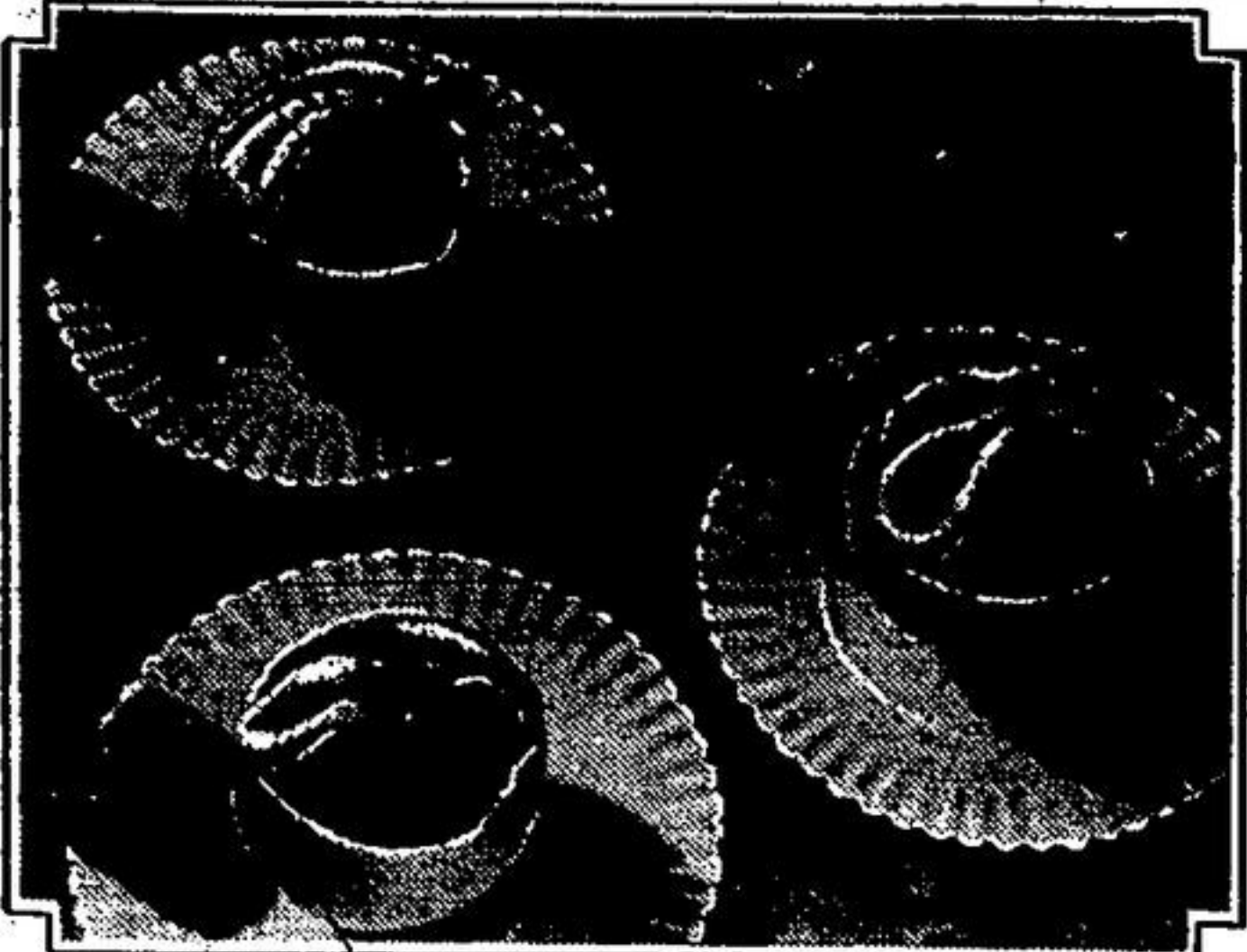


**THAT DAINTY TOUCH**

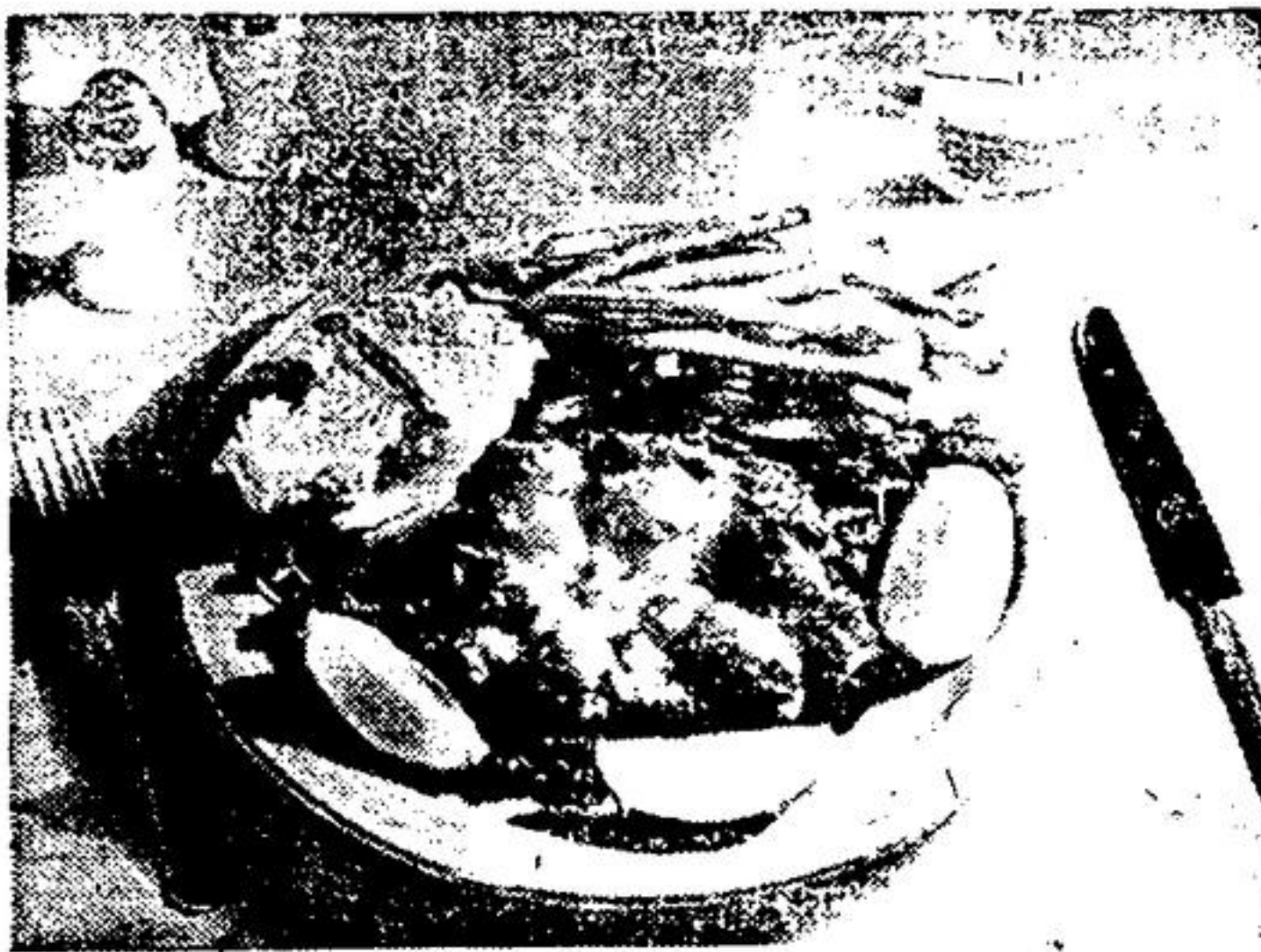


By BETTY HARCLAY

In each community you will find one hostess who has built a reputation for herself because she is always able to serve something "different" — something that will bring a gasp of surprise and delight from her guests. She may be a member of the younger set who constantly seeks advice from the woman's pages of her newspapers and magazines or who has equipped herself with the latest books on kitchen lore. She may be an elderly matron who has learned the secret of "that dainty touch" through years of watchful experience. But somewhere, in your neighborhood and in mine, there is such a woman.

For instance, here is a recipe for a very simple yet popular dessert, served in a way that will add much to the appreciation of your table and the appreciation of your guests. Furthermore, this is inexpensive in spite of its attractiveness. No eggs, no boiling, no baking: just a little time and care in the morning before the company comes, a few hours to cool, and there it is. **Chocolate Rennet-Custards in Orange Baskets**  
3 large oranges  
1 pint milk  
1 package chocolate rennet powder  
Cut oranges carefully into halves in the usual way, squeeze the juice out, and remove the membranes from the shells. To make handles, cut a strip around the top of the shell about 1/4 inch wide, leaving it attached for about 1/4 inch on opposite sides. Lift up the strips and tie together with a ribbon or wire. A cherry may be attached. Warm milk until lukewarm (120° F.). Remove from stove and add rennet powder, stirring until entirely dissolved. Pour into the orange baskets and allow to stand without moving for 10 minutes. Set in refrigerator to chill. Yield: 6 desserts.

**CANADIAN FISH AND CHIPS**



The popular Old Country combination of fish and chips comes to Canadian tables with slight variations. We use shoe-string potatoes and the fish is Canadian born and bred. But the popularity of the dish is widespread and the flavour of home-fried fish can't be surpassed.

**Fish and Chips**  
Clean fillets of fish. Season with salt and pepper. Roll in flour, dip in a thin batter and fry at 360 degrees F., in deep fat. Rolling the fish in flour first will make batter cling evenly. Serve with shoe-string potatoes, which are

also fried in deep fat, and a hearts of lettuce salad. Accompany fish with a generous serving of lemon quarters.

**To make batter, take:**  
1 cup sifted flour  
1 teaspoon baking powder  
1/2 teaspoon salt  
2 eggs  
2-3 cup milk  
1 tablespoon salad oil or melted butter  
Sift together flour, baking powder and salt. Beat eggs, add oil and milk. Combine with dry ingredients. Beat into a smooth batter.

**International Uniform Sunday School Lesson**

**THE TEMPTATION OF JESUS**

OCTOBER 15, 1939.

**GOLDEN TEXT:** "For we have here one that was in all points tempted like as we are, yet without sin." Hebrews 4:15.

**LESSON PASSAGE:** Matthew 4:1-11. I think I know the reason why. So dark and grey is Autumn's sky, For all the flaming, crimson-glow, Of sunset gold, and morning's rose, Are given to the wayside trees. To make the lovely Autumn leaves!

**Temptation, 1.**

Exhilaration is often followed by depression. In the life of Jesus the baptism was followed by the temptation. It helps us to know the laws of action and reaction in our own personal, spiritual experience. We must expect periods of testing. We may even welcome these if we learn how to turn them into victory and to escape defeat. We do not attach our strings to things when life goes along with a song. Courage is aroused by challenge. There is a constant struggle between the lower and the higher in our natures. What shall our attitude be? Shall we be afraid of life, afraid of those tests and temptations, or shall we enter the struggle, seeking to turn defeat into triumph, and knowing that each victory will help us some other to win? The temptation of Jesus in the wilderness has significance for his whole public ministry.

**Appetite, 2-4.**

God has implanted within us various appetites. They may rule us or we may rule them. The body may assume control or the mind may occupy the throne. A wise diet can contribute to health and efficiency, whereas for a glutton, the table is a constant temptation to indulgence. Safety lies in self-control and in moderation. A higher civilization can not be achieved by self-discipline, but only by self-discipline. The mistake of the ascetics was that they saw evil in simple pleasures such as enjoying one's meals. They failed to discover that relict aids digestion, and that certain pleasures are natural, normal and helpful. It is when we use material things as ends in themselves, instead of means to higher ends, that temptations arise. Intelligent experience, will power and spiritual purpose can aid us to achieve self-control. Self-control is surest through God-control.

**Publicity, 5-7.**

There are two extremes. There are people who seek publicity and scheme constantly to get it. There are other people who are timid, and study-how-to-escape prominence. Is there a middle course? A great musician cannot help winning fame. A scientist who makes some discovery that is of benefit to mankind will inevitably be publicized. Christ resisted the temptation to seek publicity, yet crowds followed him and his fame went abroad throughout the land. Religious workers have to be on guard especially against the desire to make a name for themselves. God's will cannot be done through selfish motives. Yet any religious teacher who has sure insight and helpful counsel will be acclaimed. It is a matter of balance. True service will receive attention, but if it is done to receive attention, it is not true service.

**Possessiveness, 8-10.**

The trouble with possessions is that they tend to possess us. Many people are too engrossed with caring for their possessions that they do not have opportunity to use them or enjoy them. Christ left no legacy of riches. All through his public ministry, he was true to the decision made in the wilderness temptation, that he would not live to gather wealth. His example has meaning for nations as well as for individuals. To seize territory and conquer resources is not as great an achievement as for a nation to develop high spiritual qualities. Man's life does not consist in the abundance of the things possessed. The deepest meaning of life is spiritual. Christ has served humanity in a way impossible to Crossus.

**Victory, 11.**

After the prolonged struggle in the wilderness, Christ was conscious of victory. The temptation ceased and the joy of his surrender to God was supreme. This did not end the temptation of Jesus. He spoke of his public ministry as "my temptations." Yet in the wilderness he made clear decisions which guided him. The will of God was to be the supreme rule of his life. The power of scripture to aid in decision had been demonstrated. He was to be a teacher, not a military conqueror. He was to work in the realm of the spirit. To be true to this conviction meant a continual test throughout his public ministry. The temptation of Christ points the way to victory for us. Clear thinking, knowledge of scripture, surrender to God, a conscience sensitive to right, will help us to overcome temptations. It may thus become possible for us to count it all joy when we have been tempted, when we have won victory by the help of God. God does not will our defeat: he wills our victory.

- Questions for Discussion  
1. How may we make good use of temptation?  
2. How may the habit of self-control be learned?  
3. Can great deeds escape publicity?  
4. Do I find my happiness chiefly in material things?  
5. Am I defeated or victorious? (Lesson Outline copyrighted by the International Council of Religious Education. Used by permission.)

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**The Apple . . . the King of Fruits**

The apple is the king of fruits and its food value is high, one large apple alone providing 100 calories. Under ordinary circumstances, the annual average export of apples from Canada is approximately two and a quarter million barrels out of an average annual crop of more than 5,000,000 barrels. This year's crop is estimated at 5,355,000 barrels, but owing to the probable drastic curtailment of shipping as a result of the war, it will consequently be necessary to find a larger market for apples in Canada. Apples are good food at any time either as fresh fruit or cooked in the variety of ways they can be used in the diet. Following are some recipes taken from the pamphlet: "Canadian Grown Apples" a copy of which may be obtained by writing to Publicity and Extension Division, Dominion Department of Agriculture:

**Canned Apple Sauce**

Any amount of apples may be used. In making the sauce, use 1/2 cup of sugar and 3/4 cup of cold water to every ten apples. Peel, quarter, core, and pare sour Canadian-grown apples; add the water and cook until the apples begin to grow soft; press through a strainer. Fill in hot sterile glass jars; seal tightly. Sterilize 5 minutes. This apple sauce will keep as well as any other canned fruit. Sweeten when using.

**Baked Apple Sauce**

Fill a two-quart earthen pudding dish with alternate layers of sliced tart Canadian-grown apples and sugar; cover with water, place a cover over pudding dish and bake in a slow oven two or three hours, being careful to add a little water if required.

**Apple Chutney**

10 sour Canadian apples  
3 peppers—1 red  
1 pint cider vinegar  
1/2 cup currant jelly  
Juice 4 lemons  
1/4 teaspoon cayenne  
1 cup seeded, chopped raisins

2 cups sugar  
1 tablespoon ground ginger  
1 tablespoon salt  
Chop the apples, onion, and peppers very fine, add the vinegar and jelly, and let simmer 1 hour, stirring often, add the other ingredients and cook another hour, stirring constantly. Store as canned fruit.

**Deep Apple Pie**

Line a deep pie dish with paste. Pare, core, and chop 1 quart of tart apples; mix with them, 1 cup granulated sugar mixed with 1 tablespoon flour and a pinch of salt, and fill the pie dish. Dot with small pieces of butter and sprinkle with cinnamon. Lay 1/2 inch strips of pastry across the top, crossing them in diamond shape. Bake in moderate oven until the apples are tender.

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**Heinz Kidney Beans 2 med. tins 27c**  
**Heinz Cooked Spaghetti med. tin 11c**  
**Heinz Oven-Baked Beans 2 sm. tins 17c**  
**Heinz Sandwich Spread 6 1/2-oz. jar 19c**  
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