spain in 1898.

American Samoa, consisting of four islands of the Samoa group in the south Pacific. From 1889 to 1900 the United States, Germany and Great Britain exercised a kind of joint protectorate over Samoa. In 1900, following the overthrow of the native king, the islands were divided between this country and Germany, by agreement among the powers.

**Grass 200 Feet Tall**

If you saw grass 200 feet tall, you would be surprised; but a species of grass does attain that height. Only it does not look like grass, and we call it bamboo. It grows as much as a foot a day. The bamboo has a hundred uses. In the East, says London Tit-Bits Magazine, the tender shoots are cut with care, curried and eaten, and the dish is regarded as a great delicacy. But the uncooked shoot must never be allowed to touch the bare skin, for tiny hairs on it cause intense irritation to human beings. Among the articles into which bamboo is fashioned are poles, rugs, screens, milk containers, water buckets, gramophone needles, flutes and other musical instruments, water pipes, pipes for smoking, cigarette holders, sweets, kites, canes, swords, pens, fences, lances and scores of other things.

**Marriage of Two Kimonos**

One of the most famous weddings in Japan in many years was the marriage of two kimonos, solemnized in a Shinto ceremony in Kyoto in 1934. The bride was a celebrated, 223-year-old hand-painted silk garment, says Collier's Weekly, while the groom was a renowned, 110-year-old hand-embroidered cotton robe. This marriage was such an important event, in fact, that those owning copies of the wedding invitation will not sell them at any price.

**Lighthouse Built About 321 B. C.**

The light emitted from the ancient lighthouse at Alexandria, one of the seven wonders of the world, came from a large wood fire which was kept burning at the summit continuously during the night. The Greeks stated that this illumination was visible for a distance of 60 miles, but modern knowledge disputes this. The lighthouse was built about 321 B. C.

**TESTED RECIPE**

By Frances Lee Barlow

ONE of the easiest great suppers to serve, when you are trying to combine the roles of cook and hostess, is a single plate meal of cold cuts flanked by a salad. Your choice of a salad will make all the difference in the world to the appeal of your supper plate.

Here is a refreshing tangy salad—a perfect supper partner for cold meat. Flanked by a plate of hot biscuits and a dessert of cake and coffee, you'll have a meal your guests will enjoy, and one which can be prepared well ahead of their arrival.

**Cranberry and Orange Salad**  
1 package orange-flavored gelatin; 1 1/2 cups hot water; 1 medium orange, unpeeled and seeded; 3 cups raw cranberries; 2 tablespoons sugar.

Dissolve gelatin in hot water. Chill until slightly thickened. Put orange and cranberries through food chopper; add sugar. Fold into slightly thickened gelatin. Turn into individual molds. Chill until firm. Unmold on crisp lettuce. Serve with mayonnaise. Serves 6.

**THIS MONTH'S STAR RECIPE**

Apricot Blossoms

- 1 pound rabbit
- 1 tablespoon cold water
- 1 pint milk
- 3 tablespoons sugar
- 1 teaspoon vanilla
- 4 or 5 canned apricot halves

**METHOD**

Make rabbit-custard according to directions in package. Chill in refrigerator. Just before serving top each dish of rabbit-custard with one of the canned apricot halves with the rounded side up.

Here is my second "STAR" recipe. It will appeal particularly to those readers who have children—although this tasty dish will delight the adults as well.

I call it "Apricot Blossoms" and children simply love it. No boiling, no baking, no expensive ingredients—but here is a luscious, wholesome dish that is certainly entitled to this month's star. I submit it for your approval.

Clip the Star Recipes for Your File

Herald advertising brings the results you desire. Try an ad next week.

**HEARTBURN KEPT HIM AWAKE**

Afraid to Eat Square Meal

What a worry he must have been to his wife! No food agreed with him. Acid indigestion made him positively wretched. In this letter, his wife tells how he welcomed relief.

"My husband developed a wretched form of gastric acidity," she writes. "Meals were a misery to him. He often could not sleep for heartburn. Business kept him from home a great deal, but when he did get a spell at home, I gave him Kruschen Gels. I was amazed at the results. That weary look left his face, and his indigestion gradually disappeared. It is a treat to hear him say, 'I'm hungry.' It seems too good to be true."

The numerous salts in Kruschen help to promote a natural flow of the digestive and other vital juices of the body. Soon after you will find that you are able to enjoy your food without distressing after-effects. And you proceed with the "little daily dose" will see that Kruschen brings glorious relief.

**A STREAMLINED RURAL MAIL BOX**

The average rural mail box is a good deal easier for the patron to handle than it is for the rural mail courier, says the Seaforth Expositor. There are some perfect ones, of course, but we are talking about the average, and the door one the average mail carrier is something that won't stay shut; that won't stay open; that breaks off; that sticks, and that always squeaks.

That does not bother the man who is getting his mail. He only has one box to open. With the courier, however, it is something else. He has several miles of them to open and close, and in wet and windy weather that is some job when he has to use a different technique on almost every box.

Apparently the rural mail couriers across the line have experienced similar troubles with the boxes of their patrons. But now they are going to end it all. At least, we notice the other day that at the thirty-fifth annual convention of the United States rural mail couriers, that body passed a very considered judgment upon a new streamlined mail box, and the Post Office Department is likely to give its approval.

The new streamlined mail box has no door at all. Nothing to open or close, or stick, or anything else. All the mail man has to do is to press a finger on the rear of the box and the entire cover swings up and back.

Simple and easy; isn't it? We, in Canada, are living in a pretty fast age, so the next thing we know we will be streamlining our rural mail boxes too.

**DOG GOES TO CHURCH**

June, an Aleutian, guides her mistress, Miss Johnson, two miles to church at Aintree, England, every Sunday. Miss Johnson lost her eight years ago, and for a long time was a prisoner at home until the dog was found to guide her. June looks up and down each road before crossing, and on reaching the chapel walks sedately down the aisle, taking her place at her mistress' feet during the service.

**CANADA SEEN AS LAND OF PROMISE**

Canadian Newspaperman Travelling Through Czechoslovakia Is Asked All Sorts of Questions About the Dominion

Commenting on her experiences in Central Europe, a Canadian newspaperwoman writes: "In travelling in Czechoslovakia certain questions and exclamations greeted me over and over again when I was identified as a Canadian.

"The most frequent was, 'what are the regulations for getting into Canada? Is it easy? It must be wonderful to live in a country like Canada where you are never in danger of war.' Then there was the young man in the train in northern Moravia. When he heard us speaking English it soon became evident that he was dying with a desire to speak. He consulted with two friends who quite obviously egged him on. Finally he took courage and said, 'Please, how are you—please?' and he was overjoyed when he realized he had been understood.

The tradition that Canada is the Promised Land still exists—and if we compare it with the unenviable situation of many a European nation—it is evident the tradition is not far wrong.

**HOBBY SOURCE OF PLEASURE**

May Cost Little or Much, But It's Always Fun

Before embarking on a new hobby it is necessary to have some preliminary information—something of the character of the craft, the initial cost of the equipment, good books of instruction, other methods of learning, practical uses, and outlets for sales.

No one craft is suitable for every woman. An older woman with consecutive hours of freedom could study a craft such as cabinetmaking at a studio, while a very busy young mother might weave in the evening. Some hobbies such as photography, woodwork, and sketching, a husband and wife can share; others are exclusively feminine. Some cost little or nothing; some cost as much as a cabinet at a studio, and then dropped; and some can be entirely self-taught.

There is nothing new to be said about the pleasures of having a real hobby, but most people do not realize how constructive these pleasures are or how they enrich every aspect of the hobbyist's life. The instinct for sound craftsmanship carries over into humdrum daily duties; studios, workshops, exhibitions, libraries, museums all suddenly develop to deep and lively interest; and best of all there is a generous welcome from the fascinating, international and historical brotherhood of fellow craftsmen.

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Teacher—Can anyone tell what causes trees to become petrified?  
Bright Student—The wind makes them rock.

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Cora—"I never knew Jones had twins."  
Dora—"My dear! He married a telephone girl, and of course, she gave him the wrong number."

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