

# The Women's Page

## RED CROSS MAKES FURTHER SHIPMENT

The Georgetown Branch of the Canadian Red Cross Society shipped this week to the warehouse in Toronto the following goods:

- 52 Pr. wristlets
- 8 Pr. rifle mitts
- 8 Pr. half mitts
- 16 Army caps
- 1 Balachiva cap
- 1 Helmet
- 1 Pr. knee caps
- 44 Bed socks
- 24 Pneumonia jackets
- 74 Pr. pyjamas
- 9 Hospital gowns
- 18 Triangular bandages
- 36 T. bandages
- 24 Pillow cases
- 13 Surgeons gowns
- 10 Ice bag covers
- 12 Handkerchiefs
- 36 Small scarves
- 22 Seaman's scarves
- 31 Sweaters
- 126 Pr. socks
- 12 Pr. Seaman's socks
- 40 Large Surgical Dressings
- 19 Medium surgical dressings
- 12 Face masks
- 61 Surgical towels
- 62 Flannellette bandages 4"
- 21 Flannellette bandages 6"
- 50 Factory cotton bandages 3"

## Church Has Navy of Its Own

The United Church has a navy of its own. Few people in Canada know that The United Church owns a fleet of 11 boats in active service on the Atlantic and Pacific coasts, plying their way to and from isolated villages almost impossible to reach by land. Piloting these boats are ministers of The United Church who have special training in handling craft in dangerous waters. These men conduct services of worship, baptize infants, bury the dead, conduct marriages, direct extensive social and medical work and perform all the other ministrations of the Church.

The names of the mission "boats" are: "Messengers," "William Swan," "Glad Tidings," "Pioneer," "New Crusader," "Thomas Crosby II," "Udal," "Sky Pilot," and "Melvin Swarthout."

Pilots of the craft include: Reverend Harold Watts, Maxwell Reader, Rev. Lester L. Barry-Beaton Hicks, Rev. B. S. Hartley, Rev. L. G. Gillard and Rev. U. Latte.

In addition the Edward White and the Sunbeam operate in connection with

## Bella Bella and Port Simpson Hospitals

Cost of maintaining the Home Mission Marine Mission boats is \$13,391 out of a total of \$730,000 spent on the Home Mission work last year by the Board of Home Missions of The United Church of Canada.

New York's Senator Royal S. Copeland, who is also a physician, tickles the funny-bones of his dinner companions with this medical yarn:

A man who had been bitten by a dog found that his wounds didn't heal and consulted a doctor. The physician, alarmed by the appearance of the wound, had the dog caught and examined. The dog had rabies. As it was too late to give the man a serum, the doctor told him he would have to die of hydrophobia.

The poor man sat down at a desk and began writing. The physician sought to comfort him.

"Perhaps it will not be so bad," he said. "You needn't make your will now."

"I'm not making my will," replied the man. "I'm writing out a list of people I'm going to bite."

## TESTED RECIPES

### EGGS — FOOD OF HIGH QUALITY

Grade A1 or Grade A eggs give a food of high quality which can be used for all purposes. Grade A1 eggs, which are produced on inspected farms operating under a special permit from the Dominion Department of Agriculture, are not available on all markets, but Grade A eggs are sold everywhere in Canada.

Keep the eggs covered in a cool place preferably in the refrigerator, and retain their quality and flavour.

Break a good, fresh egg and you find a thick, transparent substance completely covering a round, yellow yolk and holding it in place.

Cook a good fresh egg properly, and you have a food of mild but distinctive flavour, very palatable and at the same time rich in nutritive value.

The Consumer Service Section, Marketing Service, Dominion Department of Agriculture, recommends the general use of eggs, which are economical buys at prevailing prices, and suggests to Canadian homemakers a few tested recipes for "Scrambled Eggs" and "Omelets."

**Scrambled Eggs with Bacon**  
8 eggs  
6 strips side bacon

Cut bacon in small pieces and cook in frying pan. Beat eggs slightly. Add milk and seasonings. Pour into pan with bacon and cook slowly, stirring constantly until mixture coagulates. Serve on toast.

**Scrambled Eggs with Mushrooms**  
2 cups sliced mushrooms  
3 tablespoons butter  
8 eggs  
2-3 cup milk

Saute mushrooms in butter until tender (2 to 3 minutes). Beat eggs slightly. Add milk and seasonings. Pour into pan with mushrooms. Cook slowly, stirring constantly until mixture coagulates. Serve on toast.

**Scrambled Eggs with Cheese**  
8 eggs  
1 cup milk  
3 tablespoons butter

Beat whites until stiff but not dry. Add water, salt and pepper to egg yolks. Beat well. Fold whites into yolks. Melt butter in frying pan. Pour mixture into pan. Cook mixture slowly until it is browned underneath and beginning to sizzle.

**Fluffy Omelet**  
8 eggs  
8 tablespoons water  
1 teaspoon pepper  
1 teaspoon salt  
2 tablespoons butter

Separate yolks from whites of eggs. Beat whites until stiff but not dry. Add water, salt and pepper to egg yolks. Beat well. Fold whites into yolks. Melt butter in frying pan. Pour mixture into pan. Cook mixture slowly until it is browned underneath and beginning to sizzle.

**Variations:**  
Spread omelet with jelly or jam before folding.

Cover with grated cheese before folding.

Cover omelet with 1/2 to 2 cups creamed chicken or ham before folding.

Spread omelet with fried creamed mushrooms.

Spread omelet with Tomato or Spanish sauce.

Add 1 cup grated cheese, chopped ham or bacon or cooked mushrooms to omelet before mixture is cooked.

**Spanish Sauce**  
2 tablespoons butter  
1 tablespoon finely chopped onion  
1 table spoon chopped green pepper  
1 cup chopped mushrooms  
1 tablespoon flour  
3 cups canned tomatoes

Melt butter. Add onion, green pepper and mushrooms. Cook slowly for three minutes. Blend in flour, and seasonings. Add tomatoes and stir until mixture thickens. Cook slowly for three minutes. Blend in flour, and seasonings. Add tomatoes and stir until mixture thickens. Cook slowly for 5 minutes.

## AROUND THE CALENDAR

The time of year has a great deal to do with our mode of dress, whether we live indoors or outdoors, our pleasures, sports and dispositions are affected by the changes of the seasons. But less and less, due to modern processing and transportation methods, do our food habits change with the seasons. It is possible now, with quick freezing and rapid transportation facilities to obtain almost the same foods all the year round. This is especially true of Canadian fish, and a fact for which housewives can be genuinely grateful. Nowdays we do not have to think of seasons when we realize that most of the 60 varieties of Canadian fish can be purchased fresh or frozen at any time—as well as those which are canned, smoked, dried and pickled.

When using frozen fish it is best to cook it while still frozen; in this way the escape of juices is avoided. Allow a slightly longer cooking time than when using unfrozen fish.

**Fillets of Sole**  
2 to 3 pound fish fillets  
1 tablespoon salt  
Cup of milk  
Finely sifted bread crumbs  
Oil or melted fat

Cut the fillets into portions, three to the pound. Soak the pieces in the salted milk three minutes, then cover with the sifted bread crumbs, using one hand for the wet work and the other for the dry, to keep the crumbs dry. Place in a pan and sprinkle with cooking oil or fat. Bake in a hot oven (450 degrees to 500 degrees F) until fish is cooked. About 10 minutes. Bread crumbs are crisp when they are brown evenly. Grated cheese may be sprinkled over the top just before removing from the oven.

## Quality You'll Enjoy

# "SALADA" TEA

### A TUBERCULOSIS CONTROL OBJECTIVE

If one province of Canada can reduce its tuberculosis death rate so that its 47 per cent less than that for the country as a whole, it is safe to take the lowest rate as an objective in tuberculosis control. Even assuming that Saskatchewan's climate may be more favorable to the keeping down of the tuberculosis mortality, the difference in the death rate is so marked that those who are working to control this disease may well be encouraged.

Provincial Government figures for 1938 credit Saskatchewan with having only 28.8 deaths from tuberculosis per 100,000 people. Canada's average was 54.6. This, of course, is a splendid improvement in the last decade, on years a figure being over 80 deaths per 100,000 people.

If the low rate for Saskatchewan had applied to all Canada in 1938 there would have been only 3,233 deaths instead of the actual number of 6,122.

When it is considered that the Canadian rate is only one quarter of what it was at the turn of the century, an achievement of which this country may well be proud, those who are specializing in the fight against tuberculosis may well feel justified in working for a further objective of securing a Dominion average equal to Saskatchewan's.

This would, naturally, mean that some provinces might even exceed Saskatchewan's record — perhaps Saskatchewan itself — and prove that even this is possible. It is pointed out that in some Canadian cities there are now only 15 deaths per 100,000 population from tuberculosis.

### A BUG FULL OF TRICKS

Dr. J. Lewis Morrison, in the Oklahoma Medical Association Journal, calls the bacillus tuberculosis, subtle, evasive, paradoxical, intricate and complex. He says that this microscopic parasite is "A bug full of tricks."

There was knowledge of tuberculosis at least 2000 years before Christ. The clinical features of the disease were known by Greek writers in the fifth century B.C., while in the second century Aretaeus not only described the clinical features but suggested routine treatment. All down through the ages there are references to the problem in medical writings. The first post mortem report of military tuberculosis being given by Manget in 1700.

The tuberculosis death rate reached its highest peak in the middle of the 18th century. Auenbrugger, the inventor of percussion, described this means of diagnosis in 1781. Late in this century Whitt described tuberculous meningitis and Pott tuberculous destruction of the spine. It was not until 1816 that Pett described laryngeal tuberculosis. Baillie and Stark, working in the post mortem room of the famous John Hunter, are said to have died of tuberculosis gained from wounds affected in the morgue.

In the 19th century there were notable advances. Laennec, the inventor of the stethoscope, drew up a minute history of 400 cases. A great scientific awakening came in the middle of the 19th century. In 1865 Wilmott discovered the specific nature of tuberculosis by means of inoculation. Gerlach in 1870 proved that milk from tuberculous cows may convey the disease and in 1882 Koch discovered the "bug of tricks." Trudeau, Dettweiler and others became pioneers in sanatorium care just before this time and in 1907 while Forlani introduced pneumothorax treatment. The evolution of tuberculosis has traversed about 4000 years. It remains the greatest killer of man during the most useful period of his life, but discovered early it is readily cured.

## International Uniform Sunday School Lesson

### STEWARDS IN THE KINGDOM

SUNDAY, FEBRUARY 25th, 1940.

GOLDEN TEXT: "Well done, thou good and faithful servant." Matthew 25:21.

LESSON PASSAGE Matthew 25:14-27.

Who would true valour see, Let him come hither, One here will constant be, Come what come will, There's no discouragement, Shall make him once relent His first avowed intent.

To be a pilgrim — John Bunyan.

How God Trusts Us, 14.

All life is an endowment. From God comes the life force giving the vital spark to our bodies. Human consciousness is a gift from the divine mind. By God's providence we share our homes, the home in which we spend our childhood and the home in which we live our maturer lives. Our daily work is made possible by the accumulating resources of the past. As citizens in a democracy, the state is our keeping. As Christians, we are responsible for the welfare of the Church. Even money has possibilities in it, not of our making. Money is stored-up energy, like the sunlight in the coal. Money represents life's inner forces transformed into an outward arc of value. It is the power of every day and raise a crop every year. The Church has some geniuses — great preachers, organizers, musicians and artists — but the bringing in of the kingdom does not depend solely upon gifted leaders. The faith of the pew will in the end, accomplish more than brilliance in the pulpit. Two-talent people may never make the headlines but through devoted service they double their investment nevertheless.

The Quitter, 24-27.

"The one-talent man would not even bother trying. It is perhaps inaccurate to call him a quitter; he was not even a starter. His basic philosophy of life was wrong. Supposing the following conviction about money: 'My money is mine only in trust. It belongs to God, just as I do. This money is not filthy lucre. It is stored-up human power. God is counting upon this money for his work. It is to help bring in a new kingdom of righteousness and brotherhood and peace. To spend my income rightly is one of my first tasks as a Christian. I should set aside a definite proportion of my income for the Church and the service of others in acknowledgement of God's sovereignty over all of my material possessions. I should invest this money for God as carefully as in my temporal business and keep strict account of this fund. I should give systematically. I should pray with my giving.' With such a faith, he might have eclipsed the five-talent man."

Questions for Discussion

1. Are you finding life an enlarging opportunity?
2. Are you adventurous in investing your abilities?
3. Why are geniuses frequently unappreciated?
4. Can you accomplish more by fidelity than brilliance?
5. Are you running away from life? (Lesson Outline copyrighted by the International Council of Religious Education. Used by permission.)

# CARROLL'S LIMITED

QUALITY FIRST ECONOMY ALWAYS

Very Special—Dew Kist Choice WHITE CORN 2 16-oz. tins 15¢

**MONARCH**  
Pastry Flour  
24-lb. bag 66¢

Unsweetened GRAPEFRUIT JUICE  
3 18-oz. tins 25¢

**LIPTON'S**  
Famous Teas  
1/2-lb. pkg. 36¢, 41¢, 46¢

Heinz Tomato Ketchup 1/2 gal. 16¢  
Fry's Chocolate SAUCE 3 1/2-oz. tins 9¢  
Medium Sized Prunes 2 lbs. 21¢  
Golden Hollow Dates 2 lbs. 21¢

**COFFEE**  
Chase & Sanborn's 1-lb. pkg. 49¢

Christie's Coconut CAKE Each 20¢  
Hellmann's Sandwich Spread jar 10¢, 23¢  
Jolly Good Nut Snack 1/2-lb. pkg. 21¢  
Junket Quick FUDGE pkg. 21¢

**MAGIC BISCUITS** Baking Powder 16-oz. tin 28¢  
**CHEESE** Weston's Sherbet Creams 1-lb. 15¢  
**SHRIMPS** Carroll's Rich and Old 1-lb. 23¢  
**BROOMS** Lenten Special 2 tins 27¢  
Regularly 35¢ Each 29¢

**Ginger Ale**  
Cataract Dry (Deposit Extra) 2 1/2 gal. 19¢

Carroll's SOAP FLAKES  
4-lb. box 25¢

**Shortening**  
Jewel Vegetable 1-lb. pkg. 13¢

Carroll's Dandee TEA 1 lb. pkg. 49¢  
Boneless Codfish 1-lb. pkg. 17¢  
Brunswick Sardines tin 5¢  
Kipper SNACKS tin 5¢

**AMMONIA**  
H.O. Powdered 2 pkgs. 9¢

Westinghouse Light BULBS Each 20¢  
A. & H. Washing SODA 2 pkgs. 15¢  
Many Flowers Facial SOAP cake 4¢  
Bon Ton Toilet Paper 3 rolls 10¢

Quick Quaker OATS Large Package 19¢

**KIRK'S**  
Hardwater Castile Soap  
3 cakes 14¢

**IVORY**  
99% Pure Soap  
Bar 6 1/2¢, 8 1/2¢

**CHIPSO**  
For Quick Soda  
pkg. 9 1/2¢, 20¢, 47¢

**AYLMER**  
Strained Foods 3/25¢  
for Infants  
Chopped Foods 2/19¢  
for Juniors

**PEARL**  
White, Alpha Soap  
Bar 4¢

FLORIDA ORANGES Good size, Jolly 19¢ Doz.	Golden Ripe BANANAS 3 lbs. 25¢	FRESH SPINACH 1 lb. 11¢	Tender Fresh LEAF LETTUCE 2 bunches 13¢	HEAD LETTUCE To Head Florida Celery Large stalks 2 for 23¢
--	-----------------------------------	----------------------------	--	---

Fruit and Vegetable Prices Until Saturday Night—Grocery Specials on Sale Until Monday Night.

Main Street Georgetown Free Delivery Phone 357