

The Women's Page

Betty Barclays HELPFUL HINTS



CRANBERRY CRAFT

There'll be lots more cranberries around this year than last, because the crop is more than 150,000 barrels higher in volume than the short 1938-crop, our market authority tells us. And that's a good enough reason for putting some of the interesting new cranberry dishes right into the daily menu. Here are two — a meat dish and a dessert.

Tenderize Meats with Cranberries
Good news for thrifty housewives! Here's a quick, easy way to tenderize your inexpensive cuts of meat... with cranberries.

It's as simple as this — for each 3 pounds meat (pot roast or boiled meats of less tender cuts), add 2 cups of raw cranberries to the gravy or juice while it is cooking.

Try this tenderizing treatment on your favorite low-priced meat for your next meal, and see what difference it makes. You'll be delighted with the extra richness, extra tenderness, extra flavor it gives both meat and gravy.

Cranberry Nut Cobbler

- 2 cups sugar
- 1 cup water
- 4 cups (1 lb.) fresh cranberries
- 1/2 cup chopped walnuts
- Grated rind 1 orange
- 2 tablespoons butter
- 2 cups flour
- 4 tablespoons sugar
- 4 teaspoons baking powder
- 1/2 teaspoon salt
- 4 tablespoons shortening
- 3/4 cup milk

Heat sugar and water to boiling point; add cranberries, walnuts, orange rind and butter and let stand while mixing biscuit dough. Sift dry ingredients together; blend in shortening and add milk. Roll out dough to 1/8 inch thickness. Fill individual baking dishes (shallow custard cups, ramekins or deep dish pie dishes) with cranberries and cover each with biscuit dough. Cut slits in top of dough to allow steam to escape. Bake in very hot oven (450 degrees F.) about 15 minutes. Makes 6 cobblers in deep dish pie dishes.

Don't Waste Those Concord

By Frances Lee Barton

HAVE you Concord grapes on your vines? Don't waste them! Are Concord obtainable in the corner store?

Don't let them spoil. Buy at least a couple of baskets. Concord make the most delicious jelly imaginable — also a wonderful grape butter. With plenty of these two grape delicacies your winter "bread spread" problem has been solved.

Concord Grape Jelly and Butter

To prepare fruit, stem about 5 pounds fully ripe grapes and crush thoroughly. Add 1/2 cup water; bring to a boil, cover and simmer 5 minutes. Separate juice from pulp by placing hot fruit in 2-quart sieve. For Jelly: Run enough juice through a double layer of cheese-cloth held in a small sieve to obtain 4 cups of strained juice. For Butter: Rub grapes from which juice has been drained through sieve to obtain 4 1/2 cups pulp. Use the excess juice or water if necessary to fill up last 1/2 cup.

Concord Grape Jelly

4 cups (2 lbs.) juice; 7 1/2 cups (3 1/2 lbs.) sugar; 1/2 bottle fruit pectin.

Measure sugar and juice into large saucepan and mix. Bring to a boil over hottest fire and at once add fruit pectin, stirring constantly. Then bring to a full rolling boil and boil hard 1/2 minute. Remove from fire, skim, pour quickly. Paraffin hot jelly at once. Makes about 11 glasses (6 fluid ounces each).

Concord Grape Butter

4 1/2 cups (2 1/4 lbs.) pulp; 7 cups (3 lbs.) sugar; 1/2 bottle fruit pectin.

Measure sugar and grape pulp into large kettle, mix well and bring to a full rolling boil over the hottest fire. Stir constantly before and while boiling. Boil hard 1 minute. Remove from fire and stir in fruit pectin. Pour quickly. Paraffin hot grape butter at once. Makes about 11 glasses (6 fluid ounces each).

CANADA 6% WATER

About 62% of the area of Canada is covered by fresh water. It has the largest fresh water area of any country and it is estimated that over half the fresh water on the surface of the earth is contained in the Great Lakes system.

SHOES TO FIT LIKE A GLOVE

Are This Season's Mode—Grandmother Wore Much Smaller Shoe Than Modern Woman

Those feet of ours have taken a lot of punishment all these years while designers, in their endeavor to keep women feminine, spiked our heels and foreshortened our vamps. And keyed to vanity as the most of us women are, we were flattered with the pretty picture of our dainty feet, so we wore weird contraptions on our pedal extremities that may have caused no harm and little discomfort depending on the strength of bones and muscles and just how much activity we took on.

Back in the days when the Victorian frock was the theme song of our grandmothers, they tell us that women wore a much smaller shoe than athletic sister does today.

But in recent years we have managed to get the shoe designers interested in our needs. And the result is a splendid assortment of footwear to aid athletic prowess and walking grace.

Now with clothes reverting back to the style of our grandmother's day perhaps patterned on more conservative lines, the question of footwear comes up again.

The new fall shoes will fit like a glove. Whether you wear a 9 or a size B the lines are breezy and graceful. There are definite afternoon types as well as morning and formal styles.

CARE NEEDED TO KNIT SOCKS

Appropos of the detailed directions for knitting socks, do you remember this little verse, a product of the last war? Everyone who plans to knit socks for soldiers should make certain to have the proper directions so that all are wearable and comfortable.

Your socks received:
They are some fit—
Wear one for helmet
And one for mitt.
Will call to see you
When I've done my bit,
But where in time
Did you learn to knit?

COMPOSITION OF MILK

Milk contains approximately 13 per cent. solid matter. This is a larger amount than occurs in many foods, yet the fact is frequently overlooked because milk is in liquid form. The solids are composed of several food elements, proteins, fats, sugar, and minerals, each of which performs its special function in nourishing the body.

DON'T WORRY IF THE MILK "TURNS"

If the milk turns sour, it needn't be a tragedy. There are plenty of uses for it.

Its lactic acid soothes sunburn and helps bleach away freckles and a discolored skin. Take a solid lump of it, mix with a little cold cream, then rub well into the skin until it disappears. Soon it re-appears in little flakes, bringing away a lot of dirt and impurities.

Or you can sponge it on, leave it, then bathe it off. This is very cooling and soothing.

Washed white things are beautifully bleached when left overnight in a bowl of sour milk. Finally rinse several times next day.

Iron rust, ink, and fruit stains are soon shifted after a good soak in curd. They need a soap-and-water wash afterwards.

Once use sour milk on baking day, and you will be tempted to curdle some deliberately. Scones, cakes and bread are gorgeously light if it is used instead of milk in the ordinary way.

CONTAINER KEEPS CHEESE ODORLESS

Keeping cheese for any length of time is somewhat of a household problem. Taking it out of storage after a while means rickety, horrid odor. But there is now a simple glass preserver which will keep cheese safely for a long time. A tablespoonful of salt and a half pint of vinegar are placed in the bottom. The cheese rests on the glass cross-sections rising above the solution; it will keep for as long as a year without any change.

TEN MILLION DOLLARS A YEAR IN FRUIT AND VEGETABLES

Thirty-six firms operate at the Montreal Fruit Terminal, which handles more than 6,500 carloads of produce a year as well as great quantities received by truck and dray from cold storage, from boats and direct from farms. There are 19 wholesale fruit merchants, 13 fruit brokers, two railway agents and two government offices. Between 500 and 700 trucks move in and out the busy terminal every day, with May and June the heaviest months. Every year since the terminal opened in 1931 as a subsidiary of the Canadian National Railways, has seen an increase in business over the year before. It is estimated that \$10,000,000 is involved annually in the fruits and vegetables handled.

ANY PORT IN A STORM

"The new neighbors want to cut the grass," announced Molly, "and they want to know if you will lend them your mower."
"Lend them the lawn mower to cut the grass on the Sabbath!" exclaimed Mrs. Prim. "Certainly not, Molly. Tell them we haven't one."

HEALTH

WARS AND EPIDEMICS

It is said that the Persians under Xerxes were defeated in their invasion of Greece by plague and dysentery. In all of the wars from that time to the Great War of 1914-18 disease was as deadly a foe as the munitions of the enemy.

In a recent American book on "Disease in Military Campaigns," Lieut.-Col. Nelson Mercer says that the United States losses in the last war were 58,119 from disease and 50,388 were killed or died of wounds. A large percentage was from the influenza epidemic of 1918. By that time, typhoid had been brought under control and there were only 2,200 cases among more than 4,000,000 soldiers and there were only 200 deaths.

During the Spanish American War, typhoid caused 20,904 cases and 2,188 deaths. That war in which 379 men died in battle, was responsible for 4,795 deaths from disease, most of the troops never reaching Cuba. Similar stories of epidemics have come down from previous wars. In 1741, because of a typhus epidemic among the Austrian defenders of Prague, the French were able to capture that city. Later Napoleon had to retreat from Moscow because of typhoid, typhus and pneumonia.

In the United States war with Mexico in 1847-7 of 100,000 American soldiers only 1,549 were killed or died of wounds, while 10,986 died of typhoid, dysentery, smallpox, malaria or tropical diseases. In the Civil War, the Union Army lost approximately 200,000 men by disease and 112,000 from wounds.

UNDERGROUND OPERATING ROOM

Nothing is more directly affected by war conditions than civilian hospital management and the way the crisis was met in England gives an idea of the immensity of the problem before hospital authorities.

The evacuation of the patients from the hospitals in London and other cities was performed with coeunity and smoothness. As in the case of the evacuation of children, plans for removing hospital patients had been made months in advance. Details were so carefully planned that clock-like precision marked the actual evacuation. Ambulant patients were taken away in cots provided by friends of the hospital; then at a stated hour coaches arrived for patients waiting on stretchers.

At some of the hospitals strong sub-basements protected against gas have been made ready for casualties of air raids. An underground operating room is being built under the foundations of a new block of buildings at the Hospital for Sick Children, London. The underground accommodation, the first of its kind in England, will consist of a receiving room with eighty cots and six dressing rooms where hurt patients can be treated; an operating room for major casualties with three tables and nine dressing and anaesthetic cubicles; a duty room for the staff and a sterilizing room. The electric light and water supply are from sources independent of the main service.

SHOULDN'T SOAK YOUR VEGETABLES

No vegetable should be soaked before boiling. Cabbage and cauliflower, when prepared should be put into lukewarm water—not hot—for a few minutes. The insects, caterpillars, and so on will crawl out and be found dead in the bowl. Avoid salt—salt and water kills the insects and they remain in the vegetable.

After being in the warm water wash quickly in cold and remove any insect which has escaped, then boil at once. Fresh green vegetables are too often spoiled by being left in water.

NAT AT HOME

A man stopped by a beggar said: "Don't you know, my friend, that fortune knocks at everyone's door?" "Yes," replied the beggar. "He knocked at my door once, but I was out, and ever since he has sent his daughter."
"His daughter! Whatever do you mean?"
"Why, misfortune!"

THE FEAST OF THE APPLE

Ripe apple time has now returned October days are here. The king of fruits will now round out the last weeks of the year. And, mother's kitchen oft reminds Of days long since gone by. When we as hungry boys and girls Would smell fresh apple pie.

Did anything e'er taste so good As, coming home from school We'd find her apple pies set back Upon a shelf to cool; And fresh baked apple "Oh yun yun," How sweet their pungent smell! We live again those by-gone days Of which we like to tell.

Yes, mothers know the virtue fare In apples stored away. "They keep in health a growing child" "My Mithen" oft would say. And grown-ups too, renew their youth. And with us longer stay. By heeding that old adage true— "Eat apples every day."
—George D. Lee, California.

International Uniform Sunday School Lesson

THE CITIZENS OF THE KINGDOM

GOLDEN TEXT: "Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven." Matthew 5: 16.

LESSON PASSAGE: Matthew 5: 1-16.

Teach us in truth and light to grow. Thy laws to love, thy word to know, In thee we will always abide O King of Glory, be our Guide.

—N. Rolfsen.

Giving the Best, 1, 2

Christ loved people, all people. He did not despise people who were unlearned and illiterate. He spent much of his public ministry teaching a group of working men to be teachers. He was always ready to tell stories to a crowd of people. He talked to the people who wished to speak with him. The sermon on the Mount is a summary of Christ's teaching. It was spoken in the first instance to a crowd of people upon a hillside. The Christian Church needs to re-learn Christ love for people, all people. In a certain city, a congregation called a distinguished scholar, in the hope of making their church appeal to unlearned people. The experiment did not work. The congregation could not understand the classical references of the preacher. The Church has one message for all. The example of Christ is to teach in a way that all may understand.

The Beatitudes, 3 - 12

The Beatitudes are for the New Testament what the Ten Commandments were for the Old. In these words Christ explained his secret of a happy life. The moment we read them we are convinced that we are not living in the spirit of the Beatitudes. The dictators of totalitarian states who are seeking to overrule the world have adopted standards the very opposite of the Beatitudes. The question that we inevitably ask is, are the Beatitudes practical? Can people such as we live in the spirit of the Beatitudes in the very workaday world of the twentieth century? Plain-

by Christ did not speak them as theory.

He exposed his followers to act upon the Beatitudes. He himself lived them. The best interpretation of the Beatitudes is the life of Christ himself. He lived daily in the spirit of his teaching. It is a sign of his confidence in human nature that he gave such idealistic teaching to plain people and expected them to follow it. At first we may be discouraged, but if we surrender our wills to Christ and come under his influence fully, then we shall find that the Beatitudes are standards which we really desire to obey.

Salt, 13

Christ told his followers that they would be the salt of the earth. Salt does three things. It is a preservative preventing decay, and people of Christian character are salt in society. Again, salt gives flavor to plain food. Works of duty that are tasteless in themselves have a relish when salt is added. So Christian people are not to be insipid, flavourless people. They are to be positive personalities. Christ does not destroy individuality; he increases and enhances personal worth. A third characteristic of salt is that it makes people thirsty. Christians are that also. They awaken a desire in others to have spiritual life. Wherever there is radiant Christian living, others wish to learn the secret. Christ used homely illustrations as for instance, this reference to salt, in order to lead people from what they knew to what he wished them to understand.

Light, 14, 15

The Christian religion has been a constant inspiration to education. The Church has engaged in educational work. Preaching is allowing light to radiate from a pulpit. Schools are organized in order that light may shine forth in classrooms. Periodicals are published in order that the light may spread through the printed page. Teachers are held in order that individual Christians may witness, thus letting their light shine before men. If we really believe that we have a knowledge of God in Christ, we will be eager to give this good news to others. Only the light can dispel the darkness. It is useless to try to bale the darkness out of a room. All that

is necessary is to let the light flood in and the darkness will vanish. Christ is the light of the world, and each one of us may be a reflector of his light.

The Father, 16

The motive for Christian living is not self-glorification but the glory of God. The will of God came first in the life of Christ. He loved his fellowmen because he was so sure of God's love for men. He taught his truths convincingly because he had received the truths from God. The only satisfying explanation of the unique life of Jesus Christ is his consciousness of God. He did not speak of God as an impersonal force but as a personal will, a Father intelligent, loving, purposeful, the God who is a Spirit. Each good life brings greater glory to God. A world at war on two continents is a denial of the fatherhood of God. The divine love includes all people, of every race, creed and colour.

Questions for Discussion

1. What are the qualifications of a good teacher?
2. Have you really tried to live the Beatitudes?
3. Are the Christians you know serving as salt for society?
4. How far does your Christian witness shine?
5. What was the attitude of Jesus towards God?

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