

LEFT THE ARMY WITH RHEUMATISM

Now Fit to Join Again
Twenty years ago, he left the army, cramped and rheumatic. To-day, he is fit and nimble—merry, roving granddad, 61 years young, romping granddad of the army with rheumatism bad in my feet. I started taking Kruschen Salts, and in a few months I found relief from my rheumatism. I became nimble on my feet. Now, at 61—weighing 138—I am cheerful, energetic, and always ready to play with my grandchildren. F.E.B.
Many people grow old long before their time because they neglect one vital need of health—the need for internal cleanliness. Eventually, they adopt the healthy Kruschen habit. Then, probably for the first time in their lives, they start getting rid every day of waste matter from the system. The result is renewed health and vigour. Allments due to a clogged system vanish, youth returns, and life becomes really worth living.

NEED 3,000-MILE TRAIN TO CARRY CANADIAN COAL

If all the coal produced in Canada in one year were loaded into freight cars and these strung together the train would reach all the way from Montreal to Vancouver, a distance of nearly 3,000 miles, according to an economist of the Canadian National Railways. Writing on mining in the Canadian National Magazine, he points out that the structural materials—cement, lime, sand and gravel, stone—in last year's mining production, would fill two strings of cars reaching from Montreal to Vancouver, and a train carrying the other non-metallics—gypsum, quartz, salt, sulphur—would reach from Montreal to Halifax.
If Canada's 1937 copper production were cast in a block the width and height of a railway freight car the block would be nearly three miles long. A similar block of lead would be nearly two miles long and one of the zinc production would be nearly two and a half miles long. The year's silver production would form a slab a foot thick, 10 feet wide and nearly 240 feet long. The year's gold would make a block a foot thick, 10 feet wide and almost 24 feet long.

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A BUYING GUIDE . . .

Before you order dinner at a restaurant you consult the bill-of-fare. Before you take a long trip by motor car you pore over road maps. Before you start out on a shopping trip you should consult the advertisements in this paper.

Your Local Paper Is Your Buying Guide

Avoid those-wasting money-wasting dollars on the road to overpriced values. Read the advertising "road maps."

TESTED RECIPES

More Butter—Better Meals

At first thought the per capita consumption of butter in Canada, over thirty-two pounds per year, may seem a high figure. This amount, however, might well be appreciably increased for it is proven that butter is an economical food, which gives high returns in flavour and food value for money spent.
Butter is unique among fats because of its high vitamin A content. Two ounces of butter eaten daily will meet the body's requirement for this health protective vitamin. Recent research has shown that there is no loss of vitamin A in the churning process and it has been proven that the vitamin A potency is not reduced when butter is held in storage nor when it is heated.
Every good cook knows that butter adds a flavour to foods which cannot be obtained by any other products. The timely serving of well-buttered vegetables and butter-made sauces are two suggestions for the practical homemaker.

Buttered Vegetables:
Drain cooked vegetables, such as cabbage, carrots, peas, beans, turnips, squash and mash if necessary. Allow at least 1 teaspoon butter to each cup of cooked vegetable. Place cover on saucpan containing vegetable and butter, and allow to steam for a few minutes before serving.

Horseshoe Butter:
½ cup butter
¼ salt
¼ cup grated horseradish
Few grains cayenne
Cream together. Serve with broiled steak.

Drawn Butter Sauce:
1-3 cup butter
3 tablespoons flour
1½ cups hot water
½ teaspoon salt
1-8 teaspoon pepper
1 teaspoon lemon juice
Melt half the butter. Add flour and salt and pepper. Add hot water gradually. Stir until mixture thickens. Cook 5 minutes. Add lemon juice and remaining butter. Serve with fish.

Hollandaise Sauce:
½ cup butter
2 egg yolks
¼ teaspoon salt
Few grains cayenne
-3 cup boiling water
1 tablespoon lemon juice
Cream the butter. Add beaten egg yolks. Add seasonings and water. Cook over hot water, stirring constantly until mixture thickens. Remove from heat. Add lemon juice. Delicious served with fish or such vegetables as asparagus or broccoli.

Hard Sauce:
1-3 cup butter
2 tablespoons thin cream
2 egg whites
2 cups icing sugar (approx.)
¼ teaspoon grated lemon rind
Cream butter. Stir in cream and egg white. Add sugar gradually, beating until smooth. Add grated lemon rind. Place in refrigerator until ready to serve. Exceptionally good with steam fruit puddings or hot gingerbread.

Lemon Cheese Filling:
½ cup butter
½ cup sugar
Yolks of 3 eggs
Juice and rind of 3 lemons
In upper part of double boiler place butter, sugar and grated rind of lemons. Cook until sugar is dissolved and butter melted. Add some of the hot mixture to slightly beaten egg yolks, and then return to double boiler. Add lemon juice and cook until thickened. Chill well before using. Use as a filling for sponge rolls.

SPENDING MONEY

Commenting on the apparent poverty of many people, a speaker at a recent gathering of economists remarked, "We are poor in the sense of want—we want everything the other fellow has, and if we cannot have it, we cry poverty."
How true that statement when one stops to consider.
The trouble with a great many people today is that they spend money lavishly on luxuries whether they can afford it or not. Some will even borrow to keep up with the Joneses. Our forefathers were more sensible in this respect, for it was their practice to do without extravagances rather than deprive themselves of essentials. How times have changed though. This trend to spend money on luxuries and things that are not absolutely essential has had, and is having an adverse effect on contributions to churches, charitable institutions, etc.
The speaker at this particular meeting quoted the following figures for emphasis. "In the United States," he said, "since 1932 the public has decreased its gifts for the support of churches by 30 per cent, for general benevolence by 29 per cent, for community chests by 24 per cent, and colleges by 18 per cent. On the other hand expenditures for non-essentials have soared by 25 per cent to as much as 317 per cent."
Those figures may be taken as representative in Canada. True there is poverty, occasioned by lack of employment, but we believe that most of us are poor because we are living beyond our means by buying those things which we really could get along without until such time as we have the money to pay for them.

A woman entered the butcher's shop and asked him to cut off ten pounds of beef. He did so.
"Shall I send it, madam?" he asked.
"Oh, no, thanks," she replied. "I've been reducing and have lost ten pounds, and I wanted to see what it looked like."

The Lilac Bush

By HAZEL R. LANGDALE
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WNU Service.

THE Jamiesons had wanted the cottage ever since they had chanced upon it where it beautifully nestled on a hilltop, commanding a superb view of the bay. Linda said immediately that she loved the way the door was cut squarely on each side and a narrow walk leading firmly up to it. Bob thought the foundation appeared to be in good condition. Both Linda and Bob exclaimed over the huge lilac bush at the end, which thrust up a riot of colorful clusters of flowers to the very roof.
The proprietress of Ye Windmill Tea Shoppe down in the village said that Miss Eliza Lapham lived there. Was the cottage for sale?
"That I couldn't say. Shouldn't wonder. She could get a room in the village cheaper than keeping a whole house going."

SHORT SHORT STORY

Complete in This Issue

"Well," urged Linda, as they drove back. "It can do no harm to ask. Such a wonderful place for your nursery, Bob! Southern exposure on those slopes, and a temperate climate. Only, perhaps you had better not mention your business intentions. Might jump the price!"
A very white-haired old lady, whose bright blue eyes darted from her callers to the car in the road and back again, answered their summons at the knocker.
"Come in," she said. "Come in." But she was greatly startled at their question.
"No," she said quickly, twisting the corner of her white apron. "It ain't for sale. Not but what I mightn't, if I could," she hesitated and her glance wandered to the window. "Well, I'm so used to the lie of these rooms. I couldn't stand a different arrangement."
"Such a reason!" groaned Linda afterwards. "All these Cape Cod cottages look to me to be alike as two peas. Now see that one there!" and she pointed to the house they were passing. "If that isn't twin to Bob's, it's for sale! Let's hunt up the owner. No, silly, I don't want it for us, but if we could buy it for less than the one we want, maybe she would swap and be glad to pocket the difference in actual cash!"
The scheme was not successful.
"No, thank you," said the old lady firmly. "That house of Cap'n John's is all right, as far as the set of the rooms but—well, there ain't no view. That old barn of Timothy Haynes shets off all sight of the marshes. I've been used to marshes all my life."
Linda took the wheel when they emerged, and turned the car around.
"Where now?" asked Bob curiously.
"Timothy Haynes," said Linda shortly. Then, with a quick little sideways glance up at Bob: "The more I see of that darling little house, the more I want it. That old barn can't be worth more than \$50."
Timothy Haynes thought the barn was worth \$75 and the work of removing it. Linda and Bob slept overnight on it, and in the morning Bob made out a check for \$75 and drove with Linda to make arrangements with one Peter Tobey, who was skilled in removing barns. Then they drove to the cottage on the hilltop.
More nervous than ever seemed the little old lady this time. She listened while Linda recounted how they had bought the barn and were having it taken away. Her thin old fingers worked and worked at the hem of her white apron. Suddenly, she reached into a pocket and drew out a handkerchief, gulped once or twice, and burst into tears.
"You two young people are so persisting that I kin see you'll get the truth out of me. I oughter sell this place, and I don't hesitate on account of the lie of the rooms nor yet the view. It's this. I just can't abide the thought of leaving my lilac bush. My mother planted it, and my sister and I used to play dolls under it, and I remember my father standing there watching the sunset and sniffing the blossoms. And now it's all I've got left of them all. It's like a relative to me. A silly reason to tell of—"
Bob cleared his throat, and it was a minute before Linda could speak. Then she went over and knelt on the floor with one arm on her lap.
"My husband is a nursery man," she said. "He can transplant your lilac bush anywhere you wish. Can't you, Bob?"
"I certainly can!" said Bob huskily.
The old lady was crying no longer. Rather, she was smiling through her tears. "I'll sell me! I always did like that house of Cap'n John's. It sets so close to the road."
"Which is lucky, all things considered," said Bob dryly, as they drove away some time later. "It would have been a terrible nuisance getting the state highway moved."

CATTLE PROSPECTS SHOULD IMPROVE

Some improvement in beef cattle prices may be expected during 1939, according to the Agricultural Situation Outlook for 1939, which is about to be released by the Dominion Departments of Agriculture and Trade and Commerce. The prospective improvement is based on the expected reduction in cattle marketings during 1939, and a stronger doing business conditions. The reduced duty on cattle entering the United States is also expected to lend support to the market in Canada.
Numbers of cattle on farms at June 1, 1938, were fewer than at the same date in 1937 and it is expected a further reduction will be shown in the mid-summer of 1939. Cattle numbers tend to fluctuate up and down in a cycle of about 14 years from peak to peak. It is anticipated that the present downward trend in cattle numbers will continue through 1939 and possibly 1940. Marketings of cattle followed the same general trend as numbers on farms and during the period June to December, 1938, sales of cattle and calves for farms for domestic and export trade were almost 30 per cent below those of the same period of 1937. Since exports of live cattle in 1938, a larger proportion of the total supply was taken by the domestic market than was the case in 1937.
The west-to-east shipments of feeder cattle to feedlots and stockyards in Ontario and Quebec during the marketing period from June 1 to mid-November, were approximately 53,000 head as compared with about 177,000 head for the corresponding period of 1937. This reduced movement was the result of the low spread between the price of feeder steers in the fall of 1937 and that of finished cattle in that with an abundance of cheap feed in Western Canada, farmers in that area held cattle at a price higher than eastern farmers were willing to pay. This curtailment of the movement of feeder cattle to the East does not necessarily indicate a reduction in total output of grain-fed cattle during 1939, but rather a shift in the areas from which these cattle will be marketed. The reduced marketings from Eastern Canada will be offset, in part, by heavier marketings from the Prairie Provinces.
Prospects for the export of calves during 1939 are much improved by the terms of the new Canada-United States trade agreement, which raises the maximum weight from 175 pounds to 200 pounds each and increases the number permitted under the reduced duty. The reduction of the duty on cattle over 700 pounds from 2 to 1 cent per pound, with an increase in the quota, would seem to improve the prospects for export of this type of cattle.
The Agricultural Situation and Outlook for 1939 contains a complete review of the market prospects for all major farm products and is available from the Publicity and Extension Branch, Dominion Department of Agriculture, Ottawa.

TEACHERS SEEK RIGHT TO SERVE UPON COUNCILS

The Ontario Department of Education and the Ontario Department of Municipal Affairs will be asked by the Ontario Secondary School Teachers' Federation to take immediate steps to make it possible for teachers to serve on municipal council if elected by the people. In annual meeting at Toronto last week, the Federation endorsed a recommendation of Allen Noonan, Windsor, to press these departments to take steps to clarify that section of the Municipal Act which at present disbars school teachers from holding municipal office. Federation members contended teachers were entitled to full citizenship and the right to serve on municipal councils if elected.

"BETTY" MOST TRAVELLED DOG

"Betty," five-year-old Boston terrier owned by W. J. Wells, Canadian National Railways' baggage man, is believed to be the most widely travelled dog in Canada. "Betty," her master says, has travelled more than 40,000 miles in Canadian National baggage cars with him on his runs. And all of Betty's mileage has been put in between Vancouver and Jasper Park, Alberta, a distance of 535 miles.

Halton Holstein Breeders Club Has Record Year

The annual meeting of the Halton Holstein Breeders was held in Palermo on Wednesday, Jan. 11th, with approximately 125 breeders in attendance.
Following the plan which was inaugurated a year ago, the business meeting was held in the morning, followed by dinner which was very efficiently supplied by the ladies under the sponsorship of Mrs. Victor J. Lawrence.
President Morley Watson and his committee had prepared an outstanding programme for the afternoon session, which included musical numbers by the Bennett Orchestra of Campbellville, as well as addresses by Dr. H. D. Branion, head of the Department of Animal Nutrition, O.A.C., Guelph, and Mr. E. R. Hare, of the Department of Agricultural Economics, Ottawa, and Mr. Byron Jenvey, Holstein Fieldman for Western Ontario.

It was indeed gratifying for Halton breeders to learn that they had the largest membership of any county in Ontario, notwithstanding the fact that Halton is recognized as one of the smallest counties in area. Mr. Jenvey also complimented the club on the fact that they stood fourth from the standpoint of the number of members enrolled in Record of Performance work, and eighth in the Province from the standpoint of the total number of breeders in the county.

According to President Morley Watson the club had enjoyed one of the best years in its existence, both financially and from the standpoint of interest and attendance at the various projects undertaken during the past year. Fieldman Wm. Robertson and Edgar Lyons reported sales totaling between fourteen and fifteen thousand dollars.

The addresses of Messrs. Branion and Hare were received with a good deal of interest by the breeders, and at the conclusion of the afternoon, Vice-president A. S. Mahon extended the appreciation of the audience to all those who had assisted in making the meeting the best on record, and

in particular complimented the speakers on the very practical information which they had given dealing with Animal Nutrition, and the cost of milk production survey in 1938, as well as to the members of the Bennett Orchestra for the excellent programme.

The election of officers for 1939 resulted as follows:
President—Morley Watson, Tanley.
First Vice-president—A. S. Mahon, Campbellville.
Second Vice-president—J. C. Bell, Freeman.
Secretary-treasurer—V. J. Lawrence, Oakville.
Nassagaweya—N. C. Lee, Rockwood.
Esquimaux—Wm. Robinson and Craig Reid, Georgetown.
Nelson—Fred Hamilton and Ross Segsworth, Freeman.
Trafalgar—W. H. Biggar, Oakville.
Emerson Ford, Hornby; Addison Woodley, Milton.

HITLER AND HEPBURN BEST NEWSMAKERS

The world's "newest" figure is Adolf Hitler, Canadian newspaper telegraph editors believe.
In a survey by the Canadian Press they chose the German Fuehrer as chief newsmaker of 1938 over Prime Minister Neville Chamberlain. And those were the only two they named. Selecting the newest Canadian of the year was not so easy. The editors finally settled on Premier Hepburn, of Ontario. Also in the running were Conservative Leader Manion, former leader Bennett, Prime Minister Mackenzie King, Premier Aberhart of Alberta, Lt.-Col. George Drew, Dr. A. R. D'Arce, and his charges the quints "or any one of them"

"Hair cut, sir?" inquired a barber of a customer whose head was almost bereft of hair.
"No," was the sarcastic retort. "I want it done up in a bun and fastened with a pink ribbon."

Pocket-picking is increasing, in Nigeria now that the population is less scantily dressed.

The SNAPSHOT GUILD CAMERA IN THE CAR



When driving, keep your camera on the seat beside you, loaded and ready. You never know when a picture chance (such as this) will pop up.

Do you keep your camera in your automobile when you're driving—all loaded on the seat beside you, lens and shutter set, ready to shoot at a moment's notice? Try it sometime, and you'll be surprised how it helps you spot picture opportunities.
Hundreds of pictures can be shot without leaving the car. This is especially true in warm weather, when air windows are down, and the top, in some cases, is folded back.
If you are not doing the driving, your hands are free and there are many more picture opportunities for you—as well as a better snapshot position. The car halts at a street intersection, and there may be a popcorn peddler on the corner, a window washer at the office window above, people busily hurrying to and from work. A small boy is struggling with a big bundle; an old lady passes by with her head wrapped in a shawl—chance for a well "character" shot. Indeed, all these can be good pictures—natural, "off-guard," full of life.
Never take a drive in the country without your camera. You see more, enjoy yourself more, notice more interesting things if the camera is along. Try making a connected picture story of a Sunday afternoon drive—and you'll be surprised how entertaining it can be. And here's an idea: picture landscapes and interesting stretches of road through the windshield of your car, from the back seat, using the outline of the windshield as a "frame" for the scene. Such pictures show not only what you saw, but how you saw it—hence, they are twice as effective. Needless to say, the windshield glass must be clear.

John van Guilder.

WHAT IF IT DOES COME FROM PANTHER VALLEY

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