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SALADA STAMP CLUB - 461 King St. W., Toronto

EXHIBITION SPECIALS

DAILY EXCEPT SUNDAY AUG. 26th to SEPT. 9th

LEAVE GEORGETOWN 7:53 a.m. LEAVE EXHIBITION 9:30 p.m. Standard Time

W. H. Long — GEORGETOWN — Phone 89

GRAY COACH LINES

Betty Barclays HELPFUL HINTS



ORANGE JUICE HINTS

Number one drink for summer serving is a tall glass of chilled orange juice. This beverage is not only cold to the taste, it is cooling to the body, since vitamin C in which oranges abound actually mitigates the effects of heat. Only recently scientists at the University of Milan discovered that exposure to high temperatures caused a 50 per cent loss in vitamin C from the body tissues—and lowered vitamin C reserves go hand in hand with the tired feeling we get when the weather is hot. A glass of orange juice is thus good summer health insurance.

Not every one knows that it's important to serve orange juice fresh. Just as one would make tea or coffee. The flavor of fresh juice is lost if it stands for even a short time and vitamin content decreases. The many mechanical and electrical juice extractors now on the market make it easy to prepare juice as needed, while this summer's bumper crop of small size California oranges is ideal for juice purposes. If you like your orange juice cold, put the fruit in the refrigerator for several hours before extracting juice. It will then be chilled without loss in flavor from ice dilution. California oranges are practically seedless, so that juice need not be strained.

Orange juice is the base for the following delicious summer drinks:

Minted Orange Juice: Put several sprigs of crushed mint in each glass of juice.

Orange Iceberg: Top glass of juice with a generous scoop of orange sherbet or a spoonful of vanilla ice cream.

Orange Banana Squash: Mash and beat a banana into a glass of orange juice. Sweeten and chill to taste.

Orange Sherbet: This recipe is simple to make and gives a sherbet of velvety texture. Boil 1 1/2 cups sugar and 1 cup water together for 5 minutes. Add slowly to 2 stiffly beaten egg whites. Add 2 cups orange juice and 3 tablespoons lemon juice. 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. May also be made in a crank type freezer. (Serves 8-10. Makes about 1 quart.)

Use Orange Sherbet to make summer meals more refreshing as: Accompaniment for the meat course or with waters for dessert. Topping for a fruit cup of fresh summer fruits, served for dessert. Dressing for an individual fruit salad bowl.

Float for orangeade, lemonade, fruit punch. Garnish with mint.

TASTEFUL TURNIP RECIPES

The turnip is a humble little vegetable with a flavor all its own—a flavor that some do not care for but many delight in. Plain mashed turnips appear regularly on thousands of tables and never seem to lose their charm. But here are a couple of recipes that call for the humble turnip and allow it to step up a few rungs on the ladder of fame. Try them, ye turnip-lovers, and you will have new ways to use your surplus turnips.

Turnips in Cream
8 turnips
2 cups milk
4 tablespoons flour
4 tablespoons butter
Salt and pepper
Pare the turnips, cut them in small pieces, cook until tender. Make a white sauce of the flour, fat milk and seasonings. Pour sauce over turnips and serve.

Turnip Shells or Cups
6 large turnips
Salt
Pare and remove the centres of the turnips, leaving a cup one-half inch in thickness. Cook shells in boiling water until tender. Just before cooking is completed, add the salt. Cook the centers in the same way and use for stuffing cups or serve as mashed turnips.
The turnip cups may be used as cases for creamed or buttered peas, beets, carrots, or any suitable vegetable or meat.

TESTED RECIPES

TOMATO COCKTAILS

Following are some recipes for tomato cocktails:

Tomato Cocktail (No. 1)
18 ripe tomatoes
1 cup chopped celery
1/2 cup chopped onions
2 tablespoons vinegar
3 sweet green peppers
1 sweet red pepper
2 tablespoons salt
1/2 cup vinegar
Mash and cut tomatoes, but do not peel. Chop the peppers finely. Mix tomatoes, celery, onions, peppers and salt together. Boil for one-half hour. Strain through a course sieve. Add the vinegar and sugar. Seal in sterilized jars.

Tomato Cocktails (No. 2)
1 bushel tomatoes
1 small head celery
1/4 cup vinegar
1/2 teaspoon white pepper
1 cup chopped onions
4 teaspoons salt
Boil all together for 20 minutes. Strain and boil 5 minutes. Bottle and seal.

Tomato Cocktail (No. 3)
1 No. 2 half-can tomatoes, or 1 pint jar home-canned sauce
1/2 teaspoon salt
1 teaspoon minced onion
1 tablespoon minced celery
Mix all together and let stand at least one hour. Strain and chill before serving.

Tomato Cocktail (No. 4)
1 No. 2 half-can tomatoes
1/2 teaspoon minced parsley
3 cloves
1 teaspoon salt
1/4 teaspoon white pepper
1 teaspoon minced onion
1/2 teaspoon vinegar
Add the ingredients to the tomatoes, boil together five minutes, strain and chill.

HINTS FOR HOUSEWIVES

A rubber hot-water bottle should never be put away flat. Blow hard into the empty bottle, then screw the top on quickly. The air in the bottle will prevent the sides from touching each other, and thus avoid perishing of the rubber.

To clean heavy chair indoor cover with a damp sheet hung out in warm water. Cover the chair with it all and beat with carpet beater. All the dust will stick to the sheet and not fly around.

Kitchen windows are less likely to become steamy during cooking operations if a little glycerine is applied to a soft rag and the windows rubbed over with this. Polish afterwards with a clean rag.

Grow herbs for kitchen use in pots on the window ledge. You will find them most useful for flavoring. Chives, parsley, mint, tarragon and rose geranium may be grown this way.

To revive velvet cushions, brush them well first of all, and then smooth down with an old piece of silk or an old silk handkerchief or scarf. The final touch gets off the small pieces of fluff which the brush does not remove.

International Uniform Sunday School Lesson

ZEKIAH: A KING WHO REMEMBERED GOD

SEPTEMBER 16, 1939
GOLDEN TEXT: "Turn us again, O God, and cause thy face to shine; and we shall be saved." Psalm 80:3.

LESSON PASSAGE: 2 Chronicles 30: 13-22.
Lord, who am I to show the way To other people day by day, So prone myself to go astray? I speak of knowledge, but I know How faint it flickers and how low The candles of my Knowledge glow I speak of power to will and do— But only learn to see anew My own great weakness through and through.

I speak of Love for all mankind And all God's creatures—but I find My love comes lagging far behind. Lord, if 'tis mine their guide to be Pray grant that every student see My learning leaning hard on Thee. —Anonymous.

MEETINGS, 13
Are meetings worth while? A college president who has attended many conferences suggests a conference on conferences. If they are to be worth the action they may only waste time and dissipate energy. A purposeful meeting, however, generates energy and may produce lasting results. Much depends on the way in which we prepare our hearts before hand, our mental attitude during a conference, and the time spent in review and action afterwards. Some worshippers receive far more from a church service than others. They are in the right spirit on the Lord's Day. They attend gladly because they have formed the habit of regular public worship. There is great inspiration in a huge crowd, but the Holy Spirit can be present where only two or three are gathered together. At the great feast of unleavened bread in Jerusalem, in the reign of Hezekiah, there was a demonstration of spiritual power. Abuses were crept in and Hezekiah had awakened a religion for reformation. The leadership of the king and priests largely determined the success of the meeting.

Ritual, 14-16.
Ritual plays a large part in life. In government there are coronations, the enemas of parliament, and anniversaries. In fraternal orders there is serious degree work; there is a noontime ritual of mirth in service clubs. In education, there are parades, commencement and convocations. In religion, there are festivals and sacraments, the use of symbols teaches through the eye. Of course, there is wide differentiation in human taste. Some delight in ornate robes, candles, incense and images, while others prefer worship that is bald and bare. Undoubtedly there are spiritual effects produced by stately architecture, tinted lighting, soft music and oft-repeated forms, but these agencies, good as they are, may smother rather than quicken conscience. There is need, at times, for a rugged John the Baptist to summon people to return to moral realities.

Tolerance, 17-20.
Hezekiah was zealous for religious reform and he took responsibility for the spiritual welfare of the whole nation. He thought of the needs of the unchurched while he approved the devotion of regular worshippers. His prayer will repay thought and study: "The good Lord pardon every one that prepareth his heart to seek God, the Lord God of his fathers, though he be not cleansed according to the purification of the sanctuary." The man on the street usually has a religion of his own. There is much Christianity outside the churches—the nation would be in a bad way if there were not. Yet as a rule, those who avail themselves of the ministry of the church can live in closer fellowship with God.

Music, 21.
In times of spiritual revival, there is always an outburst of song. Out of deep feeling came Mary's Magnificat and Simeon's Nunc Dimittis. John Wesley, the preacher, was accompanied by Charles Wesley, the singer. Dwight L. Moody had Ira D. Sankey. The simplicity of Hebrew religion is indicated by thanksgiving for musical instruments expressed in certain of the psalms. The day may come when leaders of church music will be trained, certified and ordained somewhat similarly to ministers. Congregations have a right to feel how much they owe to the voluntary singers in choirs or how much painstaking work is done at choir practices.

Reality, 22.
"God is the primary fact in the world. The worshipping man is dealing first of all with the fact of God; there is no other meaning as to worship. Whatever his impulses or reasons, whatever the origins of his worship—fear or awe or praise—it is yet the matter of voicing his gratitude, making his prayer, offering his sacrifice, yielding his spirit, surrendering his mind, all to a Supreme Being, personal and reachable. Whatever it may be, however it may arise, whether out of the figment of his own imagination, the creation of his own wit, or the intriguing, unscrupulous, homing instinct of his unborn soul, he knows that the worshipping man has God in mind. He may not have come to him as a first choice, his driven soul may be responsible, but he comes to God as a final resort. He may have tried and probably has tried every other device, but he knows that nothing is left, for all other resorts have been exhausted. He therefore reaches out his arms, he is silent or vocal as his emotion allows; he bends the knee, he surrenders. For the moment, at least, he is God's man."

Questions for Discussion
1. Which were better, Hebrew kings or prophets?
2. Which form of worship have you found most helpful?
3. How religious are church members?
4. How spiritual are the unchurched?

THE NEIGHBOR'S CAT

When one person wants a pet, while other members of the family are opposed to the idea, any animal joining the household is apt to have trouble—and so is its protector, usually. A stray cat decides to make its home with our neighbors. He's about half Persian, a big fellow and nicely colored. I could see that if cared for he would be a lovable and admirable pet. The lady was delighted, but her husband is a cat hater. He said that he'd endure the thing for his wife's sake, but I saw that both woman and cat was going to have a miserable time. I was sure that the cat had been someone's pet, but he protested if that man touched him. And no wonder, for the "caress" was too rough, and accompanied by a rough, growling voice. The woman could pet the animal, but knew little about cats and was making very poor progress in restoring "Sport" to health and appearance.

"I don't know why we call the food 'Sport,'" said Mr. Blank; "all he does is lie around and sleep; no fun in him, and he's got no sense. He needs medicine, but I'd like to see anybody give it to him. He knocked the castor oil out of my hand three times—regular tiger health and vigor." "Let me see the 'tiger,'" I suggested. We went to the basement, where the cat lay in the basket his mistress had prepared. Getting down close, I talked to him in low, kind tones, while he looked me over carefully. After a while I stroked his jaws, and gently massaged his neck. Then I picked him up and he nestled on my forearm, purring. The man was astonished. "Why, he likes you!"

"Not me particularly," I replied; "he likes kindness." The woman had joined us by then. "Could you get him to take castor oil?" she asked.

"It's too severe for cats," I told them. "Step over and tell my wife the situation; she'll bring some milk of magnesia. We keep it for our cats."

"Nobody'll ever get any medicine down that fool!" stormed Mr. Blank. "You stay in the background and keep quiet," I replied. "Mrs. Eubanks can do anything with cats."

What followed was a lesson to Mr. Blank. My wife took the cat on her lap, petted him for a while, then held his head up, by taking hold of the fur just below the top of his head, and poured the medicine down with almost no resistance. Sport didn't even leave her lap.

Three months have passed, and you should see that cat now! Mr. Blank still doesn't care for cats, but he lets Sport alone. Rested now, well fed and groomed, the cat is a beauty. His mistress has learned how to take care of him, and the response has been what it always is when relations rest on the basis of kindness and mutual understanding.—L. E. Eubanks, in "Our Dumb Animals."

CHILDREN LOVE A SCRAPBOOK

One of the best ways to keep children amused on rainy days is to let them make scrap books. Get a cheap book or make one yourself of thick brown paper. Save all the covered advertisements, magazine covers, fashion illustrations and so on. Give them a pair of blunt scissors, a bottle of home made flour paste, and a box of coloured crayon pencils and they will be happy for hours.

Landlady—Way have you got your cooco on a stool?
Hoar s—It was so wack I thought it would like a seat.

Canning

Fruit JARS	Doz.	85¢	99¢
Brown Sugar	5 lb.	28¢	
PORK & BEANS	2 21-oz. tins	15¢	
CAMPBELL'S SOUP	2 tins	15¢	
Macaroni or Spaghetti	3 lb.	10¢	
WAX BEANS	2 No. 2 tins	13¢	
DANDEE TEA	1-lb. pkg.	37¢	
Corn Flakes	2 pkgs.	15¢	

Whole Pickling SPICE 1 lb. 19¢

TOILET TISSUE 4 rolls 25¢

Surprise SOAP 3 bars 14¢

LUX Flakes 1 lb. pkg. 23¢

Butter Special Friday and Saturday Only

WALNUTS Shelled	2 lb.	47¢
BISCUITS Assorted Sandwiches	2 lb.	25¢
TUNA FLAKES	2 6 1/2-oz. tins	25¢
ALL-WHEAT	2 pkgs.	23¢
OLD DUTCH cleanser	tin	9¢

COOKING ONIONS 10 lb. bag 19¢ ea. 10¢

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