



**SALMON SANDWICH DE LUXE**



Remove bones and flake one small can of salmon. Mix with 1 tablespoon mayonnaise, 1 teaspoon lemon juice, 4 tablespoons mayonnaise, seasonings. Spread generously between bread slices, spread outside of each sandwich with melted butter. Toast on both sides under low broiler heat until brown. Pour over the sandwich a sauce made of melted cheese.

**POTATO AND FISH CASSEOLE**

Flake one pound of canned or cooked fish and place in casserole. Slowly melt 1/2 lb. cheese in double boiler, beat in 1/2 cup milk. Pour this over the fish. Cover the casserole with mashed cooked potato, and line the rim of the casserole with unbaked biscuits. Bake in hot (425°) oven until biscuits are done.

Department of Fisheries, Ottawa. Please send me your 52-page Booklet, "100 Tempting Fish Recipes". Name: (PLEASE PRINT LETTERS PLAINLY) Address: CW-18

There are so many delicious varieties of Canadian FISH available all the year round, no matter where you live, that you can add pleasing new dishes to the family menus.

And remember, Fish is nourishing, and is easily digested. Ask your dealer about the different kinds of Fish he can get for you, and arrange to serve Fish to your family often.

DEPARTMENT OF FISHERIES, OTTAWA.

100 any day a FISH day

**International Uniform Sunday School Lesson**

**THE FORERUNNER OF THE KING**

OCTOBER 4, 1939.

**GOLDEN TEXT:** "Prepare ye the way of the Lord, make his paths straight." Matthew 3:3.

**LESSON PASSAGE:** Matthew 3:1-17.

Do you fear the force of the wind, The slash of the rain? Go face them and fight them, Go savage again. Go hungry and cold like the wolf, Go wade like the crane: The palms of your hands will thicken The skin of your cheek will tan, You'll grow ragged and weary and swarthy, But you'll walk like a man!

**An Unappreciated Prophet, 1-6.**  
John the Baptist was a prophet rather than a priest. Rough and un-outhair, he lived in the wilderness. His hair was long and his disposition was fiery. Numerically, he was in the minority but he had right on his side. He was shocked by the corruption and compromise of the political and religious leaders of his day. His test of society was righteousness. He looked upon himself as a forerunner of the Messiah. His task was to prepare a highway over which the Christ would come. He preached a stern gospel of repentance, rebuking sin and demanding reformation. John the Baptist would never be accepted in polite society, but he was a moral tonic to his nation.

**The Social Test, 7-10.**  
John the Baptist did not need to advertise his sermons; his hearers told about him and his fame spread. Even the Pharisees and Sadducees came from Jerusalem to the Jordan valley to hear him. Their presence did not lead him to change his message. He rebuked them to their faces. He challenged them to repentance. He tested their social standards by their conduct and showed the leaders that they were not making converts. It is helpful for us to test our lives by John's standards. How fruitful is our work? How redemptive is our influence? John announced that the trees that failed to bear good fruit would be cut down and thrown into the fire. We owe a debt to society and therefore we have also an obligation to serve society. The social standards we set up in our communities will determine very largely whether the spirit of Christ can gain away where we live.

**Water and Fire, 11, 12.**  
Water symbolizes external purification, while fire typifies inner change. Water can cleanse our bodies but something has to happen in the inner life to transform disposition, temperament and character. John was a forceful preacher of rebuke. He could tell people what was wrong with them. He knew, however, that his work was negative rather than positive. He spoke of a greater Teacher to come, work in the inner life. In the Bible, fire frequently represents enthusiasm, intensity, contagious influence. John the Baptist fearlessly exposed sin, but Christ redeemed people by convincing them of the love of God. Baptism by water is a symbol of commitment, but the Holy Spirit, called "the baptism by fire," is necessary for a lifetime of continuous service.

**The Waters of Baptism, 13-15.**  
Baptism meant much to Jesus. We do not know all that it meant but it was a purposeful act. He wished to identify himself with his people. He wished to transform work into witness of his commitment to the will of God. The baptism marked the beginning of his public ministry. After that, there could be no going back. There is a great place for ceremonial in the Jewish people had a ceremony for boys when they became Sons of the Law. Some nations have a public rite when young men enter the age of full citizenship. Joining the church can be made a great spiritual event. To be received as a member of the church of Christ is an experience that should stand out in a whole lifetime. The service of initiation should be such as to make Christian decision memorable.

**Conscious Sonship, 16, 17.**  
Metaphors fail to express fully spiritual experiences such as water, fire, a dove, a voice, do not fully picture spiritual events. After the baptism, Christ had an assurance of conviction and a sense of the favour of God in fuller measure. He heard a voice saying, "This is my beloved Son in whom I am well pleased." His religious attitude towards God was that of a Son to a Father. It was through the sense of sonship and the intense love to men that was in his heart that he was able to undertake his public ministry. John the Baptist had illustrations of terror, but the gentle spirit of Jesus delighted in words depicting the ideal servant of God as clothed with meekness, patience, wisdom and love. The vision, the voice and the baptism combined to give Jesus assurance as to his vocation. This account and interpretation must have come from Jesus himself. It was his way of helping the disciples to understand what had happened. The dramatic spiritual experience associated with his baptism stood out as the turning point in his life.

**Questions for Discussion**  
1. Should ministers imitate John the Baptist?  
2. What modern organizations are socially productive?  
3. What do the symbols, water, and fire, mean to you?  
4. How should Christian decision be recognized?  
5. "Like a dove." What did that mean?  
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**Economical Foods**

It is encouraging for the woman who has a moderate allowance for food to know that with careful planning, advantageous buying and good cooking she can provide wholesome meals for the family.

The dishes here suggested by the Home Economist, Dominion Department of Agriculture, are made from foods, nourishing and healthful, which can be classed as economical, especially in homes where heating the oven adds little to original cost.

**Creamy Rice Pudding**  
1/2 cup rice  
1/2 teaspoon salt  
1/2 cup sugar  
2 tablespoons butter  
4 cups milk  
1/2 teaspoon vanilla or  
1/2 teaspoon nutmeg  
Wash rice and boil in water 10 minutes. Drain and add other ingredients. Place in pan of hot water and bake for 2 to 3 hours in slow oven, stirring frequently during the first hour. If desired, 1/2 cup raisins or dates may be added when pudding is nearly cooked.

**Baked Beans**  
4 cups white beans  
1/2 lb. fat salt pork  
1 tablespoon salt  
1/2 cup molasses (or more to suit taste)  
1/2 teaspoon pepper  
1 teaspoon mustard  
Soak beans overnight. Drain. Cover with fresh water and cook slowly about 30 minutes or until skins of beans begin to burst and water is almost absorbed. Place thin slice of pork in bottom of bean pot. Put beans in pot. Bury remaining pork out in pieces in beans, leaving rind exposed. Mix molasses and seasonings with 1 cup boiling water. Pour over beans. Add enough boiling water to cover beans. Cover and bake in a very slow oven 6 to 8 hours. Remove cover during last hour to brown the beans and crisp the rind of the pork. Add boiling water as needed, during baking.

**Baked Tomato and Cheese**  
6 slices bread  
1 cup cheese  
2 eggs  
2 cups tomato juice  
1/2 teaspoon salt  
1/2 teaspoon pepper  
1 tablespoon minced onion  
Butter bread and cut into cubes. Cut cheese into cubes and put bread and put bread and cheese into baking dish in alternate layers. Beat eggs slightly.

add tomato juice, salt pepper and onion. Pour over bread and cheese and bake in moderate oven (350 degrees F) about 40 minutes.

**Beef Loaf**  
1 1/2 lb. minced beef  
1 cup dry bread crumbs  
1 small onion, finely chopped  
1/2 cup chopped celery or cabbage  
1 egg, beaten  
1/2 cup water or tomato juice  
1/2 teaspoon mustard  
Salt and pepper to taste.  
Mix beef, crumbs, onions, celery or cabbage together. Add beaten egg-water or tomato juice, and mustard. Mix well. Season to taste. Form into a loaf. Dot with dripping. Bake at 350 degrees F. for one hour, basting occasionally with a little water or tomato juice.

**FRUIT AT ITS BEST; PRESERVE IT NOW**

Canada's fruit is at its best—apples, peaches, pears and plums, and now is the best time to store them for winter use.

Although there is an ample supply of sugar for ordinary use, it does take large quantities for canning. If sugar is used, but it is not really necessary to use sugar.

Fruit may be put away in jars without sweetening. Of course the cold pack method is recommended for all home canning of fruit and the only change necessary in method is filling the jar with boiling water instead of syrup and sterilizing 5 minutes longer than if syrup were used.

There are two advantages in this method. It eliminates the need for buying large quantities of sugar and canning time and requires less sugar to sweeten the fruit when added just before using.

Honey makes a satisfactory sweetening agent in canning. Peaches, pears or plums are particularly good with the added honey flavour. A syrup of the proportions of 1/2 cup of honey to 1 cup water is just right for peaches or pears. Plums require a sweeter syrup—1 cup honey to 1 cup water.

Corn syrup may be used in the same way.

Further information on canning without sugar may be obtained from the Marketing Service, Dominion Department of Agriculture.

The talent of success is nothing more than doing what you can well, and doing well whatever you do, without a thought of fame.—Longfellow.

**Banquet Days Are Here Again**

By Frances Lee Barton  
As the days get cooler we begin to use the word "banquet" again. Even our home desserts are banquet desserts. New forms, new flavors and more elaborate dishes are in order. Guests expect them. The members of the family hope for them. Here's one.

**Banquet Pudding**

1 or 2 egg yolks; 4 cups milk; 1-3 cup quick-cooking tapioca; 1/2 cup sugar; 1/2 teaspoon salt; 1 or 2 egg whites; 1 teaspoon vanilla; 1-3 to 1/2 cup dried preserved or crystal sized ginger; 1-3 cup cream, whipped; nut meats, coarsely broken. Mix egg yolks with small amount of milk in top of double boiler. Add remaining milk, tapioca, sugar, and salt. Place over rapidly boiling water and cook 10 to 12 minutes after water boils again, stirring frequently. Beat egg whites until just stiff enough to hold shape. Fold hot tapioca mixture gradually into egg white. Cool mixture thickens as it cools. When slightly cool, add flavoring and ginger, reserving 2 tablespoons ginger for garnish. Chill. Fold in cream. Serve in sherbet glasses. Garnish with additional whipped cream, and sprinkle with ginger and nuts. Serves 8.

**Apple Juice Gaining Popularity As Newest HEALTH DRINK**

Maybe Eve had something to do with it—or maybe it's all because of the ancient health proverb about "an apple a day" making the doctor keep his distance. At any rate, a taste for apples apparently is inherent in the human race. And that may explain the rapidly growing popularity of apple juice as the newest of canned natural fruit juices.

Medical authorities, in constantly increasing numbers, endorse the pure unadulterated juice of tree-ripened Canadian apples as a highly beneficial health food. Containing Vitamins A, B and C, besides an abundance of essential body-building minerals, apple juice is widely recommended both as a delicious and refreshing beverage and as a major ingredient in many appetizing dishes for the family table. Not too sweet, not too tart—but with a freshness and tang all of its own—pure apple juice retains all the flavour and goodness of the apples themselves. As a beverage, between meals, just before eating or at bedtime, it seems to be gaining almost universal approval.

Because of its anti-uric-acid quality, doctors have found apple juice valuable in treating rheumatism, gout and similar ailments, one distinguished practitioner even reporting "very good results from fasting patients exclusively on apple juice and water." Many physicians have recommended it also as a tonic for children, elderly persons and convalescents.

Canned apple juice, now available for home use in convenient sized tins, is nothing more or less than the pure juice pressed from selected apples, with no colouring matter, sugar or preservatives added.

**FALL Millinery**

Misses Claridge announce the arrival of new Fall Millinery.

Styles to suit any taste. Colors to suit any scheme

Misses Claridge  
Main St. Georgetown  
HERALD BLOCK (Opposite)

**STOUT WOMEN CAN BE DRESSED WELL.**

Clothes Need Not be Uninteresting.

If she's large, the smart woman wears black and other dark colors a great deal. But she knows the difference between being conservatively dressed, uninterestingly so. Her black frocks are enlivened by touches of frosty white. Her costume jewelry is imaginative. Her hats are a charming medium between extreme and conservative. She realizes that a large figure generally looks stiffer in ultrahigh, very slender heels. If her upper arms are rather on the plump side, you don't catch her in evening gowns with narrow shoulder straps. She manages to find formal dresses with shoulder and sleeve treatments which hide the excess poundage.

—Have your printing done at this office.

**Thanksgiving ECONOMY**

Queensland Sweet Mixed Pickles 27-oz. jar 18c  
Aylmer Tomato Catsup 2 12-oz. bds. 23c  
Christie's Plain or Salted Sodas 1-lb. pkg. 18c  
Cream Sandwich Biscuits 2 lbs. 29c

Maple Leaf Minicement 2 lbs. 25c  
Kinney Choice Pie No. 2 1/4 8c  
Leung's Peppermint Pattie Chocolates lb. 19c  
Queen's Royal Choice Peaches 2 16-oz. tins 21c

**BUTTER lb. 28c**

Buy and Save—I.X.L.  
Rice 2 lbs. 9c  
Pearl White Naphtha Soap 3 bars 11c  
Lux Toilet Soap 3 cakes 16c  
Oxydol pkg. 9 1/2, 21c

Swansdown Cake pkg. 25c  
Fresh Milled Rolled Oats Pound 4c  
Aylmer Cut Asparagus No. 2 15c  
Sage or Savory Tin 10c

**PEAS 2 17-oz. tins 29c**

Sale Lasts Until Saturday Night Only—We Reserve the Right to Limit Quantities

Cranberries 20 lb. Crisp Tender  
First Choice Celery Hearts 9c

Large Firm Head Lettuce 2 lbs. 15c  
ORANGES, BANANAS GRAPEFRUIT, LEMONS, ETC.

**CARROLL'S**  
Main Street Georgetown Free Delivery Phone 357