

Science Tells Why Lemonade Is Cooling

By BETTY BARCLAY

Frosty glasses of lemonade, garnished with lemon slices and mint! What simpler or better refreshment are available for a summer afternoon or evening? A tray of crisp crackers and an assortment of vegetable snacks completes a garden-fresh menu that's both cool and cooling.

Lemon Ice Burgs: Top glasses of lemonade with generous spoonfuls of Lemon Sherbet.

Vegetable Snacks

Wash and clean thoroughly the following vegetables:

Cauliflower: Break apart flowerets in a small head of uncooked cauliflower.

Radishes: With a sharp knife cut back outer skin to make roses.

Carrots: Scrape and cut in lengthwise slices. Cut each slice into strips, retaining an uncut piece at top to hold strips together.

Celery: Stack several stalks of celery with pimento cream cheese, which has been thinned with a little lemon juice. Fit these together. Roll in waxed paper and chill in refrigerator.

Put cauliflower, radishes and carrots in ice water to crisp. Drain when ready to serve. Cut celery in slices. Arrange vegetables in serving dishes and garnish with mint and parsley.

Lemon Sherbet

Another delicious form in which lemons bring coolness to a warm day is Lemon Sherbet. Roll 2 cups sugar and 1 cup water together for 5 minutes. Fold this syrup slowly into 2 stiffly beaten egg whites.

Add 1 cup lemon juice and 1 cup water. Beat well. Pour into freezing tray and set cold control at fast freezing. Freeze stiff and beat or stir thoroughly. Return to freezing compartment and finish freezing; or freeze in crank-freezer.

(Makes about 1 quart. Serves 6-8.)

To Make Lemonade For each person served, extract the juice from 1 lemon. Sweeten to taste with 1 to 2 tablespoons sugar or honey. Stir until this is dissolved. Add 1 cup cold water and ice to chill. Garnish with mint sprigs and slices of lemon, placing a slice of lemon on rim of each glass.

Lemon Fizz: Make lemonade with carbonated water.

Baking the Blueberry

By Francis Lee Barton

YOU may not be able to paint the lily successfully, but no matter how much you relish plain blueberries and cream, you can bake this tasty blueberry morsel and produce a roulette that will amaze and delight. Try serving blueberry roulettes to your family or guests.

There is only one drawback. You'll be pestered for repeat orders as long as blueberries are on sale.

Blueberry Roulettes

2 cups sifted cake flour; 2 teaspoons double-acting baking powder; 1/4 teaspoon salt; 4 tablespoons butter or other shortening; 1/2 cup milk; melted butter; 1 cup fresh blueberries; 4 tablespoons sugar.

Sift flour once, measure, add baking powder, salt, and sift again. Cut in shortening; add milk all at once and stir carefully until all flour is dampened; then stir vigorously until mixture forms a soft dough and follows spoon around bowl. Turn out immediately on floured board and knead 30 seconds. Roll in oblong sheet, 1/4 inch thick. Brush with melted butter; cover with blueberries and sprinkle with sugar. Roll as for jelly roll. Cut in 1-inch slices and place in lightly greased muffin pans. Brush tops with melted butter and sprinkle with additional sugar. Bake in hot oven (425° F.) 9 minutes, or until done. Make roulettes.

HOW LONG CAN IT LAST?

Thousands of people are being educated in our country to believe that someone owes them a living. The law of nature does not seem to recognize such a doctrine. Go out into a primitive country and see who owes you a living—you will soon find that your existence depends on your ingenuity and initiative. Governments were organized to go nature one better and make it a little easier to take care of the helpless whom nature would otherwise unmercifully remove.

If nobody cared just a little for you. And nobody thought about me. And we stood all alone in the battle of life. What a dreary old world it would be.

When U. S. Doughboys Met England's King George V

King George V possessed that priceless gift—a sense of humor. He enjoyed a good story and, what is more, could tell one, often against himself. When President and Mrs. Wilson were his guests at Buckingham Palace on their historic visit to London at the end of 1918—there was an informal family dinner at the palace the first evening, which, Mrs. Wilson says (in her lively autobiography, "My Memoir") she "had treasured as a difficult meal," but which "went off merrily" after the ice had been broken by the President telling a "good story." (Mrs. Wilson doesn't give her husband's story.)

"The king responded with several that concerned our doughboys, who seemed to have delighted him," she adds. "One of these I give as nearly as I can in his own words." He said:

"I went to France and to one of the sectors near the front where many of the Americans were billeted with our troops who were standing in line for me to review them. As I went up and down the line was followed by many of your boys and I saw them starting at me. Finally I heard one say to another: 'Who is that bug?' And the other said: 'Why, man, that's the king of England.' And the first shrugged his shoulders and said: 'Hell! Where's his crown?'"

Mrs. Wilson says the king added: "I did not at all mind being called a 'bug,' but I hated to think that I was expected to review my men with a crown on my head."

How Captain Cook's Cloak Ended Up in Leningrad

Captain Cook's orange-colored cloak and helmet are among the outstanding exhibits of the Leningrad Ethnographic museum. How it came to the Leningrad museum is an interesting story.

Briefly the facts are these: En route to the Bering Strait in 1776, Captain Cook, the famous English explorer, discovered a group of islands now called the Hawaiian Islands. Cook named these the Sandwich Islands, in honor of Lord Sandwich, then first lord of the admiralty.

Believing Cook to be the divine King Lona, a hero of their folk tales, the Hawaiian natives received the explorer as a god. Kamehameha I, chief of the Hawaiians, presented Cook with a helmet and cloak made of the plumes of a small bird now extinct. Each bird had only four plumes.

Proceeding on his voyage, Captain Cook passed through the Bering Strait and arrived at Kamchatka, one of the northernmost points of the former Russian empire. Grateful for the warm reception given to his exhausted crew, Cook, out of gratitude, presented the cloak and helmet to the governor general of Kamchatka.

Reason for Home-Buying

Out of every 100 American home owners, 50 buy their first house "to have a better place to bring up the children." The next greatest motive is just a sentimental longing "for a home of our own." Investment runs a poor third as a reason for home ownership. The average American couple buy their first home when they have been married five years; when the husband is 32 and the wife is 29. The average price paid by the families studied was \$4,899, almost exactly two years' salary; the average annual income reported being \$2,452. New homes were built by 31 per cent of the families questioned. Sixty-nine per cent purchased older houses, and there were children in 61 per cent of the families at the time their first home was purchased.

War of Natural History?

If you think the "Battle of the Herring" was a great naval engagement, or that the "Pig War" was a matter of barnyard politics, you are mistaken. According to the National Geographic Society, the "Battle of the Herring" was fought in the Fifteenth century between English and French forces when the latter were besieging the French town of Orleans. The fish name was given the battle because the English were attempting to transport Lenten supplies of herring to their troops when the French intercepted them. As to the "Pig War," this term has been applied to the tariff struggle between Austria and Serbia in the early 1900s, arising out of differences concerning the export of Serbian pigs across Austrian territory.

Lighthouses Started in Egypt

The earliest lighthouses, of which records exist, were the towers built by the Libyans and Cushites in lower Egypt, beacon fires being maintained in some of them by priests. Leaches, a Greek poet (800 B. C.), mentions a lighthouse at Sigeum, now Cape Inchisari, in the Troad, which appears to have been the first light regularly maintained for mariners. The famous Pharos of Alexandria was regarded as one of the wonders of the world. The tower is stated to have been 400 feet in height. It was destroyed by earthquakes in the Thirteenth century, but remains are said to have been visible as late as 1850. The name Pharos became the general term for all lighthouses and the term pharos has been used for the selection of lighthouse construction.

CANADA BECOMES TIME CONSCIOUS

Canadians became "time" conscious during the Royal Visit when millions of watches were constantly checked in order that their owners would be prompt at a selected location to watch the Royal Procession or to see the Royal Train, according to W. E. Bell, Chief of Time Service, Canadian National Railways, writing in the Canadian National Magazine.

On the National System time precision in moving the Royal Train was a routine matter, explains Mr. Bell, adding that thousands of timepieces, both watches and clocks, used in train movements are checked daily with seventy-five per cent seldom showing error of more than ten seconds. The travelling public are daily protected against time failure in exactly the same way as were Their Majesties, the King and Queen, on the Royal Train.

The Canadian National Railways obtain correct time daily from McGill University Observatory at Montreal at 10:58 a.m. Eastern Standard Time, the system telegraph, become otherwise silent to receive time signals. The signals are checked daily with a rotary clock pendulum are transmitted into Morse dots. From 10:58 they are heard for 50 seconds, pause for 10 seconds to resume at 10:59, continued for 50 seconds, followed by a second pause of 10 seconds with a firm telegraph signal to announce 11:00 a.m. Eastern Standard Time.

These signals are guide and check to 5,000 clocks serving the public and used in safe train operation. In dispatchers office the clock must be within 10 seconds of observatory time, and ordinary station agents' clocks must be within 30 seconds, the cost of furnishing all with the precision clocks used in despatching being prohibitive.

Watch inspection regulations normally affect 13,000 employees of the Canadian National Railways who twice monthly report their timepieces to approximately 250 inspectors from coast to coast. Comparison clocks are established at points where train and engine crews start their runs, watches must be compared and any error noted in the train register. Members of train crews also compare watches with special clocks before departure and frequently when on duty, leaving nothing to chance in assuring accuracy.

"Are you a good carpenter?" "Yes." "Then how do you make a Venetian blind?" "Stick your finger in his eye."

WEIGHT AND FINISH IMPORTANT FACTORS IN HOG BUSINESS

W. P. Watson, Live Stock Branch, Ont. Dept. of Agriculture states Canadian bacon sells lower than Danish product largely because of improper weight or finish.

Bacon prices reveal the fact that Canada's bacon consistently sold at lower prices than Danish bacon, states W. P. Watson, Live Stock Branch, Ont. Dept. of Agriculture. The difference has been as narrow as two shillings per cwt. (16 July, 1938) and as wide as twelve shillings per cwt. (in January, 1933). This spread in prices has been attributed to two causes; first, the average quality of Canadian bacon is not as high as Danish bacon although it is admitted that the best Canadian bacon is as good as any produced in the world; secondly, Canada does not maintain sufficient regularity in the supply of her bacon.

A study of conditions reveals that both factors contribute to the spread. At the present time all Canadian bacon is graded. There are four main grades—A, B, C and D. There are three divisions according to finish in each grade, namely, leanest, least and prime. All bacon is further divided according to weight ranges; e.g., 45 to 55 lbs., 55 to 65 lbs. and 65 lbs. and over. The best bacon is A, leanest, 55 to 65 lbs. In 1938 over 80 per cent of all bacon exported was of A grade, and all of it fell into the A and B grades, while only 29.7 per cent was of the preferred grade, namely, A, leanest, 55 to 65 lbs. The majority of the product was therefore of the proper type and was discounted, because of weight or finish. Therefore, we must mark at the proper weights as well as maintain a regular and adequate supply to the British market.

ONE OF OLDEST MISSIONARIES AMONG THE INDIANS

Winnipeg, Man., July.—Rev. Dr. F. G. Stevens, one of the oldest missionaries among the Indians of Manitoba and recently elected president of the Manitoba Conference of the United Church of Canada, is rounding out 40 years of ministering to the Indians this year and will retire next June, a writer in the Winnipeg Tribune reports.

In the late 1890's he then stripping, Fred Stevens, was a clerk in a rural Ontario general store. Still in his teens he came to Winnipeg, to Wesley College, to study for the ministry. He was ordained as a member of the old Manitoba and North-west Territories Conference of the then Methodist Church.

Within a few weeks he was among the Indians, learning their language and patiently teaching them his religion. And for forty years, with one slight break, he has travelled the north, on routes and dog trails of the north.

Today Dr. Stevens, matured by experience and long devotion to duty, remains essentially unchanged from the young Stevens of forty years ago. His mission at Fisher River, where he has served for 34 years, is something of a demonstration farm where Indians gaze in wonder on prolific small fruits and vegetable plots, tiny grain fields and hay stacks for his cows.

One of Stevens' first resolves as a missionary was to learn the Cree language and so to help to create a Cree literature. Then the Cree was a spoken language only, without even an alphabet. Today he is a world authority on Cree syllabics. He has written a Cree primer and dictionary which are widely used as text books.

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