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RADIO TUBES

Hugh Lindsay, Radio

Jam Shelves With Jam

By Frances Lee Barton

All your shelves with jams and preserves as the various fruits and berries ripen. It may mean a little work now, but a well-filled preserve closet is a mighty fine friend during the cold winter months. Here is a recipe to use with either wild or cultivated strawberries — one berry that must be included in your jam collection.

Strawberry and Pineapple Jam

3½ cups (1¾ lbs.) prepared fruit; 6½ cups (2¾ lbs.) sugar; ½ bottle fruit pectin.

To prepare fruit, crush completely or grind about 1 quart fully ripe berries. Each berry must be reduced to a pulp. Cut fine or grind 1 medium fully ripe pineapple or use ½ No. 2 can crushed pineapple. Combine fruits. Measure sugar and prepared fruit into large kettle, mix well, and bring to a full rolling boil over hottest fire. Stir constantly before and while boiling. Boil hard 3 minutes. Remove from fire and stir in fruit pectin. Then stir and skim by turns for just 5 minutes to cool slightly, to prevent floating fruit. Pour quickly. Paraffin at once. Makes about 9 glasses (6 fluid ounces each). ●

TWO THOUSAND MEN REQUIRED TO OPERATE AND SERVICE ROYAL TRAIN

More than two thousand men of numerous classifications of employment will be required for the operation and service of the Royal Train during its progress over the lines of the Canadian National Railways, according to a statement made today by N. R. Walton, vice-president in charge of operation for the National System.

For the actual operation of the Royal Train there are now being selected 36 enginemen and an equal number of firemen to form locomotive crews. Of that number 15 individuals of each classification will be engaged in the Central Region of the National System which covers a large part of the Provinces of Ontario and Quebec. An equal number will be selected for the Western Region which includes the Prairies and British Columbia. Then for the Atlantic Region including Eastern Quebec and the Maritimes, six enginemen and six firemen are being named.

For service in the three regions named, 19 conductors are being selected as well as 43 trainmen.

These men required for the direct operation of the Royal Train number in all 134 and form but a small proportion of the more than 2,000 individuals whose services will be requisitioned. Some of these other men will ride the Royal Train while larger numbers will have their appointed places and duties at stations and terminals where the Royal Train will be serviced each day during a scheduled stop.

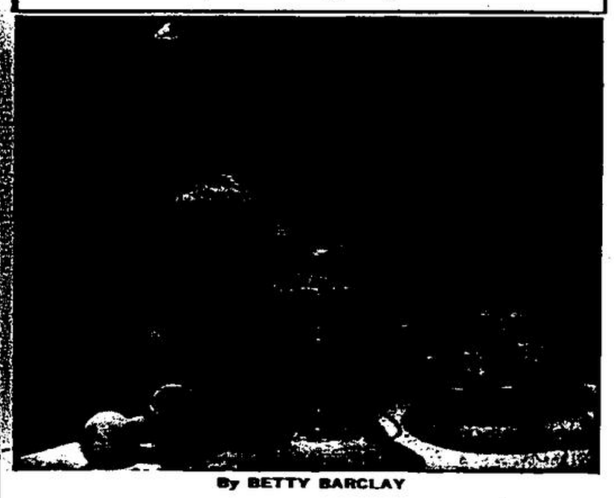
Officers of the National System actually riding on the Royal Train will include the regional vice-presidents, each of whom will travel throughout his own jurisdiction. Accompanying the vice-president throughout assigned territory will be a general superintendent.

In addition to these officers responsible for the operation of the train, there will be numerous experts in charge of the air-conditioning, the electric lighting and other mechanical features of the train. The railway staff on the Royal Train will also include telegraph operators.

As all travellers are aware, it is necessary to perform a number of service functions on all long distance trains operating in Canada. For this special occasion the number of men ordinarily required will be greatly increased in order to expedite the movement. At divisional and terminal stops where such service functions are performed these forces will attend to the replenishment of the water supply, the ice supply, cleaning of the exterior of the cars, and a complete examination of trucks, wheels and all operating parts of the train. The men being selected for this work are being chosen with the same care exercised in the choice of the enginemen, firemen, conductors and trainmen, and this care in selection is being extended further back to numerous other workers who perform duties in connection with signals, crossings, and the maintenance of way.

Baseball Player: "I wasn't out!"
Umpire: "Well, just have a look at the papers tomorrow."

Why Orange Juice?



By BETTY BARCLAY

Child Health Day comes once a year by presidential proclamation—and every day to parents of "the younger generation."

Proper diet, exercise and rest are the recognized "musts" for growth and development — and of these three, diet demands the keenest mental application and supervision. Today when science is adding rapidly to the public knowledge of diet and its relation to health, it is a task sometimes to make sure what foods are necessary and what are mere fads or fashions.

Why, for instance, do doctors prescribe orange juice? From the age of three weeks, today's child is given orange juice in increasing quantities. By the time he goes to school, he drinks a large glass full of orange juice every day, as much as is recommended to Dad and Mother.

The three-ounce daily quantity of orange juice regarded as "reasonable" a year ago, in the light of recent findings by science, is below the protective level needed for vitamin C, which is so important to the child's health.

Failure to grow and gain weight properly, vague aches and pains or "growing pains" which decay and do not "stand up" are some of the evidences of a border-line scurvy which plenty of orange juice will prevent in the growing child. It is this "run down" condition which frequently baffles parents. To the physician or dentist called upon to diagnose the difficulty, these signs indicate lack of vitamin C, and a lowered resistance to many diseases of childhood.

In no studies of various vitamin deficiencies are the distinguishing marks as clear cut as in the case of vitamin C. It is illustrated by a recent survey of rheumatic fever among children brought to the University of Rochester. Germs of rheumatic fever were found five times as often in the tonsils of children whose blood showed a "low normal" percentage of vitamin C as in the "higher than average" group.

The vitamin C of the blood is directly increased by the amount of citrus fruit in a child's diet.

Even though oranges contained no other factor of therapeutic value than their vitamin C, they rank high in the list of protective foods. California oranges especially are high in vitamin A — as indicated by their deeper yellow juice. They also are abundant in vitamins B_1 and G, as well as in calcium and phosphorus.

One 8-ounce glass of fresh orange juice furnishes 100 calories, or 4 per cent of the energy requirements of a growing child.

It would be regarded as an adequate food if 8 ounces of orange juice contributed only 4 per cent of each of the required protective essentials, the minerals and vitamins. Actually, however, 8 ounces of orange juice or "a large glass" furnishes 8 per cent of the vitamin A, 22 per cent of the vitamin B, 100 per cent of the vitamin C, 14 per cent of the vitamin G, 9 per cent of the calcium and 6 per cent of the phosphorous needed each day.

PAUL WORKS A HARD FIELD

International Uniform Sunday School Lesson, May 7th, 1939

GOLDEN TEXT: "I can do all things through Christ which strengtheneth me." Philippians 4: 13.

LESSON PASSAGE: Acts 18: 1, 4 - 11 I Corintians 2: 1 - 5.

Why restless, why cast down, my soul?
Hope still, and thou shalt sing
The praise of Him who is thy God,
Thy health's eternal spring.

Reason, 3, 4

Religion is based on reason. It requires reason even to interpret revelation. The seers of the past who have given great spiritual truths to mankind were thinkers and students. Paul had a spirit so finely tuned that he was responsive to the subtlest movements of thought, but this senisti-ity to truth had been developed by the exercise of his virile mind. In the synagogue at Corinth, Paul persuaded the Jews and the Greeks. His power of persuasion was not through pleading but through reasoning. He proceeded from the known to the unknown and presented his convictions in such a logical, rational fashion that he won converts. The Church owes much to her thinkers. Very often the first step toward a deep spiritual experience is mental clarification. There are laws governing the mind and soul just as there are laws governing the planets and the weather. Those who understand the workings of the human spirit are able to present truth convincingly so that others are led to believe.

Affirmation, 5, 6

The central fact in Paul's thinking was that Jesus was the Christ. We can hardly understand all that this meant to one brought up as a Pharisee, who at last saw clearly that the national hope of the Hebrew race had been fulfilled in Jesus. Paul crystallized his whole theology in those words, "Jesus is Lord" or "Jesus was Christ." Paul's conviction of the Messiahship of Jesus was central in his thinking just as the sun is the centre of the solar system. Paul was ready to witness to this conviction in season and out of season. Yet he liked to have other Christians with him. In Corinth he had the companionship of Silas and Timothy and together they would witness concerning their common faith. The witness given by all three, would be more impressive than the statement of one man alone. The Christian Church is losing greatly by having witnessing left chiefly to one man in a congregation. All members of a church should be able to give a reason for the faith that is in them. Sometimes the witness of a layman reaches other men and women even more effectively than the statement of a trained theologian.

Home Religion, 7, 8

When Paul was driven out of the synagogue he did not cease witnessing. He merely transferred his activities to a private house. Justus allowed his house to be used for teaching and personal evangelism. What a thrill must have gone through the group when Crispus, a ruler of the synagogue professed his faith in Christ and was received into the fellowship! His example led many others to make the same decision. The Christian Church of the future will make a greater use of homes. Many people who are hardened to conventional public worship can be won through informal, heart-to-heart chats around a fireside. Questions can be answered, experiences may be shared and decisions registered without the formula of a penitent bench or inquiry room, good as these are in their own way. Often, a witness in colloquial language is much more effective than in the familiar forms of theological language. In certain communities, there have been more conversions in homes than in the churches.

A Time Exposure, 9 - 11

Sudden conversions are real. Paul saw many of them. Steady and slow growth is necessary, however, even for those who have had the dramatic experience of a sudden conversion. It is by seeing what Christ can do for men and women through a period of discipleship, continuing over several years, that we have the fullest demonstration of his power. Paul stayed for a year and a half in Corinth, building his converts up in the Christian faith. When he left Corinth, there remained a group of people who were able to carry on his work. It may be difficult in a congregation to show definite results for one week's activities, but faithful teaching, worship and service throughout five years will transform the characters of many people. There are young revolutionaries in politics who wish to create a new social order overnight, but a nation becomes strong by the upright citizenship of large numbers of people persevering year after year. Christ was willing to spend many months in the training of his disciples. To attain maturity in Christian experience, faithful study, thought and fellowship are required continuously.

Demonstration, 1 - 5

Even greater than Paul's thinking was the influence of his daily life. The Corinthians saw a great scholar giving fellowship freely. They saw a Jew mingling without reservation amongst Greeks. They felt the power of the Holy Spirit in the life of this man who lived in their homes. What is the explanation of the influence of Paul? He himself did not attribute it to personal appearance, eloquence, or popularity. He gave all the credit to the crucified Christ. The Cross had tranformed the disposition of Paul. The one-time persecutor had become an expert in Christian love. Paul did not preach self-help, but God's help in Christ. Christ finds an open door into a human heart when some individual recognises that genuine Christians have an inner power radiating truth, love and good will.

Questions for Discussion

1. Which is uppermost in my religious experience, reason or emotion?
2. Am I lone-wolfing or living in fellowship?
3. Is it possible to get religion working outside the churches?
4. "Be ye transformed"—is it a matter of minutes, months or years?
5. What was the secret of Paul's power?

LITTLE REST DAY OR NIGHT

Woman with Severe Nuritis

For the benefit of others who may be troubled with the complaint she suffered from, a grateful woman writes:—

"Last May I had a very severe attack of neuritis in the leg, which made it impossible for me to rest during the day, or to get regular sleep at nights —to say nothing of the intense pain.

"Various medicines gave me very little relief, and a friend advised me to give Kruschen a trial, as she had derived benefit from it whilst suffering similarly. I am so thankful that I took her advice. From the very first bottle I felt relieved, and now I am quite free from pain, and get a good night's sleep."—(Mrs.) H.C.

Neuritis, like rheumatism, lumbago, and sciatica, is often caused by needle-pointed uric acid crystals, which form as the result of sluggish eliminating organs. Kruschen helps to convert those crystals into a harmless solution, which is removed through the natural channels.

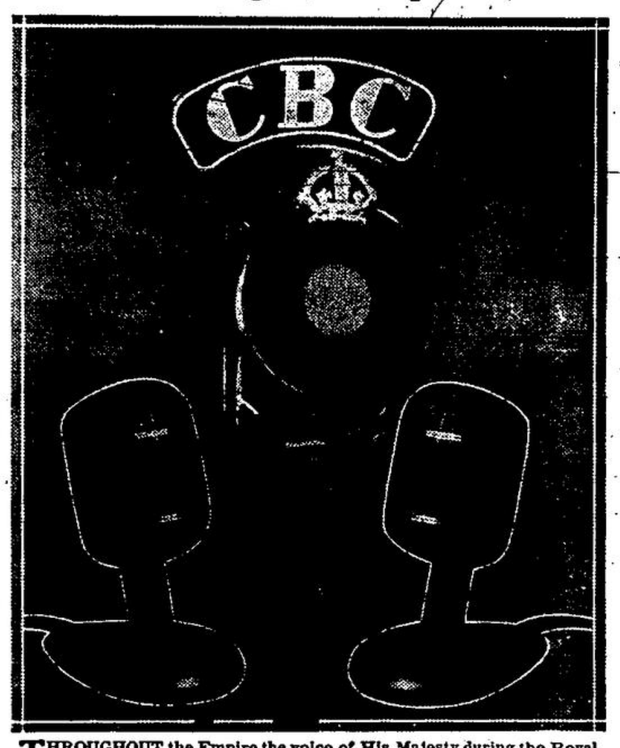
COST OF ILLNESS $300,000,000

Direct cost of illness in Canada amounts to approximately $300,000,000 annually. Dr. Gordon Bates, general director of the Health League of Canada, told the trustees and ratepayers section of the Ontario Educational Association last week. "In Canada we spend less than $7,000,000 annually to prevent sickness, less than $1 a person for prevention," he said. The remedy lay in public health education on a large scale starting with the child.

ENTERING THE MINISTRY

Miss Alice Armstrong of Flesherton, daughter of Rev. A. E. and Mrs. Armstrong of Meaford, has offered herself for the ministry in the United Church of Canada. Her application for the ministry has been signed by the Official Board of the church. Alice has one year in Arts Course to complete in Toronto University, followed by three years theological course before her ordination can take place.

The King's Microphones



THROUGHOUT the Empire the voice of His Majesty during the Royal Visit to Canada will be heard through these microphones. They have been produced by the Northern Electric Company, to the specifications of the Canadian Broadcasting Corporation. The microphone bearing the Royal Crown is one of many produced for use across Canada during the tour of Their Majesties, and is specially designed for reduction of wind noise for use out-of-doors. The two oval shape microphones are gold plated and of the new Cardioid type which will be used to broadcast His Majesty's message of greeting on arrival at Quebec and on the occasion of the Empire Day Celebrations from Winnipeg.

"I hear your husband's coming home after all this time, Mrs. Murphy," said Mrs. Flanagan. "Do you think he'll be changed?"

"I expect his hair will be shorter," ventured Mrs. Murphy.

Most men who die with their boots on, would still be alive if they had sneaked in in their stocking feet.

SWEET CAPORAL CIGARETTES
"The purest form in which tobacco can be smoked"

SPECIAL during ELECTRIC DEMONSTRATION WEEK ONLY!

Electrical Servants

Demonstrated in GEORGETOWN

May 8 to May 13th

You are invited to visit your Electrical Dealer's store and learn the advantages of using ELECTRICAL APPLIANCES in the home . . Moderninze your home. . . Revolutionize your living.

Enter the Big Slogan Contest

Following are the Three Prizes for winners in the Local Contest:—

1st Prize - Telechron Electric Clock, Value $15.00
2nd Prize - Electric Sandwich Grill, Value $8.00
3rd Prize - Electric Iron, Value $4.00

Visit your local Electric Appliance Dealer and ask for an entry form. Following are the Georgetown dealers:—

HUGH LINDSAY — RICHARDSON'S HARDWARE
GEORGE MUCKART — R. H. THOMPSON & CO.

Fill in Slogan Entry Form and return to Dealer's Store . . Absolutely NOTHING to buy

Slogan to consist of a few words which will be similar to "Wake up and Live Electrically." The there winning slogans of local competition will be entered in porvince-wide contest; the winner of which will receive a FREE trip to the NEW YORK WORLD'S FAIR.

SEE PRIZES IN P. B. BLACKBURN'S WINDOW.

WAKE UP AND LIVE Electrically