

# Quality Counts Most

# "SALADA" TEA

## Personal and Social

Mrs. R. W. Robb is visiting in Owen Sound with her parents.

Mr. and Mrs. Wm. Cole, of Milton, were in town on Saturday.

Mr. Walter Biehn spent the week end in Lindsay with Mrs. J. H. Kenney and Roy.

Dr. C. W. Hurlburt, of Edmonton, Alberta, was a recent visitor with Dr. and Mrs. C. V. Williams.

Mr. and Mrs. E. B. Matson and little son, of Brampton, were Sunday visitors with Mrs. E. Walda.

Miss Mildred Tudhope, of Orillia, has been visiting with her sister, Mrs. A. Ostrander, for the past two weeks.

Miss Florence Richardson, of Burlington, is a guest at the Rectory with Rev. and Mrs. W. G. O. Thompson.

Mr. F. H. Leslie, of Niagara Falls, spent the week end with his aunts, the Misses Howson, and Mrs. Riddell.

Mr. Ed. Lanan, son of Mr. W. C. Lanan, reported last week to Manning Depot, Toronto, where he will enter the R.C.A.F.

Mrs. V. Gollop, has returned to Milton after spending a few days with Mrs. J. M. Moore and the Misses Claridge.

A number of members of Branch 120, Canadian Legion, attended the installation of officers ceremony of the Milton Branch, which took place on Monday, January 6th. William Anderson is president of the Milton organization for the coming year.

Mr. and Mrs. Trygve Wold were guests at the reception to Crown Prince Olav and Crown Princess Marthe, of Norway, at Little Norway, on Tuesday.

Mr. and Mrs. Sidney Silver, of Orillia, were in town last week, and attended the Cudjoh-Georgetown Intermediate hockey game on Friday night.

Mrs. George Campbell and Miss Luena Campbell, of Georgetown, were guests at a recent dinner party given by Mr. and Mrs. Fred Allen, of Aceton, in honour of Mr. and Mrs. Gilford Kaiser, of St. Catharines. Mr. and Mrs. Kaiser, who were married on January 3rd, spent their honeymoon in Aceton. She was the former Lillian Isabel Jameson, daughter of Mr. John and the late Mrs. Jameson, and Mr. Kaiser, the son of Mr. and Mrs. Harvey Kaiser, is the grandson of Mr. and Mrs. W. Campbell, of Toronto.

## NORVAL

Mrs. Arthur Leggett is visiting her sister in Hamilton.

King Reed spent the week end in Toronto with his parents, Mr. and Mrs. E. Reed.

Miss Blanche Hargraves is spending the next two weeks in Georgetown with Mrs. McClements.

Mr. Dalmer Barton spent the week end at his home in Weston.

Mr. and Mrs. John Manning, of London spent the week end with Mr. and Mrs. J. C. McLaughlin.

Mrs. Violet Greenwood, of Sault Ste Marie, is visiting her sister, Mrs. C. Grimwood.

Mrs. Laidlaw spent Sunday with Mrs. Wesley May.

## KEEP TRUDGING

One wearies of life as one trudges the way,  
For the road is so hard and so long;  
The pebbles and cobbles and hard up-hill climbs,  
Don't make it a real merry song.

And sometimes the wind will blow hard in one's face,  
At others, bleak rains fall instead;  
There's always so much that keeps holding one back,  
So little to help one ahead.

But back of the dark and the deep, dank, dull clouds  
We know that the sun there does shine  
So brightly, and warmly on some other's world,  
Though it may not be yours and on mine.

And maybe some day a small rift in the clouds  
Will filter the sun's warm rays through;  
And the road won't seem weary, nor dreary, nor long,  
For the sunshine will banish the blue.

So keep right on trudging though weary our feet,  
And hope for the glad brightsome days,  
When the hills will be levelled, the roads will be smoothed,  
And our lives will be filled then with praise.

—RALPH GORDON

Mr. Jos. A. Harris, of Benetto Public School, Hamilton, spent the week end at his home here.

Mr. and Mrs. Will Hustler visited with Mr. and Mrs. Frank Hustler on Sunday.

In the absence of Rev. S. E. Colebrook, who is ill, the Rev. W. G. O. Thompson took the evening service at St. Paul's Anglican Church, on Sunday.

The annual meeting of Norval Presbyterian Church was held on Tuesday evening with a good attendance.

We are pleased to report that Mr. C. Williams is improving in health.

Mr. and Mrs. John Manning, of London spent the week end with Mr. and Mrs. J. C. McLaughlin.

Mrs. Violet Greenwood, of Sault Ste Marie, is visiting her sister, Mrs. C. Grimwood.

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# Mainly for Women

## HOW LONG DOES IT TAKE YOU TO EAT?

In these busy days, many of us hurry to satisfy our hunger with a sandwich, often bolted hurriedly. We know we're playing fast and loose with our insides, but the job must be done. Irregular meals, irregular sleep, and new ways of living are all causes of constipation.

### How to Get Gentle Relief

Constipation, as you know, is caused mainly by the disappearance of moisture from the large intestine. Therefore, that moisture must return. This is done by the action of the so-called mineral salts which are present in Kruschen. At the same time Kruschen, by its diuretic action helps to flush the kidneys, thus ridding your bloodstream of its accumulated toxic poisons. It stands for regular, and cheerful. Start today to remedy the mischief wrought by irregular meals and hours. You can get Kruschen from any druggist—25c and 75c.

## A POET PONDERS

I'm only just a farmer  
But I've feelings all the same,  
And it sometimes makes me wonder  
Rejoice where to put the blame.  
When I go into a store, and say,  
"I'd like to buy a pail,"  
It costs another quarter 'fore  
The clerk will make the sale.

When I buy a bit of harness  
Then it really makes me steam,  
It shouldn't cost a penny more  
To dress the doggone team.  
Co. of Benz and the taxes  
Are the answers that I get,  
But the eggs and butter people  
Haven't heard of all this yet.

I'm reading in the paper  
Where Dewar and several more  
Have figured out the price of grain  
Just shouldn't try to soar.  
For they're afraid, the farmer  
Will just forget the hogs,  
And then the dear old sackers  
Will go straight to the dogs.

So they're come to put a stop  
To all this rapid rising wheat,  
I guess it doesn't matter  
If the farmer doesn't eat.  
It can't go on for ever,  
This reeling at a loss,  
Machines will keep on breaking  
And the shingles gather moss.

It beats me where the money goes  
I think they call it "spread"  
Between the time a hog is bought  
And after it is dead.  
For when it's running, squealing,  
Then it's cheap, or so we're told,  
But when it gets to bacon  
Then the doggone thing is gold.

CLIFFORD CARDEN,  
Burgessville, in the Dundas Star.

## PRAYER FOR ENGLAND

By William Rose Benet  
Tonight and every night  
God Save England!  
Tonight and every night  
while fires are still alight  
where roaring skies rain death —  
so long as men have breath  
for all free men to fight —  
God Save England!  
God Save the Right!

Today and every day  
God save England!  
The English poets lay  
the seaman's world-highway,  
the heroic muster roll  
who are the heart and soul  
and strength for which men pray —  
God Save England!  
and the English way!

Not for these men of state  
who have saved England  
for a dotard few grown great,  
greed breeding endless hate,  
false peace in chains again  
and perjured word and pen —  
but strong against such fate  
God Save England!  
and all true English men!

Her fleets of great empire  
shall save England!  
The sea her signal flies  
and high in warring skies  
valiant beyond all praise  
she wears the battle-bays  
where pluck with war-plane vies  
to save England  
from midnight's lord of lies!

Her future still to be  
shall save England —  
than lordship of the sea,  
than sovereign empery  
far more — that she may stand  
liberty's risen land  
with all her peoples free —  
God save that England  
surely to be!

This night and every night  
God save England!  
This day and every day —  
till War be torn away,  
a foul unnatural birth  
from a new ordered earth —  
and down in brave array  
shine on great England  
for whom tonight we pray!

—Reprinted from "The Ooming Post-er," New York Evening Post.

## Timely Topics for Women

BY BARBARA BAINES

### ARE YOU A SNOB?

Strange as it may seem almost all of us are branded with some form of snobbishness. We may be snobs regarding wealth, business success, social position or family tree, or we may be intellectual snobs looking down upon those less brainier than we are. Or we may be snobs regarding refinement or fashion or morals, or regarding physical prowess or mechanical skill. We are just as apt to be snobs about how we bring up our children, or how we bake a cake.

Honest pride, of course, is not quite the same thing as snobbishness. The true snob is the person who fawns upon those with greater wealth or higher position, and who is servile in the presence of celebrities and the so-called great. On the other hand a real snob looks superciliously down upon all those whom for one reason or another he considers his inferiors. Excessive humility is just as objectionable as excessive conceit.

You all know people who quite obviously are snobs. They range all the way from pious folks with a "holier-than-thou" complex, the shabby genteel, and the new-rich trying to cut a figure in society, to the loud-mouthed four-flusher in the shabby checked suit. Such people expose themselves to ridicule in any community.

All snobbishness of course is not so apparent. In fact, in the case of many of us, snobbishness is quite unconscious, and we would be quick to resent such an accusation. Lines of distinction in society are in truth, artificial, but many people seem to feel uncomfortable outside the social class with whom they are accustomed to mingle. It is largely a case, though, of people from different occupations and different walks of life getting acquainted, and learning to know each other. Letters from England tell us that the greatest good coming out of the nightly bombings is the breaking down of artificial class distinctions. 'Arrist' awkins and the Colonel's Lady are getting to know each other, and strange as it may seem, to like and respect each other.

When the whole English-speaking world is fighting for a common ideal of freedom and equality, with what finer resolution could we start off the new year than this, "I will not be a snob in thought, or word, or deed?"

### CO-OPERATION IS THE KEY-NOTE

Once again, after a brief respite during the holiday season, women everywhere are busy as bees with their war-work — and with a new enthusiasm, a new vigour, and a new vision of the needs — as befits the season.

By this time most centres have worked out a smooth-running system and are able to turn out great quantities of work with a minimum of effort. But in some places the best use is not being made of the resources at hand, usually because of lack of careful organization.

The first thing a group of interested women have to decide is whether to form a Red Cross branch or organize as a separate war work unit. In the case of the former, materials are received from the Provincial Red Cross, and all finished articles and reports must be returned to them. If on the other hand you decide to organize as a separate unit you must apply for a War Charities Charter and render a careful account of the money collected and how it is spent to the Dept. of State. In this case you may buy your materials wherever you like and send the finished articles to who ever you wish provided you comply with the government regulations.

Some groups, for instance, send all their hospital supplies and refitting garments to the Red Cross, but might send knitted goods to the soldier in Iceland or Newfoundland, or an adopted unit overseas; and might also send leather jackets and seaman's knitted goods to a minesweeper or corvette in the Canadian Navy. In this case they often get most interesting letters of acknowledgement from the men receiving the parcels.

But regardless of whether you work directly through the Red Cross or as an individual unit a smooth-running organization is essential. The following is a suggested set-up.

1. President or General Convener, who needs to be both clever and tactful to keep all committees working together congenially and at full speed.
2. Secretary.
3. Treasurer.
4. Sewing Convener with a committee of four — two in charge of cutting and planning work, and two to give out sewing and instruct sewers in method to be followed.
5. Knitting Convener and an assistant in charge of giving out wool and receiving finished articles.
6. Purchasing Convener, with committee made up of Sewing Convener and Knitting Convener.
7. Ways and Means Convener, with a committee of three (good hostesses) to see that your bank account always contains a healthy balance.
8. Packing and Shipping Convener, and committee of two. (This is heavy work!)
9. Canteen Convener, and committee of three (if your town is located near a troop-training centre) to provide Sunday teas and entertainment for the boys.
10. Publicity Convener, to see that your organization is given publicity and gets the support of the people of the community.

Accurate records should be kept and a regular business meeting held once a month or oftener. Thorough experience it has been found that the best and most uniform work has been done when members meet to sew on definite days in a central work-room.

Except for a few non-social folks, most of us keep up our interest better, and in the long run turn out more work, when we have company. Besides, some women make splendid button-holes, or run machines almost professionally, while others, equally anxious to do their bit, are only able to baste or do simple seams, and could not finish a garment alone. Knitting on the other hand is grand pick-up work and seems to be best done at home.

A good set of officers is essential, and it is wise to include as large a number of members on working committees as possible in order to increase interest, but the foundation of success is built on a healthy spirit of co-operation.

### BOOK REVIEW

MEDICAL CENTRE — By Faith Baldwin (The Oxford University Press, \$2.75)

When you step inside a large hospital it may seem cold, hygienic and impersonal, but often within its walls are lived out life's most poignant dramas. It is this side of hospital life, not shown on charts and records, that Miss Baldwin has chosen as the theme of her newest book.

The novel contains six dramatic stories, each centering around its own problem. But the stories, all connected in some manner with Lister Memorial Hospital, are overlapped, and the characters intermingled in such a way that there is a central thread of interest running through the whole book.

Miss Baldwin, in her usual understanding manner, tells us of Dr. Peter McDonald, who is loved in secret by the pretty dietitian on the ninth floor, (largely occupied by Park Avenue socialites convalescing from too much night life). Then there is Pat Weston, popular debutante, whose heart beats faster when she encounters Dr. Bullard in the clinic, where she does social work, than it does when she is with her old pal Jimmie Davenport, wealthy New Yorker on the ninth.

There is the story of Ada Nelson, a nurse in the children's ward, and her unhappy memories of Dick Henderson, who, though the son of a millionaire, is happier in his work at the hospital than giving lavish parties, and his curious affair with Linda Gordon and her sister Elsie; of Eva Reynolds, efficient but human; of Eunice Watson, who is almost too beautiful, but not afraid to face life.

In "Medical Centre" Miss Baldwin has given us a generous quota of love and romance with a happy ending.

### LET ME REMIND YOU

She had that particular aptitude for companionship, that rare touch on life which makes some souls so valuable to their friends. —Margaret Kennedy.

### CASSEROLE OF LIVER AND TOMATO

Liver not only helps to produce new red corpuscles in the blood stream but it also is one of the best sources of Vitamin B and of iron. Doctors recommend it especially for persons suffering from anemia, but this Casserole of Liver and Tomatoes is not only health-giving but delicious.

- 2 pounds liver
  - 1/2 lb. fat salt pork
  - 1/2 cup diced carrots
  - 1/2 cup sliced onion
  - 1/2 cup chopped celery
  - 1 can tomatoes (2 1/2 cups)
  - 1 teaspoon salt
  - Bayleaf
  - Peppercorns
  - Pepper
- Prepare liver and skewer in shape. Lard upper side with salt pork, or place slices of salt pork across the top. Put in deep baking dish. Add vegetables and seasonings. Cover closely and bake 2 hours in a slow oven (300 F.) Uncover for last 20 minutes to brown. Serves 6-8.

# CARROLL'S

LIPTON'S TEA 1/2-lb. 36¢, 41¢, 46¢  
pkgs.

VI-TONE CHOCOLATE FLAVORED tin 24¢, 43¢

(PEAS) AYLMER SIEVE 3 16-oz. tins 25¢

<p>Aylmer Tomato or Vegetable SOUP 10-oz. tin 7c</p> <p>Heinz Tomato Ketchup 2 L.O. BTL. 35c</p> <p>Chocolate Puff Biscuits lb. 15c</p> <p>Christie's Brazil Fruit CAKE .. 20c</p> <p>Christie's Silver Pride CAKE .. 15c</p>	<p><b>New Pack!</b></p> <p>Unsweetened GRAPEFRUIT JUICE from Texas</p> <p>3 No. 2 tins 25¢</p> <p>Cooking FIGS lb. 15c</p> <p>Stuart's Rasp. or Straw. Jam 32-oz. jar 23c with peels</p> <p>Luxury Pancake Syrup 1/2 qt. 17c</p> <p>Hellmann's Real MAYONNAISE 19c</p> <p>Paterson's Worcester Sauce bt. 10c</p>
<p><b>BRIGHT'S ONTARIO PEACHES</b> 15-oz. tin 10c</p> <p>Strong, Corn Brooms 27c</p> <p>P. &amp; G. White Naphtha Soap 3 bars 11c</p> <p>Shinola Floor WAX 1-lb. tin 21c</p> <p>"IT" Shoe Polish tin 10c</p> <p>H. O. Powdered AMMONIA 2 lbs. 9c</p>	<p><b>Kellogg's CORN-FLAKES</b> with square-bottom Glass 3 8-oz. pkgs. 23c</p> <p>Boneless Codfish lb. 17c</p> <p>Lifebuoy Soap 2 ctn 11c</p> <p>OXYDOL pkg. 8 1/2 21¢, 59¢</p> <p>Northern Toilet TISSUE 3 rls 25c</p> <p>CRISCO tin 19c, 49c</p> <p>Assorted Hard CANDY 2 lbs. 25c</p>
<p><b>(Pork and Beans)</b> 15-oz. tin 5c</p>	
<p>TEXAS SEEDLESS Grapefruit 4 for 17c</p> <p>FLORIDA ORANGES Good Size For Juice 24c doz</p>	<p>FIRM RIPE TOMATOES Pound 15c</p> <p>CARROTS or PARSNIPS 6 qt. bkt. 19c</p>

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