

# Mainly for Women

### Quality Counts Most

# "SALADA" TEA

## Your Eyes



Most of us work our eyes to the limit. We work long hours at the factory, store, office or at studies; at night we read, sew, go to a movie or play cards.

What is the answer? Eye strain and fatigue. We can help you. Make an appointment with us today. Newest style of glasses at city prices.

CONSULT

**O. T. WALKER, R.O.**  
EYEBRIDGE SPECIALIST

who will be at his office (over the Bell Telephone Co.) Main Street, Georgetown, the second Wednesday of each month, or you may consult O. T. Walker at his office in Stratford.

PHONE: Georgetown 67  
Stratford 598

Gracie Fields, through whose entertainment of Canadian audiences last fall, \$100,000 was raised for the Empire's sailors' fund, has been presented with a memorial volume of her triumphal visit to this country.

## INTERNATIONAL UNIFORM Sunday School LESSON

### THE LORD'S SUPPER

SUNDAY, MARCH 10th, 1941

GOLDEN TEXT: "As often as ye eat this bread, and drink this cup, ye do show the Lord's death till he come." 1 Corinthians 11: 26.

LESSON PASSAGE: Luke 22: 14-30.

By faith we take the bread of life With which our souls are fed, The cup in token of his blood That was for sinners shed.

—Thomas Cotterill.

A Ritual, 18 - 18

Jesus was not above using aids to worship. He went to the synagogue for study and to the temple for prayer. He eagerly desired to observe the Passover feast with his disciples. There is a false notion that it is more spiritual to worship without visible symbols, yet constantly we are using the concrete to express abstract truths. The fact is that we need to learn how to use objective aids to worship. A beautiful church, a stately chancel, effects of light and colour, the symbol of the cross, may come to have associations for us which are a distinct aid in worship. The Hebrew people had strict laws against idolatry because the worshippers gave their reverence to the symbol and missed the truth symbolized. We find a beautiful sunset much more impressive than the abstract concept of beauty. The sacrament of the Lord's Supper in like manner may give a richer interpretation of discipleship. We need not be wholly dependent upon symbols, but they are spiritually helpful if we learn to use them right.

A Memorial, 39, 20

Maeterlinck, in his play "The Bluebird," has the quaint fancy that the dead live again when they are remembered. We are sometimes shocked at the way we forget friends and relatives whose passing deeply grieved us. There is a cynical saying, "Out of sight, out of mind." Christ knew how easy it is for us to forget and he appointed the sacrament as an aid to remembrance. He personally wished

### THE SPARROWS

There's a bunch of cheeping sparrows Every morning come to me, And they'll peck outside my window On a leafless lilac tree; They will flutter and they'll sputter, And they'll chirrup, for they know I will feed them bread and sweet For their breakfast on the snow.

Then they'll fly down, hesitating, Seem to be so full of fear, For the tiniest little noise will Make them quickly disappear. But they soon will be returning And will settle in that tree, They will peck and peer and flutter, And in fact act crazily.

One may then fly down—adventurous And may light quite near that food, And then another—finally The whole entire brood. Then they'll peck and chase each other

O'er that little bit of feed, Fight with beak and wing in earnest, Each one wanting more's its need.

As I stand and watch those sparrows Trying to partake of food, They remind me of some people When they're in capricious mood.

—RALPH GORDON.

628 Crawford St., Toronto.

Ottawa should set the people of Canada the example, if it wishes them to save for victory. If there is waste in high places it is poor encouragement to the people to sacrifice and save.

Have you signed your pledge yet?

## HE FELT MISERABLE AFTER MEALS

### Acute Indigestion Relieved by Kruschen

The treatment which put this man right must surely be worth trying in every case of indigestion. Read what he says: "Two years ago I suffered very much from indigestion, loss of appetite, and a most severe pain in my back. Food soured in my stomach. I felt most miserable after meals, and had no desire or appetite for them. A friend advised me to try Kruschen Salts. I did so, and I am most happy to testify that after a short time I felt the greatest relief. I continued taking Kruschen till I felt myself quite better and a new man. I feel as light-hearted as I did twenty years ago."—W.B. ● The several salts in Kruschen combine aid in promoting regularity and help cleanse your system each day of poisons and impurities. Millions take the "little daily dose." At all drugstores.

to be remembered, not for self-glorification but because he knew how good to try. It would be to his disciples to have a conscious remembrance of him. He appointed two simple symbols, bread and wine—everyday, commonplace useful things—the bread was a fitting symbol of his body and the wine tokened his shed blood. Sacramental hymns and sermons indicate how suggestive to thought these symbols have been. Bread nourishes and wine refreshes. They become parts of our very being. The sacrament still serves its original purpose as a memorial. It is an aid to memory.

An Inquiry, 21 - 23

The sacrament of the Lord's Supper presents a moral challenge. Are we worthy to be partakers? Do we receive the communion through custom or because of a living faith in Christ? Is our loyalty increasing or growing cold? We cannot forget that Judas was present at the institution of the Lord's Supper. Even in the small company of twelve a traitor was present. Thus the observance of the sacrament of the Lord's Supper has been made a time of moral testing and spiritual inquiry. In some churches a preparatory service is held. This does not mean that only the perfect should receive the sacrament. A Scottish minister said truly, "It is for sinners, ye ken." It is a pledge of the mercy and forgiveness of God and our observance of the sacrament builds up more strength and spiritual devotion. The sacrament of the Lord's Supper should not harrow our feelings by introspection and morbid misgivings, but it does provide opportunity for us to "discover whether our hearts may be gaining or losing sincerity.

An Ideal, 24 - 27

At this very time when Christ was facing the cross, preparing to make his great act of renunciation, his disciples were disputing as to their respective places of prominence and power. Our dominant thoughts may be recurrent that ever while we partake of the symbols of Christ's death, we may be thinking of ourselves. Christ had given to his disciples an example of service. He said that he was among men as who served. He even during the sacramental meal, some of the disciples were cherishing personal ambitions. Here we have a direct contrast between the pagan and Christian ideals of life. The pagan ideal is power, the Christian ideal is service. Christ's teaching, was not in vain. We have reason to believe that the disciples learned their lesson. They went out as apostles, not seeking wealth or prestige, but willing to serve the lowest in the name of the Highest.

A Fellowship, 28 - 30

Christ received genuine help from his disciples. Their companionship cheered him. Their dependence upon him strengthened him in his temptations. He sanctified himself for their sakes. Constantly he took responsibility for them, overlooking their mistakes, frequently taking the will for the deed. Christ transformed these men. Eleven received positions comparable to the heads of the twelve tribes. Their influence was multiplied far beyond their individual capacities. A Christian congregation should be a fellowship of love as was the comradeship between Jesus and his disciples. The sacrament of the Lord's Supper is a symbolic expression of brotherhood. Through faith, Christ helps us in our temptations, steadying us, giving help to each believer. In the sacrament of the Lord's Supper, by meditation, surrender and trust, we realize more and more who abiding presence. If we prepare ourselves aright, and if we receive the sacrament thoughtfully and reverently, it is a genuine means of grace. It is a renewing of our surrender and experience of Christ's living presence.

Questions for Discussion

1. Why did Christ desire to celebrate more the Passover feast?
2. How is the sacrament an aid to memory?
3. How long did Judas know that he was a traitor?
4. In how many ways did Jesus serve the fellowship?
5. How did the disciples help Jesus? (Lesson Outlines copyrighted by the International Council of Religious Education. Used by permission).

KILLED HIS ARTISTE WIFE TO SPARE HER MISERIES OF WAR

Read . . . in The American Weekly with the March 16 issue of The Detroit Sunday Times, how a famous English language expert was too supremely happy to endure the sight of war's horrors, so he broke under the strain of his own imagination and slew the woman he loved, before the Nazis could be sure to get this Sunday's Detroit Times.

CARD OF THANKS

We wish to thank friends and neighbors for their many kind acts and expressions of sympathy in our recent bereavement. — Mrs. James Grant and Family.

## Timely Topics for Women

BY BARBARA BADNE

### "A MERRY HEART DOETH GOOD LIKE A MEDICINE"

The other evening I met a British war guest who has been in Canada since the early Fall. Her husband is an officer with the British Mediterranean navy and so far has been lucky. Her two school-age children are staying here with distant relatives who live in crowded quarters. She herself is working at whatever she can get to do. She was married when quite young and has no special training. Before Christmas she had a job in a shop. Just recently she obtained work in a munition factory, and is so pleased that she can afford a tiny attic room for herself and the occasional treat for her children.

If I have ever met a woman with a merry heart, she is one. She did not dwell on the constant danger in which her husband is, nor the horrors of the bombing raids they went through before leaving England. She did not grieve over the loss of her beautiful home on the South Coast, now a shambles.

Rather she entertained us with amusing incidents that happened in the blackout, with her gay and witty comment on strange Canadian customs, with anecdotes of her work in shop and factory since coming here, and with her plans for the day when she will be back, helping to rebuild a victorious England.

Since my talk with her I believe a merry heart is one of the greatest gifts we can possess. It triumphs over misfortune and adversity. It makes light of hardship and affliction. It vanquishes grief and despair. Nothing can conquer for long the heart filled with gladness and the joy of living.

A merry heart implies hope and courage and buoyancy of spirits. It is the thing that makes a man who is down, get up and start over again, with a grin on his face. It is the thing that turns the dark clouds inside out to show the silver lining.

A merry heart implies hope and courage and buoyancy of spirits. It is the thing that makes a man who is down, get up and start over again, with a grin on his face. It is the thing that turns the dark clouds inside out to show the silver lining.

A merry heart implies hope and courage and buoyancy of spirits. It is the thing that makes a man who is down, get up and start over again, with a grin on his face. It is the thing that turns the dark clouds inside out to show the silver lining.

A merry heart implies hope and courage and buoyancy of spirits. It is the thing that makes a man who is down, get up and start over again, with a grin on his face. It is the thing that turns the dark clouds inside out to show the silver lining.

A merry heart implies hope and courage and buoyancy of spirits. It is the thing that makes a man who is down, get up and start over again, with a grin on his face. It is the thing that turns the dark clouds inside out to show the silver lining.

A merry heart implies hope and courage and buoyancy of spirits. It is the thing that makes a man who is down, get up and start over again, with a grin on his face. It is the thing that turns the dark clouds inside out to show the silver lining.

A merry heart implies hope and courage and buoyancy of spirits. It is the thing that makes a man who is down, get up and start over again, with a grin on his face. It is the thing that turns the dark clouds inside out to show the silver lining.

A merry heart implies hope and courage and buoyancy of spirits. It is the thing that makes a man who is down, get up and start over again, with a grin on his face. It is the thing that turns the dark clouds inside out to show the silver lining.

A merry heart implies hope and courage and buoyancy of spirits. It is the thing that makes a man who is down, get up and start over again, with a grin on his face. It is the thing that turns the dark clouds inside out to show the silver lining.

A merry heart implies hope and courage and buoyancy of spirits. It is the thing that makes a man who is down, get up and start over again, with a grin on his face. It is the thing that turns the dark clouds inside out to show the silver lining.

A merry heart implies hope and courage and buoyancy of spirits. It is the thing that makes a man who is down, get up and start over again, with a grin on his face. It is the thing that turns the dark clouds inside out to show the silver lining.

A merry heart implies hope and courage and buoyancy of spirits. It is the thing that makes a man who is down, get up and start over again, with a grin on his face. It is the thing that turns the dark clouds inside out to show the silver lining.

A merry heart implies hope and courage and buoyancy of spirits. It is the thing that makes a man who is down, get up and start over again, with a grin on his face. It is the thing that turns the dark clouds inside out to show the silver lining.

A merry heart implies hope and courage and buoyancy of spirits. It is the thing that makes a man who is down, get up and start over again, with a grin on his face. It is the thing that turns the dark clouds inside out to show the silver lining.

A merry heart implies hope and courage and buoyancy of spirits. It is the thing that makes a man who is down, get up and start over again, with a grin on his face. It is the thing that turns the dark clouds inside out to show the silver lining.

A merry heart implies hope and courage and buoyancy of spirits. It is the thing that makes a man who is down, get up and start over again, with a grin on his face. It is the thing that turns the dark clouds inside out to show the silver lining.

A merry heart implies hope and courage and buoyancy of spirits. It is the thing that makes a man who is down, get up and start over again, with a grin on his face. It is the thing that turns the dark clouds inside out to show the silver lining.

A merry heart implies hope and courage and buoyancy of spirits. It is the thing that makes a man who is down, get up and start over again, with a grin on his face. It is the thing that turns the dark clouds inside out to show the silver lining.

A merry heart implies hope and courage and buoyancy of spirits. It is the thing that makes a man who is down, get up and start over again, with a grin on his face. It is the thing that turns the dark clouds inside out to show the silver lining.

A merry heart implies hope and courage and buoyancy of spirits. It is the thing that makes a man who is down, get up and start over again, with a grin on his face. It is the thing that turns the dark clouds inside out to show the silver lining.

**SUBSCRIBE NOW TO YOUR FAVOURITE MAGAZINES AND THIS NEWSPAPER AT A BARGAIN PRICE**

**THE THRIFTY ECONOMICAL WAY TO SUBSCRIBE TO THIS NEWSPAPER AND YOUR FAVOURITE MAGAZINES AT SENSATIONALLY LOW PRICES**

These offers are good for new or renewal orders. It will pay you to look them over and send us the coupon today.

### ALL-FAMILY OFFER

This Newspaper, 1 Year, and Your Choice Any Three of These Publications CHECK THREE MAGAZINES—ENCLOSE WITH ORDER

- |   |                                  |
|---|----------------------------------|
| [ ] Maclean's Magazine, 1 yr.             | [ ] Rod and Gun, 1 yr.           |
| [ ] Chatelaine, 1 yr.                     | [ ] American Fruit Grower, 1 yr. |
| [ ] Canadian Home Journal, 1 yr.          | [ ] Canada Poultry Review, 1 yr. |
| [ ] National Home Monthly, 1 yr.          | [ ] American Girl, 6 mos.        |
| [ ] Canadian Horticulture and Home, 1 yr. | [ ] American Boy, 6 mos.         |
- ALL FOUR ONLY \$2.75**

### SUPER-VALUE OFFER

This Newspaper, 1 Year, and Your Choice of ONE Magazine in Group A and TWO Magazines in Group B MARK AN "X" BEFORE THE MAGAZINES YOU DESIRE

- |                                    |   |
|------------------------------------|---|
| <b>GROUP "A"</b>                   | <b>GROUP "B"</b>                          |
| [ ] Magazine Digest, 6 mos.        | [ ] Maclean's Magazine, 1 yr.             |
| [ ] True Story, 1 yr.              | [ ] Chatelaine, 1 yr.                     |
| [ ] Silver Screen, 1 yr.           | [ ] Canadian Home Journal, 1 yr.          |
| [ ] Christian Herald, 6 mos.       | [ ] National Home Monthly, 1 yr.          |
| [ ] Fact Digest, 1 yr.             | [ ] Canadian Horticulture and Home, 1 yr. |
| [ ] Science and Discovery, 1 yr.   | [ ] Rod and Gun, 1 yr.                    |
| [ ] McCall's Magazine, 1 yr.       | [ ] American Fruit Grower, 1 yr.          |
| [ ] Parents' Magazine, 6 mos.      | [ ] Canada Poultry Review, 1 yr.          |
| [ ] Open Road for Boys, 1 yr.      | [ ] American Boy, 6 mos.                  |
| [ ] Home Arts (Needlecraft), 1 yr. | [ ] American Girl, 6 mos.                 |
| [ ] Screenland, 1 yr.              | [ ] American Girl, 6 mos.                 |
- ALL FOUR ONLY \$3.25**

THIS NEWSPAPER, 1 YEAR, AND YOUR CHOICE ONE OTHER PUBLICATION AT PRICE LISTED.

Maclean's Magazine, 1 yr.	\$2.25
Chatelaine, 1 yr.	\$2.25
Canadian Home Journal, 1 yr.	\$2.25
National Home Monthly, 1 yr.	2.25
McCall's, 1 yr.	2.75
True Story, 1 yr.	2.50
Silver Screen, 1 yr.	\$2.50
Red Book, 1 yr.	\$2.75
Parents' Magazine, 1 yr.	\$2.75
Magazine Digest, 1 yr.	\$2.75
American Boy, 1 yr.	\$2.75
American Girl, 1 yr.	\$2.50
Child Life, 1 yr.	\$2.50
American Magazine, 1 yr.	\$2.50
Screenland, 1 yr.	\$2.50
Christian Herald, 1 yr.	\$2.50

## SUBSCRIBERS

Please note price changes in our magazine offer, effective from this date on.

The Georgetown Herald

LET ME REMIND YOU  
Laugh and the world laughs with you,  
Weep and you weep alone,  
For the old earth has need of your mirth  
It has sorrow enough of its own.  
—Ella Wheeler Wilcox.

### BOOK REVIEW

"Random Harvest" — By James Hilton

The author of "Good-bye Mr. Chips" and "Lost Horizon" has just given us a new novel—a strange tale of the last war's aftermath. It is the story of Charles Rainer, who, blown up by a shell at Arras in 1917, suffers a mental blackout from that day until, rain-soaked and with a splitting headache, he wakes up in 1919 lying on a park bench in Liverpool after having been run down by a car.

He contacts his family, enrolls at Cambridge, amasses great wealth in the industrial world, and becomes a successful statesman. But always he is pre-occupied with the two missing years. Where had he been? What did he do? Other characters important to the story are his quietly efficient wife who entertains lavishly, the Rev. Blampied who believes life is more important than a living, and Harrison, his secretary, who is with him when the lost years suddenly come back, and the past meets the present. The strange ending cannot be divulged.

But James Hilton has written more than a convincing story. He has shown England as it was between the two wars. On war's eve Rainer says, "We're terribly unready. We missed our way years ago and found a wide, comfortable road, fine for sleep-walking—but it had the major drawback of wandering just anywhere, at random." But he ends with the vision of a new and greater England, rooted far back in the old and drawing strength from a thousand years.

"Random Harvest" has the same charm, the same mingling of hard reality and world of fancy, the same freshness of appeal as his earlier books.

### DATE MERINGUES

Though the general trend is toward more simple entertaining, still there are times when special refreshments are wanted. Your guests will enjoy these delicious meringues.

2 egg whites                     ¼ teaspoon lemon juice  
2-3 cup fruit sugar       1 teaspoon grated lemon rind  
¼ teaspoon salt             ¼ cup chopped dates  
1 cup shredded coconut

Beat the egg whites until stiff but not dry. Beat in the sugar gradually and add salt and lemon juice. Fold in the grated lemon rind, the chopped dates, and coconut. Drop by spoonfuls on a well-greased cookie sheet. Bake in a slow oven (275 degrees F.) until dry on the surface (30-30 minutes). To test, lift one from the sheet and let it stand a few minutes. If it holds its shape it is done. Remove meringues from the cookie sheet with care while still warm.