



BACK TO SCHOOL

Sale at
CARROLL'S



Carroll's Own Soap Flakes 4-lb. box 32c	Ready Cut MACARONI or Spaghetti PORK and BEANS Libby's AYLMER PEAS Choice Sieve 4 APPLE JUICE Allen's or Aylmer Baking Powder Carroll's Own C. & S. COFFEE Drip or Regular Corn Starch Canada 2 1-lb. pkgs.	3 lbs. 13c 2 No. 2 1/2 tins 21c 2 16-oz. tins 17c 2 20-oz. tins 15c 16-oz. tin 17c 1-lb. tin 49c	Churchill Cream BISCUITS lb. 18c	Aylmer Tomato CATSUP 12-oz. bd. 12c	For After School Snacks—Clark's Peanut Butter 24-oz. jar 23c
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RINSO pkg. 10c, 24c, 47c SUNLIGHT SOAP 2 bars 11c JIF SOAP FLAKES lg. pkg. 22c IVORY FLAKES lg. pkg. 23c TOILET TISSUE Northern 3 rolls 25c WAXED PAPER Roll 10c, 25c ELECTRIC LIGHT BULBS Ea. 20c	MOTHER PARKER'S Tea NESSCAFE Coffee That's Quick—Add Hot Water sm. tin 22c lg. tin 59c	Clark's SOUP Tomato, Vegetable or Scotch Broth 10-oz. tin 6c
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IVORY SOAP Ask about Clothes Brush Offer 2 lg. bars 19c 2 med. bars 13c	Master's DOG BISCUITS 2 lbs. 25c	Jewel SALAD DRESSING 32-oz. jar 39c Jewel Vegetable SHORTENING 1-lb. pkg. 17c
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Silver Star Pastry FLOUR

24-lb. bag **63c**

CHRISTIE'S FRUIT LOAF lg. slab 25c MAPLE de Luxe CAKE Ea. 15c QUICK QUAKER OATS lg. pkg. 19c CERTO LIQUID PECTIN Bd. 25c	RED MALAGA GRAPES 2 lb. 25c DOMESTIC DUCHESS APPLES 5 lb. 15c CRISP WHITE Celery Hearts 2 bdl. 19c GOLDEN RIPE Bananas 9c lb., 25c to 40c Per Dozen HUBBARD VEGETABLE Squash or Marrow ea. 10c	Fruit and Vegetable Prices Until Saturday Night Only
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TIMELY TOPICS FOR WOMEN . . .

By **Barbara Baines**

RAYON IS IN THE LIMELIGHT

Since the "freezing" of silk our interest centres in rayon as the likeliest substitute. Already it is a most versatile fabric, bobbing up in dresses, underwear, yacht sails, truck tires, artificial straw and velvet, and in the near future the variety of things for which it is used will probably double. It will, no doubt, be used in most of the stockings produced, as well as gloves, scarves and other accessories.

It can be made shiny or dull, fine or coarse, to look like linen, silk or wool, and it combines well with other fibres.

Count de Chardonnet, a French chemist, produced the first workable formula for rayon in 1884, and lived until 1924 to see it become a great industry. Its possibilities now are unlimited.

It is usually made of wood, though it may be made of cotton linters. The raw material is processed to form a thick, sticky liquid which is forced through a "spinnerette" and hardens to form a fine filament (now even finer than silk) which is twisted into thread ready for weaving.

The characteristics of rayon vary according to the particular manufacturing process used. (There are four basic types). Acetate rayon has the greatest immunity from stain, water spots, and wrinkling. It also dries more quickly and holds pleats better. On the other hand, it is more liable to injury from a hot iron or cleaning fluids.

The best rayons have now outgrown the need of excessive codding. All are not washable, however, and some shrink badly. So in buying look for the guarantee which is usually dependable.

Careful handling in laundering will help to prolong the life and loveliness of those that are washable. Soaking is unnecessary. Wash with a mild soap in lukewarm water by squeezing the suds through. Second suds ensure a clear color. If washed in a machine do not run more than 3 or 4 minutes. Rinse twice in lukewarm water, put through a wringer or press out the water with as little twisting as possible.

Since clothes pins are apt to leave a mark, the garments about which you are most particular are best dried indoors on a hanger or rolled up in a turkish towel.

Knit underwear irons smoothly without moisture. Other materials need some dampness. Iron on the wrong side first with a moderate iron (best test the heat on an inside facing first) and finish on the right side. Rayon hose need special care in handling as they are not as strong when wet as dry, nor as strong as silk. They should be squeezed gently in warm suds to remove the soil, rinsed and rolled in a towel to remove surplus moisture, and then hung indoors to finish drying.

FOR OUR SCRAP BOOK

If you can walk with crowds and keep your virtue,
Or walk with kings nor lose the common touch,
If neither foes nor loving friends can hurt you,
If all men count with you but none too much;
If you can fill the unforgiving minute
With sixty seconds worth of distance run,
Yours is the earth and everything that's in it,
And which is more . . . you'll be a MAN, my son.

—Rudyard Kipling—

BOOK REVIEW

"NOT BY BREAD ALONE" By Mary Frances Doner
McClelland & Stewart, 322pp. \$3.00

Mary Frances Doner was born in Port Huron, Michigan, and spent many summers during her girlhood on Great Lakes freighters commanded by her father. It is this familiar background that forms the setting for "Not By Bread Alone," a novel that tells how three women, each in turn, worked out their happiness in the face of almost insurmountable difficulties.

Maggie Killean was Irish, and could have done better, but she married Joe, because somehow he had worked his way into her heart. Through her efforts they were able to get steady employment as steward and cook on a Great Lakes freighter. Maggie did not mind the loneliness and heavy work but she missed their two children, Kate and Cora, who were living with their grandmother. But it was not until the girls were grown up and ready to leave home that Maggie and Joe got a home ashore.

The man that Cora wanted, married her cousin, and so she fitted herself for a career. Kate fell in love with Benny, a gentle dreamy, unaggressive orphan boy who wanted to be a florist. Kate knew that if she married him she, like Maggie, would have to be the mainstay of the family, but no one else seemed to matter.

Kate's daughter, Nancy belonged to a new generation. She wanted fun, gaiety and riches. She would never live as had her mother and grandmother. But, though she fought against it, she fell in love with a weakling, who could give her only love and a measure of loyalty.

"Not By Bread Alone" is a story most of you will like. It has plenty of action and some fine characterization, and it deals with a problem common to many women.

JELLIES THAT "JELL"

Most fruit juices in their natural state, do not contain enough pectin to "jell." It is therefore necessary to either evaporate the juice by boiling, add additional fruit juice rich in pectin, or use commercial pectin.

As a rule the juice of under-ripe fruit is richer in pectin than that of fully ripe fruit, but here is a test that will assure you of success. To one tablespoon of fruit juice add one teaspoon of sugar and 1/2 tablespoon of Epsom salts. Stir until dissolved, and allow to set twenty minutes. If a jelly-like mass forms immediately the fruit used is high in pectin. If it jells in twenty minutes it would be the better to add some commercial pectin and follow the manufacturer's recipe.

These general rules may be helpful. Grapes, apples, crabapples, peaches and plums are all grand for jelly. Pick over and wash the fruit, cut up but do not discard cores or parings. Add just enough water to prevent sticking. Heat slowly to boiling, crush thoroughly, and cook until tender. Turn into a jelly bag wrung out of warm water and let drip for several hours. Warm sugar before adding. The following proportions are to be used without commercial pectin:

Grapes	5 cups juice	— 4 cups sugar
Apples	3 cups juice	— 4 cups sugar
Crabapples	3 cups juice	— 4 cups sugar
Peaches	3 cups juice	— 4 cups sugar
Plums	1 cup juice	— 1 cup sugar
Currants	2 cups juice	— 3 cups sugar

Boil 5 minutes after sugar is added, skim, turn into sterile glasses, cool in a sunny window and seal with paraffin. Keep in a dry, cool place.

EDITOR'S NOTE: Letters from interested readers are welcome. Tell us what you enjoyed most in the Women's Building at "The Ex." Address all communications to Barbara Baines in care of this paper.

first epistle of John would have answered that question. He would make the test. Have we in any measure the spirit of love that Christ showed? Do we believe that God sent Christ to be the saviour of the world? If we are willing to confess that Jesus is the Son of God, God will dwell in us and we in God. Do we doubt God or do we rest assured in his love? Have we once and forever decided to trust God? Are we living in the torments of fear or has perfect love cast out our fears? When we think of all the good that would vanish from our lives and society without Christ, do we have an overflowing sense of gratitude to God for the gift of Christ as the leader, saviour and redeemer of men? Christ said that we would be recognized as his disciples if we have love one to another.

- Love in Action, 20, 21.**
- Love is undiscouragable good will in action. It is not a sentiment or a pose but an attitude towards others that gets into action. It is the deed. If a man says that he loves God and hates his brother, he may deceive himself but he deceives no one else. If we have not love enough in our hearts to love the members of our own families, how can we expect to have capacity to love the Creator of all the universe? We learn to love by loving. Each act of love increases our capacity
- Questions for Discussion**
1. Is my practice of brotherly love sentimental or sacrificial?
 2. Have I experienced God's love in the gift of Christ?
 3. "God dwelleth in us." How? When? Now?
 4. How long a list do your present fears make?
 5. Do you think of mankind as apart from God or as the possible destination of God? (Lesson Outlines copyrighted by the International Council of Religious Education. Used by permission.)

MOTHER GOOSE REVISED
There was a crooked man, and he had a crooked style;
He raised a crooked moustache and smiled a crooked smile.
His flag a crooked cross, he published crooked facts,
And built a crooked Europe with his crooked little pacts.
—Frank Lynn in the New York Herald-Tribune.

CLEVER

Proud Father (to bank manager):
"Ah, Mr. Clark, I want to see you about opening an account for the new arrival at our house. How shall we describe it to distinguish it from mine?"
Manager: "Suppose we call it 'The Fresh Hair Fund?'"

Sunday School Lesson

JOHN URGES CHRISTIAN LOVE
SUNDAY, AUGUST 31, 1941

GOLDEN TEXT: "Let us not love in word, neither in tongue; but in deed and in truth." 1 John 3: 18.

LESSON PASSAGE: 1 John 3: 13-18; 4: 7-21.

The shop of Nazareth was bare — But brotherhood was builded there. —Charles M. Sheldon

The Test of a Christian, 13-18.

The New Testament stresses the supremacy of love. Whether we turn to the teachings of Jesus or to the writings of John or Paul, love is exalted to first place among the virtues. The habit of loving is the test that Christ makes and it is a test we may make ourselves. Let memory recall the past week: can we say that we know we have passed from death unto life, because we love the brethren? Morally, hatred is the equivalent of murder—that is how bad it is. Love is supreme because it is the example of Christ. He laid down his life for others and we ought to lay down our lives for one another in daily service. The sentiment of good will is not enough. Christian love is good will in action. It is only mockery to express sympathy for the starving unless we do something to allay their hunger. There is a place for sentiment and emotion but these are preparatory to deeds of service. The daring of Jesus is seen in his purpose to teach love to each succeeding generation of the human race. Are we helping him to fulfill his purpose—in actual deeds as well as in words?

God is Love, 7-16.
No one definition can fully describe God, but the greatest definition is in three short monosyllables, "God is love." God is also light and life and law but back of the light, life and law is the love of God. Love is the greatest power in the universe. What electricity is in modern industry, love is in human relationships. It is both

the driving power and the lubricating oil. What we love we share God's essential nature. It is our means of knowing God. If we do not love we cannot know God. The surest evidence we have of the love of God is the coming of Christ to earth. God sent his only begotten Son that we might live through him. We owe our life in Christ to the love of God. The heart of the Eternal is most wonderfully kind and nowhere do we see the nature of God's love more clearly than in his gift of Christ to the world. The remarkable fact is not that we love God but that He first loved us and sent Christ in order that we may have victory over our sins. The love of God is made central in the teaching of Christ by his constant reference to the Fatherhood of God. We are not to live in God's world as slaves, orphans or prisoners. This is our Father's world. We may receive and enjoy the love of God and share it with others.

Loved and Loving, 11, 12.
Christ holds up the highest standard before us. He is not content with any human model: he tells us to be perfect even as our Father in heaven is perfect. We are to love one another because God has loved us. We are to follow the divine example. We cannot see God with human eyes but if we love one another God himself dwelleth in us and his love is perfected in us. We can go through life both loved and loving, loving the more because we ourselves have been so greatly loved. Nor did Christ select only the most attractive people to share his companionship; he chose those who needed affection and encouragement, publicans like Matthew and Zacchaeus, the mother of a sick child or the despised woman at the well of Samaria. He dared to believe that if he loved such people they would in turn become lovable. His confidence proved true.

Can We Know? 13-19.
A woman in later life went to her minister and said: "I want to be sure of my salvation. How may I know for certain that I have been born again and that I am accepted of God?" How would you have answered that question? We know how the writer of the

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AUG. 30—Lv. Stratford 1:00 p.m., Georgetown 2:40 p.m., Ar. Parkdale 3:27 p.m., Toronto (Union Station) 3:35 p.m.
AUG. 30 and SEPT. 1—Lv. Toronto (Union Station) 10:35 p.m., Parkdale 10:45 p.m., Ar. Georgetown 11:30 p.m., Stratford 1:05 a.m.
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