

# Don't Let Your Liver Make You an Invalid

People who are of all colors say they're invalid or their liver is bad! Do you know how serious this is — that it may lead to permanent ill health — your whole system poisoned and broken down?

Your liver is the largest organ in your body and most important to your health. It supplies energy to muscles, tissues and glands. If unhealthy, your body lacks this energy and becomes enfeebled—suffering from indigestion, constipation, dizziness, headache, nervousness, and other ailments. It is the filter of your blood, and if it is clogged, your blood is impure and you are poisoned. You become constipated, stomach and kidneys can't work properly. The whole system is affected and you feel "run-down," head aches, backache, dizziness, tired out—a ready prey for sickness and disease.

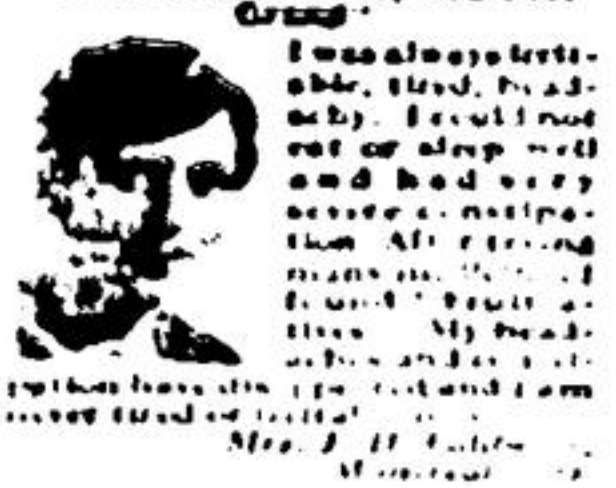
Thousands of people are overworked, and have worn, prompt relief from their misery with "Improved Liver Pills." It is Canada's largest selling liver pills. It is a must for all! Try them now! NOW! From a new patent back on the road to living health—feel like a new person. 25c.

**"Constantly in Pain, How A New Woman"**

For a long time I felt very miserable with liver trouble and constipation which brought on such bad headaches that I could hardly do my housework. I started fruit-ives and felt better at once. After using only one box of the awful headache was gone and I felt like a new woman.

**Suffered For Years, Now Feel Great!**

I was always irritable, tired, nervous, and had very severe constipation. After taking a few boxes of "Improved Liver Pills" my head aches and nervousness were gone and I felt like a new woman.



## HALTON IMPROVEMENT ASSOCIATION RE-ELECT J. E. WILLMOTT PRESIDENT FOR 1942

E. K. Hampton of Hamilton was the guest speaker at the annual meeting of the Association held at Milton recently. Mr. Hampton in his address stressed the importance of paying more attention to our hay and pasture crops, the inclusion of more legumes and the building up of the level of organic matter in our soils.

Plans for the annual County Seed Fair to be held in Acton on March 6 and 7 received consideration as well as the soil and crop programme to be carried on in 1942. The Halton Association will be represented with a display of seed grain for sale at the King Edward Hotel in Toronto, the week of February 9th.

The election of officers resulted as follows:—

President - J. N. Willmott, Milton  
Vice Pres - J. E. Prater, Acton  
Sec. Treas - J. E. Whitlock, Milton  
Directors -

Esquering - E. Harrop, Milton; T. J. Brownidge and H. Miller, Georgetown; O. W. Murray, Acton  
Treasurer - V. Hall, Hornby, C. Lawrence, Sheridan, V. Lawrence, Oakville  
Nelson - W. F. Brackton and R. B. Heathington, Freeman, W. J. Robertson, Milton  
Nassagawaja - J. E. Ellenton, Campbellville, A. Berrie, Milton, and George Gordon, Rockwood

## IMPROVED UNIFORM INTERNATIONAL SUNDAY SCHOOL LESSON

By HAROLD L. LUNDQUIST, D. D., of The Moody Bible Institute of Chicago. Released by Western Newspaper Union.

### Lesson for February 8

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### A BUSY SABBATH IN CAPERNAUM

LESSON TEXT—Mark 1:21-28  
GOLDEN TEXT—I was in the Spirit on the Lord's day—Revelation 1:10

The Sabbath of the Jew and the Lord's Day (Sunday) of the Christian were both intended to be days of rest. The ordinary activities of life were to cease and one was to be free to worship and to rest. The manner in which a man uses this God-given day of rest is a remarkably accurate indicator of his spiritual condition.

We have before us the account of a very busy Sabbath day which our Lord spent in Capernaum, the city in which most of His mighty works were done, but which ignored Him and His teaching to its own destruction (see Matt. 11:23, 24). As we look at our Lord's activity on that day we learn what we may do with our Sundays to make them bear fruit for eternity. We find Him in three places.

#### I. In the Church (vv. 21-28).

The Sabbath day found our Lord with His people in the synagogue, their place of worship. The service of worship was probably formal and lacking in spiritual vitality, but none-the-less He was there. What have we to say if we miss the opportunity for fellowship and service which church attendance brings us?

Observe that because He was there He has a distinguished religious teacher called upon to teach the people. He taught them in the serene consciousness of His divine authority, and the people were delighted and astonished at His message. We may not serve exactly as He did, but if we present ourselves in God's house on His day we will find the way opening for us to share in the worship.

Jesus not only spoke, but He performed a miracle. Certain it is that we could not do what He did, but we can be ready to give ourselves in service as well as in worship, or in speaking. There is much work to be done in the church, and God's people should be ready and willing to do it.

#### II. In the Home (vv. 29-31).

From the synagogue Christ went into the home. How appropriate! We too should go from the church to the home, always bringing with us the strength and blessing of the worship service.

The daughter of a great preacher and Bible teacher said the thing she most loved in her father was that he did not give out the "cream" of his Christianity in his meetings and bring home the "skim milk." Too often we fail to bring into the home the power and beauty of the service in the church. We who have been very sweet and spiritual in the church should not come home to be sour and crabbed.

Jesus brought a blessing into Peter's home, miraculously healing his mother-in-law of a great fever, setting her free to serve. Here again we cannot do what He did, but we can, in His name, bring power and blessing into our homes.

#### III. In the City (vv. 32-34).

From the home the ministry of Jesus reached out to the entire city. As the strict laws forbidding travel on the Jewish Sabbath were set aside by the coming of sundown, not only the city but the entire countryside brought their sick and needy to Him.

The scene stings the imagination as one attempts to conceive of this coming together of troubled humanity for the Master's touch. Mark tells us that He healed many; Matthew, that He healed all, and Luke, the physician, is emphatic in saying that He healed every one of them.

We may learn from this incident that our Christian faith, which has been developed and strengthened by our time of worship and service in the church, should not only reflect itself in the home, but should reach out into the life of the community in which we live. The primary interest of the Christian in his city or the place of his residence should be spiritual, a desire to bring to bear upon the people of the community the power of the gospel.

There is, however, a secondary responsibility which is of much importance and that is the extending of Christian influence into every phase of school, social, political, and business life. It is said that when D. L. Moody came into a barber shop the entire course of the conversation changed. The Christian should have an influence on problems of social welfare, the work of the public schools, the proper conduct of business in the community, and surely upon its political life. It is said that if every Christian in America would vote according to his professed convictions we could put the saloons out of business in a single election. Why not do it?

## TIMELY TOPICS FOR WOMEN . . . By Barbara Baines

### IT "CAN" HAPPEN HERE

**ARE YOU SAFE AT HOME?**

A man's home is his castle, but if accident statistics are reliable the average home is a mighty dangerous place to bring up a family and not because of any danger of German bombs falling on it. Unfortunately it is true that home accidents do take a terrific toll in dead and disabled each year, and carelessness can make them permanently as does a German bomb.

With all the new household gadgets and labor saving devices used to-day you would think the modern home would be a safe refuge from danger. But safety is not a gadget. It is a state of mind, the practice of thinking things out. It depends upon each member of the family assuming their share of responsibility for the common welfare, according to their years.

Probably the most dangerous domain has the greatest number of being the most dangerous room in all the house—the kitchen. The floor should never be slippery. If linoleum is used it should be free from tears, and should be promptly repaired. There should be a good step-ladder to reach high shelves and wash ceiling. There should be a safe to hold the family's money and jewelry. Sharp edged tools should be promptly sharpened and kept in a safe place. A fire extinguisher should be kept in the kitchen. A fire escape should be kept in the house. A fire escape should be kept in the house.

**THE BOOK OF THE WEEK**

**WINDSWEEP** By Mary Ellen Chase (MacMillan, 400pp \$3.00)

Likable, pure flame and we live by an invisible sun within us" is the theme around which Mary Ellen Chase has woven this noble and beautiful story of the Maine coast.

Windsweep is the name of a house built on a rugged promontory. Philip Marston loved the sea and the blueberry hills and close the site, but tragedy cut short his life and it was left for his son John to carry out his plan for building it. And so it was that Windsweep that John and his young friends spent their summer vacation and that after he and his wife, Ann, and young John and Anne, spent their days interrupted only by brief visits in New York.

John lost Windsweep and all the simple homely life it represented, and Anton, too, immigrant boy whom Philip had discovered in the cellar on a trip back to New York, played important roles in the story, as did Philip Perkins, the carpenter who built the house, and his son Dan, and Mrs. Haxwell, the housekeeper, and Mother Haxwell, and her niece Adeline, who holds the lives of three generations of Marstons.

Windsweep is a quiet, unassuming story but one that will long be remembered for its spiritual values and its philosophy of life.

### HONEY AND CORN SYRUP SUBSTITUTE FOR SUGAR

Food may yet prove to be a decisive factor in the war, and experienced food specialists in Britain have found that the feeding of a people in wartime is not so much a matter of supplies as of equal distribution. We should then all welcome the decision of the government to ration sugar while there is still a small surplus in the country. But most of us that do home baking will find that a pound of sugar per person for all purposes is a rather scanty allowance. This is especially true in the family where there are growing girls and boys who like a sweet dessert.

But to eke out the ration we have two good substitutes still unrationed—honey and corn syrup. Have you ever tried honey on your hot cereal in the morning? I am sure the children will love it. Have you tried corn syrup to replace a portion of the sugar in fruit ices and home made ice cream, or in corn starch puddings and pie fillings, or in pudding sauce? And honey is an excellent substitute for sugar or part of it in fresh fruit cup in fruit salad dressing, in bran muffins or as a sweetener for glazed carrots, or fluffy baked squash, or cored baked apples.

Here is a recipe for PEACH CRISP in which honey replaces part of the sugar.

2 Cups canned peaches  
2 Cup peach juice  
1 Cup butter  
1 Cup honey  
1 Cup sugar  
1 teaspoon salt  
2 Eggs  
1 Teaspoon cloves  
1 Teaspoon nutmeg  
1 Teaspoon vanilla  
1 cups toasted bread cubes  
1 cups corn flakes  
2 Baked butter, sugar and honey; add eggs and beat well. Add salt and flavorings. Stir in bread cubes (toasted while oven is heating) and corn flakes. Place mixture in a buttered baking dish. Pour dried peaches and juice over the top. Cover with the remaining butter mixture. Bake in moderate oven (375° F.) about 35 minutes. May be served hot or cold. Yield 8 servings.

### FOR OUR SCRAP BOOK

Gratitude for service rendered is a precious thing which, like mercy, blesses both him that gives and him that takes. I wish there was more of it. It would lighten not only life, but dispose of a lot of the friction in human relationships and so early prayers far beyond narrow, personal spheres.

—David Lyall

### SHOE FASHIONS FOR SPRING

Every snappy shoe this coming season will be stepping out in low heel pumps and moccasin shoes that are put for service with thick, soft leather uppers and thick soles, but becomingly trimmed to wear with suits and daytime clothes.

Call, polished or dull, leads all leathers for spring, and black is the most important color though red footwear will be common.

Evening shoes, an extra these days, are being shown with high spiked heels. American shoes are not banned but a 72 percent duty has cut down imports.

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