

Main Street Georgetown

Richard Licata

FRUIT & VEGETABLE MARKET

Our stock of NUTS for Christmas is now in. Guaranteed fresh, and absolutely the LOWEST PRICED in town.

Also the biggest and best varieties of Fruits and Vegetables.

Our many customers appreciate the high-grade quality and freshness of our stock of

Fruit and Vegetables

which are always sold at the lowest possible price consistent with quality.

YOU CAN PROVE THESE FACTS BY COMING TO

LICATA'S

for YOUR HOLIDAY SUPPLIES

INTERNATIONAL UNIFORM Sunday School LESSON

JESUS TEACHES HIS DISCIPLES TO PRAY

SUNDAY, DECEMBER 15, 1940

GOLDEN TEXT: "Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you." Luke 11:9.

LESSON PASSAGE: 11:1-13. The morning is the gate of day, But ere you enter there See that you set to guard it well The sentinel of prayer.

A Skill to Learn, I.

It takes nearly fifteen years to train a surgeon and he continues to learn for many years through experience in his practice. A little child can be taught to hold its hands heavenward and repeat "Now I lay me." The trouble is that so many people never advance beyond their childhood prayers. There is much to be learned about praying—the best time for prayer, the most helpful methods, the literature of prayer. There are occasions when an ejaculatory prayer is appropriate and there are other times when a whole day or whole night needs to be spent in prayer. We need to learn how to use quiet, how to alternate between listening and speaking prayer. It

is helpful to share prayer habits with a group of people they always have much to learn from. The disciples who had seen Jesus at prayer and heard his prayers, asked him to teach them to pray. We may make this same request of our Lord and be taught by his teaching about prayer, his passionate outpouring, his great intercessory prayer and the model form of prayer we call "The Lord's Prayer."

The Lord's Prayer, 2-4.

The prayer that Jesus taught his disciples to pray was very brief, less than one hundred words in all. The language was taken chiefly from Old Testament scripture. It is a God-centred prayer breathing surrender to a social prayer. The first, personal pronouns are all plural. At first glance, it appears to be a simple prayer but the longer we meditate upon it, the more profound meanings we discover in it. It is almost wholly a spiritual prayer, dealing with matters of character and faith. Even admitting that the prayer is often recited with little thought or feeling, the fact that this one prayer is repeated daily by millions of people, century after century, is a tribute to the truth and power packed in its few brief sentences.

Perseverance in Prayer, 5-8

A young man decided to take up rifle shooting. The first day he went to the range, his score was very low. In a few days, his score was nearly perfect. His eye had become trained, his muscles had been brought under control. Similar progress toward perfection may be made in prayer. Practice helps to make perfect. We learn to discriminate between values as we make our petitions to God. Gradually, we learn to pray less for ourselves and more for others. The constant holding of some spiritual ideal in our thoughts in daily prayer, eventually brings conviction and leads to action that helps to answer the prayer. Christ's story of the neighbour asking for bread at midnight is not a portrayal of divine unwillingness to answer prayer but an indication that perseverance in prayer does bring results. For instance, a bad-tempered man may pray for a spirit of love but he does not get the complete victory the first time he prays. Yet by praying repeatedly for the spirit of love, perhaps for months or for years, in time a new grace is won and the prayer is answered by the normal working of earnest desire, concentrated thought and habit forming. God's help is given by our use of the powers with which he has endowed us.

Results From Prayer, 9-12

Christ's prayers were answered. In the wilderness temptation, he prayed for strength to do God's will and he was given power to accept the cross. Amidst the agony of crucifixion, he commended his spirit into God's keeping and received the gift of inner peace. In the light of Christ's own experience, we may interpret his boundless confidence. "Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you." To have a high desire in thought until it becomes a strong purpose and power of will is developed for necessary action, is a result of prayer we have a right to expect. Eyesight was developed in response to light outside the human body; the sense of hearing likewise was developed in response to sound waves outside the human body. Is it too much to believe that our outgoing desires are a response to the heart of God? One saintly man attempted to express his faith in these words: "When I pray, a sincere, unselfish prayer, I feel that the universe does, make a response."

How Much More! 13

By a surprising turn of thought, Jesus argued from human parental love to God's love. A father or mother is eager to respond to a request from a loved child. Frequently a parent has to refuse the child's request for the sake of character-building discipline. We do not pray if we use it as a means of attaining material prosperity without work and intelligence service. We demonstrate the power of prayer when we use it as a method of letting God's love flow into our hearts. He has more grace for us than we have ever yet been willing to receive from him. When we seek his truth, he does not withhold it. When we appreciate beauty, we discover it everywhere about us. When we practise brotherhood, we receive a response of brotherly comradeship from others. If human parents can exemplify sympathetic love, may we not turn in confidence to the source of their sympathy and love? "If ye then, being evil, know how to give good gifts unto your children; how much more shall your heavenly Father give the Holy Spirit to them that ask him?"

Questions For Discussion

1. Has my Church taught me to pray?
2. Have you ever thought through the Lord's Prayer?
3. "Prayer is the strengthening of right desires." Discuss.
4. What answers have you found to your prayers?
5. Can God change temperament, mood and mental attitudes? (Lesson Outlines copyrighted by the International Council of Religious Education. Used by permission.)

MUMPS ON THE WANE;

3 CASES OF WHOOPING COUGH

Five new cases of mumps are recorded this month by Dr. O. V. Williams, M.O.H. for Georgetown. This is considerably lower than October's total of 24. Three cases of whooping cough are also noted in town. The report for November is as follows:

Scarlet Fever	0
Chickensox	0
Human Measles	0
German Measles	0
Mumps	5
Infantile Paralysis	0

Mainly for Women

Timely Topics for Women

BY BARBARA BAINES

QUICK-FROZEN FOODS

It is late Sunday afternoon on a dreary December day, but all is bright and cheery in the home of the Morgans, farmers of moderate means, who are having a few friends in for dinner. Leaving the cosy living-room with its glowing fire, they find their places around the long dining-room table, and you and I, peering over their shoulder, would be surprised at the dinner served in that country home. There is venison brought home after a hunting trip weeks ago by one of the elder sons. There are new green peas, fresh asparagus, corn on the cob — and best of all fresh strawberry shortcake.

How have they been able to obtain such delicacies in winter, when they live far from markets where imported, out-of-season fruits and vegetables may be obtained? Thereby hangs a tale. It is all due to the locker refrigerator plant that was installed the year before in a nearby town. In it they had not only kept the venison in perfect condition until they were ready to use it, but they also had stored the green peas, asparagus, corn on the cob and strawberries, all picked in their own garden when they were at their very best, and now served without loss of vitamins, colour or flavour at a time when their garden was covered with drifts of snow.

If you could persuade one of the Morgans to take you to see their locker you would be surprised at the variety of things they kept in it. Not only fish but you would find a heavy coat and cap, because the temperature in the locker is kept constant at about zero. You would see meat-cuts wrapped in moisture-proof paper and labelled with the weight, cut and date; chickens; fish caught in clear sparkling water; cartons of green beans, green peas, asparagus, corn, cauliflower; cartons of strawberries; even a case of eggs put away when they were plentiful and prices low, for winter use.

Fish and meats are prepared for serving, and vegetables and fruits washed and cleaned before they are frozen. Everything must be thawed out slowly before being cooked and once defrosted cannot be frozen again.

Many Canadian towns have similar locker services, some installed by dairies, some by cheese factories or meat packing plants and in other places new locker storage plants have been built. In the States where the idea originated almost every community has its own plant. They are a great boon, especially to farmers and owners of small gardens.

In cities and larger centres individuals do not rent their own lockers as extensively as in smaller places, perhaps because of the great distances. But there are terminal storage plants which deliver quick-frozen foods direct to hotels, restaurants and shops, and their use is spreading fast. Already fish to the extent of 2,000,000 pounds a month is being quick-frozen at Halifax. A large plant at Quebec is doing up fruits and vegetables. Because they are compactly packed large quantities of quick-frozen foods are being shipped to England.

Quick-freezing is a revolutionary change in food preservation. It is economical because things can be stored when they are plentiful and cheap. It safeguards health because vitamins are not destroyed. The housewife likes quick-frozen foods because the messy preparing of them is eliminated. Quick-freezing is the invention of Clarence Birdseye, who got his inspiration when he watched the Eskimos preserve fish by exposure to Arctic temperatures.

WOMEN AND THE WAR BUDGET

In perhaps no other country at war today has the standard of living of the average citizen been as little affected as in Canada. The recent war budget, however, will bring home to most of us, in a more direct way, the fact that there is a war on, and that we are engaged in it.

Drastic measures have been taken with three objectives in view. Firstly, the importation of luxuries and "non-essentials" from all but Empire countries is banned, that the Canadian exchange saved may be available to pay for necessities of war. Secondly, by placing many more items on the free list, buying of British goods is encouraged, thus making it easier for Britain to pay for her large war orders here. Thirdly, an excise tax has been placed on cars, radios, electrical goods, etc., to discourage spending, that citizens may have more money available for government loans.

BOOK REVIEW

Mrs. Miniver

By Jan Struthers

If you have not already read "Mrs. Miniver" do not miss it. It is one of the loveliest books of the year, gentle, pleasant, serene; a story of the every-day comings and goings of a normal, happy, English family, told with humour and understanding.

The central figure of the story is Mrs. Miniver, whose wit and charm and happy philosophy pervades the whole book. She tells us of the many little incidents of her daily life in an England preparing for war; of her charwoman, Mrs. Burchett, and her great zest for living; of her three unpredictable children; of a week-end with the hunting crowd, and the follies and weaknesses of the idle; of helping pick hops in Kent; of the excitement of watching fireworks with the children; of trying on gas masks; of filling Christmas stockings; all the little homey things that make life real. Mrs. Miniver, observant, tolerant and friendly, gets fun out of life and shares that fun with the readers.

The author, Jan Struthers, is an English woman, with considerable newspaper experience. In July she came to America with her two youngest children, arriving with a shipload of 1000 mothers and youngsters escaping from the Nazi bombardment. She passed through Canada on her way to New York, where she is now living, and carrying on with her writing.

LET ME REMIND YOU

These new restrictions affect the housewife in many ways. No more American hats or shoes or dresses, or perfume or costume jewelry. Innumerable items commonly used in the average home will no longer be found in your favourite shop. Silk stockings are not barred yet but will become gradually scarce. When you buy a new stove, or refrigerator, or The reasonable man adapts himself to the world; the unreasonable one persists in trying to adapt the world to himself. Therefore all progress depends on the unreasonable man.

— George Bernard Shaw

ENGLISH PLUM PUDDING

Soon we will be in all the gay whirl of the Christmas festivities — wrapping gay parcels, trimming the tree, carol singing, candlelight service, the Christmas Eve party — and best of all the Christmas dinner with all the family, children and grandchildren gathered around. But there is a lot to be done before then. It is already time to make the Christmas pudding. I hope you'll like this recipe, celebrated for its rich brown goodness and delicious sauce.

- | | |
|-------------------|----------------------------|
| 1 pound raisins | 3 slices candied pineapple |
| 2 pound dates | 1 teaspoon nutmeg |
| 1 pound suet | 1 teaspoon cassia |
| ½ cup mixed peel | ¼ teaspoon cloves |
| 2 eggs | 1 teaspoon soda |
| 1 cup white sugar | 1½ cup sour milk |
| ½ cup cherries | 1 cup grated carrot |
| 1 teaspoon salt | 2 cups flour |

Add the sugar gradually to the well beaten eggs, combine with suet and grated carrot. Sift the flour, soda, salt and spices add alternately with the sour milk. Add the fruit and peel (lightly floured). Turn into buttered molds and steam 3 hours. When ready to serve steam 1 hour longer.

STERLING SAUCE

- | | |
|-------------------|---------------------|
| ¼ cup butter | ¾ cup cream whipped |
| 1 cup fruit sugar | 1½ teaspoon cherry |
| 1 egg | Salt |

Cream the butter, add the sugar gradually. Beat the egg until foamy and add to first mixture. Add the whipped cream and sherry gradually. Chill until ready to serve.

washing machine, you will pay a 25% tax, but as a compensation many things from England will come in tax free and should be somewhat cheaper.

The new budget entails some sacrifice for all of us, a sacrifice due to the stern necessity of the hour. But no Canadian will object to the pinch of wartime economy, if she is confident that the funds thus made available are used to help smash the Nazi war machine.

Typhoid Fever	0
Whooping Cough	3
Cerebro-Spinal Meningitis	0

WHAT IS A FRIEND?

What is a friend? I will tell you
It is a person with whom you share it
be yourself.—Frank Crane.

MANAGERS' SALE

DOWN GO CANNED FOODS. Prices take a slide at Carroll's this weekend. It's a big "pay-day" opportunity to restock those depleted pantry shelves at a fine saving.

HAMPERS FOR CHRISTMAS

If you are giving Christmas hampers away this year see your Carroll store manager before placing your order. He has several already prepared to sell at \$1.89 and \$2.89, or if you would like to make your own selection, he will be pleased to help. Special attention will be given to groups or organizations buying in quantities.

Aylmer Choice
TOMATOES 2 16-oz. tins 15c

- McCormick's Butter BARS lb. 15c
- Mixed NUTS in shell lb. 19c
- Hard Christmas CANDY 2 lb. 25c
- Christie's Cocoa Iceburg CAKE ea. 20c
- Christie's Fruited PUDDINGS ea. 25c

AYLMER PEAS 3 16-oz. tins 25c

- Table FIGS ¼-lb. pkg. 14c
- Seedless RAISINS lb. 10c
- Cut Mixed PEEL lb. 27c
- Glace Red CHERRIES lb. 41c
- EasiFirst Shortening or Domestic 2 lb. 25c

Aylmer
PORK and BEANS 2 20-oz. tins 15c

- AYLMER ASPARAGUS Tasty Cuts 2 12-oz. tins 17c
- AYLMER TOMATO SOUP or Vegetable 10-oz. tin 7c
- AYLMER PEAS and CARROTS 2 16-oz. tins 23c
- AYLMER INFANTS FOODS tin 7c
- AYLMER TOMATO JUICE 2 20-oz. tins 15c
- AYLMER APPLE JUICE 3 20-oz. tins 25c
- AYLMER BARTLETT PEARS 2 15-oz. tins 25c

Aylmer Sliced
PINEAPPLE 2 12-oz. tins 25c

- Kellogg's CORN FLAKES 3 8-oz. pkgs. 19c
- Chase and Sanborn's COFFEE 1-lb. tin 47c
- Have Your Label Ready! WIN 25 DOLLARS Listen to CFRB every Tuesday Night Mether Parker's Tea ½-lb. pkg. 36c, 31c

Small-White BEANS lb. 4c

- Camay Toilet SOAP RINSO pkg. 9c, 22c, 43c
- CHIPSO pkg. 8c, 20c, 47c
- 10c Box of Gibson TISSUES with Infants Delight SOAP 4 cakes 23c

Aylmer Sliced or Halved Ontario
PEACHES 2 15-oz. tins 23c

- FLORIDA ORANGES good size 17c doz. for juico
- B. C. DELICIOUS APPLES large size 6 for 19c
- MARSH SEEDLESS GRAPEFRUIT 4 for 17c
- GOLDEN RIPE BANANAS 3 lb. 25c

Grocery Bargains on Sale Until Monday Night—Fruit and Vegetables Until Saturday Night Only

CARROLL'S

PHONE 357

Free Delivery

MAIN STREET GEORGETOWN