

The Macaroni Family

By BETTY BARCLAY



Housewives plan to change the ways of serving popular foods in keeping with seasons. So let's not forget our friends, The Macaroni Family, now that warm weather is here. Macaroni, spaghetti, egg noodles and the other members of this popular family that are such favorites in either seasons can be turned into dozens of excellent summer dishes.

This wheat food being bland will blend naturally and tastily with vegetables, with fruits and with meats to make a well-balanced main course dish that is easy to prepare, healthful and filled with the elements needed for body sustenance in every season. Any way this food is served, will prove a pleasing change in the menu. What more can one ask for?

As a change for the popular potato salad, why not serve Macaroni Salad? Have you tried egg noodles as a cereal or as a dessert; or luscious spaghetti with butter? The folks will like them all.

Here are three summer recipes that you will find particularly pleasing. The manufacturer of your favorite brand of The Macaroni Family will gladly supply you with additional recipes on request:

Noodles with Fresh Fruit
1/2 lb. egg noodles
Fresh fruits in season
1 cup cream

Cook egg noodles in boiling salted water till tender and drain. Chop slightly with edge of a saucer. Mix with fruit cut in small pieces. Serve hot or cold, as a cereal, with cream.

This is particularly good for children and related as a dessert to your most fastidious dinner guests.

Spaghetti al Burro
All housewives plan at least one hot dish daily. Here's one that is easy to prepare and a family favorite for luncheon.
1/2 lb. spaghetti
1/2 cup butter
1/2 cup grated cheese
Salt and pepper

Macaroni Daisy Salad
Inasmuch as the average American family seems to have a growing interest in salads, try this one as a change from the popular potato salad.
1/2 lb. elbow macaroni
1 green sweet pepper
1 chili or sweet pepper
Salt and pepper
4 hard-boiled eggs
1 large ripe tomato
1 medium onion, chopped fine
1/2 cup French dressing or mayonnaise

Macaroni with Pickle
Cook elbow macaroni in boiling salted water till tender, then drain. Mix with green pepper, cut into small pieces, with tomato, sliced or chopped, with pickle, chopped fine, with 2 hard-boiled eggs, diced, and with onion. Season with salt and pepper, then mix all well with French dressing or mayonnaise.

Macaroni with Egg
Serve on four crisp lettuce leaves, with an egg daisy on top and garnished with parsley. The egg daisy is made by cutting each of the two remaining boiled eggs in half, using one half of the yolk in center of the daisy. Cut the other half into strips making a rosette representing the petals of the daisy.

United Church Pension Fund Paid Out \$755,000 Last Year

The Pension Fund of the United Church of Canada paid out in benefits last year the sum of \$755,000 to ministers, widows, orphans and in special grants, it was stated by Rev. Dr. S. W. Dean, Secretary of the Pension Board.

Receipts for the past year were derived from the Missionary and Maintenance Fund, from interest on investments, from ministers' assessments and from a grant given by the Publishing House of the United Church of Canada.

Most regrettable item Dr. Dean had to report was that \$107,000 had to be taken from the capital reserve in order to enable the Pension Fund to make payment of all benefits.

Since Union in 1925, the Pension Fund has distributed more than \$8,407,000 in benefits. The ministers themselves have paid into the Fund almost \$2,000,000. The people of the church have paid toward the Fund through the Missionary and Maintenance Fund \$3,990,000. Investments have yielded \$3,400,000. Contributions from the Publishing House have totalled \$274,500.

Capital of the Pension Fund is at present \$5,880,000, which is \$1,735,000 more than at the time of Union.

"The problem of succession duties and taxation creates some difficulties for us," Dr. Dean told a number of Conferencees recently. "War clouds and economic disturbances have endangered human security. But despite it all we hope and not despair. We dare believe the dawn is near."

SAFETY IN INDIAN SIGNS

One of the most striking things about the Royal Visit by the King and Queen is the interest their Majesties have shown in their Indian subjects in Canada.

At every point where Indians have turned out to greet the Royal couple both King George and Queen Elizabeth have shown a keen interest in them—in their work, in their life, their families and their colorful costumes. In Calgary, their Indian subjects gave the noble title of Chief Albin—"White Chief."

The life of a king and that of an Indian brave are worlds apart and yet there is one thing they have very much in common—a vital interest in safety. The story of King Georges interest in safety work has often been told—how he has taken an active and keen part in accident prevention movements in the British Isles for many years.

Many of us, however, are prone to forget how much the native Indian has contributed to safety in North America. And quite often this forgetfulness results in injury and death.

A noted safety expert recently expressed the belief that if drivers when on the road would emulate the American Indian in his caution and watchfulness for every sign along the road and his interpretation of that sign with relation to his own safety, the accident toll would be greatly reduced.

This speaker—W. J. Davidson, president of the Society of Automotive Engineers—briefly outlined the Indian look not only of every possible indication presented to them in ensuring their safe passage along rivers or through the woods. They have watched for signs other Indians have placed on trees; they examined every track or foot-print; they came across; they listened for every sound and sign of movement; and always kept one eye on the weather.

He spoke of what he termed "the Indian signs" of highway travel, and classified them in two groups. The first group comprised signs placed by highway engineers sound and made a directive or warning character or bearing merely symbols such as an arrow with a curved tail to indicate the intersection of a side road.

The second group, he said, comprised messages carried by the highway which should indicate a slow-moving vehicle or phenomenon along the next hill. Such tracks should be an immediate warning to slow down and be on the watch. Another sign he spoke of was a cloud of dust to the right or left of the highway, which would indicate a car approaching to enter the main road from a blind side road.

"At the first spit of rain on the windshield," said Davidson, "it should be instinctive for the driver to test his brakes at the first convenient opportunity." Similar precautions were indicated, he said, when the character of the road surface changed to smoothness or color.

He declared that drivers should train themselves to react automatically to such "Indian signs," and that in such instinctive reaction on the part of motorists lay the secret of safe driving.

CANADA TURNIPS FOR U.S.

Estimates of the acreages devoted to the production of table turnips in Canada are not available. However, turnips are grown in all provinces, the export trade being confined to Ontario and Prince Edward Island. The production of turnips in Ontario during the 1938-39 season was 1,522,000 bushels, and 656,000 bushels in Prince Edward Island. Production of table stock is not sharply defined from that for food purposes, and the quantity exported is largely dependent upon export demand. Practically the entire export of Canadian turnips is to the United States.

That Slow Clock
"John, dear," said Mrs. Brown, "such an odd thing happened today. The clock fell off the wall, and if it had fallen a moment sooner, it would have hit mother."
"It always said that clock was slow."

DRESSMAKER HAD TO QUIT SEWING

Hands Swollen with Rheumatism

Pity this poor dressmaker! Ninety-tenths of her work consists of sewing—and she was not able to sew. Rheumatism in the hands was her trouble, and she tried any number of remedies. But nothing helped much until she came to Kruschen.

"Three-and-a-half years ago," she writes, "I had a violent attack of rheumatic pains. My feet and hands were swollen. The pain was terrible. I was really quite crippled and helpless."

"I tried many remedies without success. Then I started on Kruschen Salts, and after one month, I could stand up again. Then, I walked with a cane. In three months, I was quite well again. As I am a dressmaker, you can imagine what it meant to me not to be able to work my sewing machine. What a treat to be able to walk, to work, and to be free from pain."—(Mrs.) E. S.

The stabbing pains of rheumatism are often caused by needle-pointed crystals of uric acid lodging in the joints. Kruschen brings relief because it helps to dissolve those troubling crystals and to expel them from the system.

IMPORTED GARDEN SEEDS

As occasion demands, garden seeds are imported into Canada both for scientific and commercial purposes. At times, it is expedient to investigate the possibilities of certain seeds not usually grown in Canada, and at other times it is necessary to supplement the domestic supply. The seeds are obtained for the most part from countries whose climates more or less approximate Canadian conditions, particularly the United States, Great Britain and Holland. Some of the seeds come from certain countries only. For example, from July 1, 1938, to March 31, 1939, the United States was the sole supplier to Canada of watermelon, popcorn, citron and muskmelon seeds; corn came from Great Britain and the United States only, and China and Japan sent the only brassica seeds imported into Canada.

78th Anniversary Services Limehouse Presbyterian Church

will be held
SUNDAY, JUNE 18th, 1939

REV. KENNETH McLEAN, of Wingham former pastor, will be Guest Speaker at both services
Morning Service at 11.00 a.m. — Evening Service at 7.00 p.m. (Standard Time)

SPECIAL MUSIC BY THE CHOIR

Monster Garden Party MONDAY EVE'G, JUNE 19th

on the lawn of
Mr. A. C. Patterson's Silvercreek Service Station
THE BEST PROGRAM OF THE YEAR BY
THE BRUNSWICK TRIO, of London

Short Addresses by Rev. and Mrs. McLean and Local Ministers
PARKING FACILITIES WITH POLICE PROTECTION
REFRESHMENT BOOTH ON THE GROUNDS
Program at 8 o'clock Standard Time

ADMISSION: Adults 35c; Children 15c
EVERYBODY COME

SOME GOOD ADVICE

Here's a bit of sane advice Russell T. Kelley, of the Russell T. Kelley Advertising firm, Hamilton, gave recently to a rural urban audience: "There is no doubt that one of the finest moves the business men of any village, town or city can make is to co-operate with the farmers. My own opinion is that we will never have national prosperity in Canada until we get the farmers in a position where they are making money. There are two ways by which this can be done—First, the urban population prices which will give them a profit. Second, the farmers must become better farmers."

TO HORSEMEN

We have just purchased the Imported Percheron Stallion

"Alfred" 12908 - 190275

and invite all interested to inspect him at the farm or Phone 85 R 12; Georgetown and we will call on you. This horse spent four years in the Erin district and his record is well-known in these parts.

For full particulars apply to owner.

J. G. GILLIES

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

Treasurer's Sale of Land For Taxes

TOWNSHIP OF ESQUEWING, COUNTY OF HALTOUN
BY VIRTUE of a Warrant issued TO WIT:

By the Recve of the Township of Esquewing bearing date the nineteenth day of September, 1938, a sale of lands in arrears of taxes in the Township of Esquewing will be held at the Council Chamber, in the Village of Stewarttown, at the hour of ten o'clock in the forenoon on the seventh day of July, 1939, unless the taxes and costs are sooner paid.

NOTICE IS HEREBY GIVEN that the list of lands for sale in arrears of taxes has been prepared, that copies of the said list may be had at my office, that the list of lands for sale for arrears of taxes is being published in The Ontario Gazette on the first day of April, 1939, on the sixth day of May, 1939, and on the third day of June, 1939, and that in default of payment of taxes and costs the lands will be sold for the said taxes and costs.

TREASURER'S OFFICE, this 29th day of March, 1939.
GEORGE LESLIE, Treasurer.

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CANADA'S FIRE LOSSES

Public apathy toward carelessness, particularly where losses from fire are concerned, is undoubtedly responsible for Canada's higher per capita fire loss, which was about \$2.31 in 1938 compared with about one dollar in Great Britain and Ireland, and less than one dollar in a number of European countries. A Leslie Ham, manager, Canadian Underwriters Association, declared in an address on "Personal Liability for Fire" before the Association of Canadian Fire Marshals at Winnipeg last month.

The apathy is probably engendered in this country by Nature's abundance whereas, in the other countries, not so well blessed, their peoples have made a virtue of thrift and a crime of waste. "Our fire waste figures have failed to impress the man on the street with the extent of this problem and the contribution it makes to his cost of living. If he is impressed by them at all, he is deluded by the erroneous thought that a substantial proportion of the loss has been taken care of by insurance, failing to realize that a fire loss is a loss and remains a loss whether there is insurance or not."

Laws, however, will not change the public attitude in this regard nor will they eliminate apathy towards fire loss. Suggestions were made from time to time that compulsory automobile insurance is an answer to the highway work but "this is no more the answer than compulsory fire insurance would be to the problem of fire waste since it might aggravate the problem, and in the long run, mean an increase in cost to the public and merely serve as a palliative to some of those who suffer loss."

On the other hand, Mr. Ham said, a suggestion has been made by the National Fire Protection Association whose "chief merit is that it is practicable and it could be founded on logical principles."

"Municipalities maintain fire-fighting forces and equipment. There is a distinction between the cost of maintenance and the increased cost and hazard arising out of the use of the fire department. Tax payers can rightly be charged in taxes the cost of maintenance so that the equipment is available to any who need it. The increased cost arising out of its use might well be charged to those who suffer from fires, particularly where the fire is due to negligence."

ACCIDENTS AND COMPENSATION

During the month of May there were 4,625 accidents reported to The Workmen's Compensation Board, as compared with 3,448 during April, and 4,602 during May a year ago.

The benefits awarded amounted to \$518,878.39, of which \$429,703.97 was for compensation and \$89,174.72 for medical aid.

CARROLL'S Sparkling Catarac Dry
GINGER ALE 3 30-oz. (Large) Bottles 25c
Deposit Extra

GRAPFRUIT JUICE Texas No. 2 7c
Orange Marmalade Golden Tin 7c
Wethy's 32-oz. jar 18c

Hellman's Mayonnaise 3 1/2-oz. btl. 9c
Plain or Pimiento, Velveta
CHEESE 1/4-lb. pkg. 15c
Heinz Tomato KETCHUP 2 lg. btl. 35c
Libby's Sauer KRAUT 2 No. 2 1/2 Tins 25c

PORK & BEANS Libby's 20-oz. 2 tins 13c
WAX BEANS Lachne Cut or Whole 4 No. 2 tins 25c

Special—I.X.L.
RICE 3 lbs. 13c
Eagle Brand Condensed MILK 15-oz. tin 19c
Delicious Sandwich BISCUITS 2 lbs. 27c
Singapore Sliced PINEAPPLE 2 No. 2 tins 17c

CORN FLAKES Kellogg's pkg. 7c
Evaporated Milk Borden's, Carnation, Nestle's 3 16-oz. tins 22c

Always Popular—Shredded WHEAT 2 pkg. 23c
King Oscar Norwegian SARDINES 2 tins 29c
Christie's Fresh FIG ROLLS 2 lbs. 29c
Fresh Roasted PEANUTS in shell lb. 10c

SPAGHETTI BUTTER Catelli's Cooked 2 30-oz. tins 29c
First Grade Creamery (Butter Special for Friday and Saturday Only) lb. 24c

Special—Nugget Shoe SHOE POLISH tin 10c
Northern Toilet TISSUE 3 rolls 25c
Old Dutch CLEANSER tin 9c
For Quick Soak OXYDOL pkg. 9c, 21c, 59c

LETTUCE Home-grown—Large heads 6c ea.
ORANGES Valencia—Med. size doz. 23c
TOMATOES 2 lbs. 25c
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