

Danger! Liver Trouble is Serious

Are you nervous and irritable - can't sleep or eat - tired all the time? Is your head aching? Do you have indigestion? Are you looking up your back? Looking in the back of your head? All these signs point to one thing - your liver is in trouble!

① Your liver is the largest organ in your body and most important to your health. It supplies energy to sustain, digest and cleanse the body. It filters the blood, and if it becomes diseased, it is a serious matter. It is the filter of the body. A diseased liver poisons the body. It is the source of many diseases. It is the source of all poisons. It is the source of all diseases. It is the source of all troubles. It is the source of all sufferings. It is the source of all pains. It is the source of all sorrows. It is the source of all woes. It is the source of all miseries. It is the source of all calamities. It is the source of all disasters. It is the source of all afflictions. It is the source of all plagues. It is the source of all judgments. It is the source of all punishments. It is the source of all rewards. It is the source of all blessings. It is the source of all mercies. It is the source of all graces. It is the source of all gifts. It is the source of all favors. It is the source of all kindnesses. It is the source of all goodnesses. It is the source of all beauties. It is the source of all excellences. It is the source of all perfections. It is the source of all excellencies. It is the source of all excellencies. It is the source of all excellencies.

"Ten Years for You, the Perfect Body"



"Ten Years for You, the Perfect Body"

Try a long time...
Mrs. A. J. Schumann, Oshkosh, Wis.

New Phone Directories Issued in Georgetown

711 NUMBERS LISTED IN LATEST DIRECTORY - GAIN OF 54 OVER LAST YEAR

The new 1942 directories of the Bell Telephone Company were issued in Georgetown and district last week to the 711 homes, offices and business establishments equipped with telephone service. The new directory shows an increase of 54 over last year, when 656 numbers were listed in the directory. The new book is enclosed in a buff cover, which distinguishes it from last year's directory. The Company advises its customers to discard the old book in order to prevent errors and avoid the "wrong number" nuisance, and suggests that it be included with other paper to be contributed to the Lions Salvage campaign. Once again, advertising, rather than the savings campaign, which is in line with the Company's policy of good-will advertising, rather than the savings advertisement, stress the need of speedy calls, avoidance of unnecessary calls during rush hours, etc., in order to clear lines for the war-time load. War Savings stamps and certificates are on sale at all Bell Telephone offices.

The telephone book serving Georgetown, also includes listings of Washington, Greenbelt, Newmarket, Belton, Aurora, Shilburne and Erindale, as well as our own town.

IMPROVED UNIFORM INTERNATIONAL SUNDAY LESSON

By HAROLD I. LEITCH, D. D. of The Sunday School League of America (Published by Western Messenger, Chicago)

Lesson for May 10

Lesson subjects and Scripture texts selected and approved by International Council of Religious Education, used by permission.

MONDAY: THE DAY OF AUTHORITY

LESSON TEXT—Matthew 23:13-35. GOLDEN TEXT—My house shall be called a house of prayer for all peoples.—Isaiah 56:7.

Modern presentations of Christ in picture and sermon often give the impression that He was an effeminate man who went about doing gentle little deeds of kindness. One little feels that He speaks in a half whisper and that He fearfully avoided the difficulties and dangers of life. Such a picture of Christ, whether in words or on canvas, was never obtained from the Bible. Yes, He was gentle and kind; He did go about doing good; He was altogether humble—but why give the false impression that gentleness means weakness, kindness means a sentimental softness, etc. These are the virtues of a strong man and such was our Christ. He was a manly man who so excited the admiration of the boys in the temple that they shouted a holy "Hurray" (Hosanna—in Hebrew).

On Monday as our Lord came into the city He saw and dealt with the fruitless fig tree and later in the day He cleansed the temple. This seems to be the order of the events (see Mark 11) and we will so consider them.

I. Jesus Stimulates Faith by an Act of Judgment (vv. 13-21).

In the morning as Jesus returned to Jerusalem, He was hungry. He had probably spent the night in prayer after His time of fellowship with the disciples (Mark 11:11). It was early spring, and normally not the time for figs to be ready to eat, but He saw a tree which already had foliage on it. Since the leaves form after the fruit, He properly looked for figs—green, perhaps, but even so useable for food—and there were none.

In a swift miracle of judgment, He condemned the tree, which soon withered. Some have assumed that He acted in anger, but that is evidently not so. His act was a sign to Israel and to us. The fig tree was a figure of Israel (see Hosea 9:10, Joel 1:7, Luke 13:6-9). They as a nation had the outward signs of fruit that is, the "leaves" of temple worship, teaching of the law, etc., but there was no fruit of repentance and faith, of real love for God (see Rom. 2:17-23). Judgment was certain, and our Lord cursed a useless, fruitless tree to try to awaken the people to their need.

So our Lord comes to us—to look below the foliage of Christian profession, of our charities and benevolences, of our correct doctrinal views—to see if there is any fruit of real Christian living. How often He must turn away in sadness because there is none.

This miracle was not only a sign of judgment; it was used by our Lord to stimulate the disciples' faith. What they had seen was only an indication of what faith (and note it was their faith) could do. The promise of God to Him who abiding in Christ and with His Word abiding in their heart, ask according to His will, in faith nothing doubting, is without limit.

II. Jesus Stimulates Praise by an Act of Authority (vv. 12-17).

For a second time He drove out from His Father's house those who had made it a place of merchandise, of commercialized thievery. This is a majestic picture. The Son of God and Son of Man steps into the center of this unholy traffic and with mighty, holy indignation (not anger) drives it out. The people who had suffered long because of this religious racket, which paid a nice "cut" to the priests themselves (probably as a "gift" even as such things are managed in our day), were jubilant.

The boys who were in the temple (for such is doubtless the meaning of "children" in v. 15) were so delighted at this magnificent exercise of His divine authority that they broke out into "Hosannas," which, as we have suggested, were really a holy "Hurray." Well, why not? Hurray for our Lord! He will not tolerate iniquity even though it hides under the cloak of religion. He is not afraid to speak out and to act against sin and corruption. Possibly the church would reach a good many more men and boys in our day if it would step out in faith to fight the wrong and support the right. Then maybe the young men would shout, "Hurray for the church," instead of some of the things they are saying.

The chief priests and scribes were " sore displeased " (v. 18) both by the acts of Jesus and the praise of the boys. They would be! And they have a host of descendants who hold places of authority today—yes, even in the church—who would be much displeased if such things were to happen now. But why fear them? Is it not high time that the people of God honored their Lord both by faith and good works, regardless of what men may say? Ought we not to please God rather than men (see Acts 5:29 and Ps. 56:4)?

ANNOUNCEMENT

WESTON'S BREAD wishes to announce that they have purchased the delivery route formerly operated by Kesseler's Bakery, and are prepared to efficiently serve customers through their representative, Mr. Frank King, of Georgetown.

DAILY DELIVERY IN GEORGETOWN
Monday, Wednesday and Friday in Rural Districts
WESTON'S BREAD

TIMELY TOPICS FOR WOMEN . . . By Barbara Baines

YOUR HOME GIVES YOU AWAY

Your home does truly give you away. It tells anyone crossing your threshold many things about you they could not possibly find out through weeks of casual acquaintance or even friendship. It gives a fairly accurate picture of how well you are endowed with this world's goods, of the social class to which you belong, and whether or not you are what is commonly known as a "good housekeeper."

But after all these things are largely superficial facts. Your home reveals other, more intimate things about you as well—your intelligence, your good taste, your hobbies, your interests—and sometimes things you would rather keep hidden. There is something in the atmosphere of every home that reflects the lives of its occupants. An aunt of mine claims she can tell before she has been in a house five minutes whether it is the home of a happy, congenial, well-loved family, or not. And I believe she is right.

The living-room is a particularly accurate personal barometer to your friends, because there individual taste is given greater scope than in any other part of the house—and besides it is the room by which they first judge you. Do you want it to present a flattering picture of you, or worse? Then here are some types of room to avoid at all cost lest they "give you away."

First, there is the glorified "gift shoppe" where every corner, nook and cranny is loaded with a heterogeneous collection of art objects, souvenir photographs and the like—revealing a cluttered mind. Then there is the perfect "model home" which is very beautiful, but about as cozy and homelike as a store display—a room in which there is nothing to suggest that anyone is living in it.

Another type of room which gives a bad impression is the "imitation room" in which everything pretends to be something which it is not—imitation oriental rugs, copies of hand-painted pictures, artificial flowers, which fool no one but the owner.

Perhaps the worst "give away" of all is the drab "characterless room" comfortably and adequately furnished but exposing the owner's complete lack of originality and imagination, and a similar dearth of interests.

A room which prejudices me against those who live in it, is the "bookless room"—the owners of which either can't read, don't like to read or are ashamed of what they read, for no books or magazines are to be seen anywhere.

Then every once in a while you see one of those "I'll get it to-morrow rooms"—rooms in which cigarette ashes, old newspapers, and children's toys (maybe) lie around everywhere and confusion and dust reign supreme—rooms whose disorderliness and lack of livability are a sad reflection on the bad training and poor management of the owner.

It has been said that a woman's home is the "show-window" of her personality. If this be true, and I believe it is, then it is up to every woman to see that her home does not "give her away."

FOR OUR SCRAP BOOK

When the "Hum" is poor and down
He's the humblest man in town.
But once he climbs and holds the rod
He smites his fellowmen . . . and God!

THE CANADIAN RED CROSS

Starting May 11th, the Canadian Red Cross is launching the most intensive drive for funds in all its long and useful history. It is asking for \$2,000,000 and of this sum exactly half is the objective of the Ontario division.

It is almost two years since the last national campaign for funds, but during that time the central organization has been loyally supported by its local branches all through the Dominion, and by the sympathy of the public at large.

During that time it has met all demands made upon it, and has carried on a vital and indispensable work. More than a million comforts have been distributed to those in need. A prisoner of war bureau has been maintained to gather information and advise relatives. Thousands of boxes of food are packed every week, to be sent to British prisoners of war. At the four clinics 31,747 blood donations have been received and preserved. Hospital supplies and medicines have been sent wherever the need was urgent. The Ontario Division contributed \$136,000 for medical aid to Russia. Clothing has been sent for Polish relief. In co-operation with the Women's Institute, the Red Cross made and shipped 232,232 pounds of lam to Britain. Courses have been given in Nutrition and Home Nursing and an Emergency Nursing Reserve is now being enrolled.

The Junior Red Cross members have also played a very important part. In addition to knitting and sewing, they are supporting 8 nurses in Britain for bombed victims under five, and have donated 14 mobile kitchen units, 5 ambulances, and 1 station wagon to Britain.

At the same time the Red Cross is carrying on with its home obligations. More than 7,600 patients were cared for in the 30 outpost hospitals which serve sparsely populated sections of the Province, and more than 6,000 bottles of specially fortified Cod Liver Oil were distributed to Ontario school children.

To carry on this tremendous work of supplying comforts and food to our troops in far lands, and victims of prison camps; of providing nurses, doctors, and medical supplies at home and abroad, the Red Cross needs money and plenty of money. It needs your support—and mine.

The Red Cross has never failed in an emergency. Let us not fail the Red Cross.

THE BOOK OF THE WEEK

"THE SIXTH COLUMN" — Inside the Nazi-occupied Countries (Lansmans, Green, \$12.00, \$3.00)

"The Sixth Column" is a collection of articles written by representative citizens of the Nazi-occupied countries—of Czechoslovakia, Genevieve Tabouis, of France, and others.

It paints a picture of horrors unbelievable, of the incredibly savage rule of the Nazis and of their sadistic efforts to destroy whole races of people, both their souls and their bodies. But it does not dwell entirely on this grim story of treachery and betrayal. It stresses rather a hope that will not die, the heroic struggle of these people to survive, the deathless courage of men and woman robbed of all they hold dear, yet pledged to silent resistance of the tyrant. It tells of the boycotting and outwitting of the master race, of the keeping alive of the faith of the people by underground newspapers and radio programmes; of secret organizations for sabotage and spy activities and revolt; and of the work of the V army.

But throughout there is a note of desperate urgency. There is a human endurance. No matter how strong the spirit of these people is, they cannot hold out forever in the face of cold and hardship and hunger, and a constant fear of reprisal.

"We are waiting . . . waiting for you on the outside," says a letter smuggled out of Norway. "You've got to hurry."

CASSEROLE OF RICE AND LAMB

Just now when beef and pork are so scarce, lamb is a particularly good buy. Get a shoulder or leg for this week's Sunday dinner. Serve with mashed potatoes, new green peas, and mint sauce. Then use the leftovers in this Casserole of Rice and Lamb. Your family will find it quite tempting.

2 cups diced lamb (cooked) 1/2 cup cracker crumbs
2 cups steamed rice 1 egg lightly beaten
Salt, pepper, cayenne Onion juice
Celery salt Lemon juice

Hot water or stock to moisten.
Line a slightly greased casserole with steamed rice (1/4 cup rice, 1/2 teaspoon salt, steamed in 2 cups water). Add seasonings to meat to taste. Add beaten egg, stock and crackers. Fill centre of meat. Cover with rest of rice. Dot with butter. Cover with waxed paper. Steam 45 min. Serve with Tomato Sauce. (Condensed Tomato Soup heated is the quickest to use.) Hot rolls and a tossed green salad are suggested as an accompaniment.

CARROLL'S
CARROLL'S OWN BAKING POWDER 16-oz. tin 17c
Lynn Valley STANDARD PEAS Sieve 16-oz. 10c
Hera Baby Foods 3 tins 25c
Aylmer TOMATO Catsup 12-oz. btl. 12c
Carroll's SIDE BACON Ready 1-lb. Sliced pkg. 39c
Sunlight Laundry Soap 2 bars 11c
Glassware FREE NEWPORT Fluffs pkg. 25c, 39c
Carroll's "A LARGE" EGGS 1-doz. carton 35c
Toilet Soap CAMAY cake 6c
Pure Soap Flakes—For Every Household Washing Purpose Princess Flakes 2 reg. pkgs. 29c
Here's a Base for Vegetable Salads—DAVIS GELATINE 6 Envelope pkg. 19c
McCormick's Sandwich Mixtures Wedgewood Creams pound 19c
For a White Wash OXYDOL pkg. 9 1/2c, 24c, 65c
Christie's Assorted Layer Cake Topped with Marshmallow each 20c
Mothor Parker's COFFEE Drip Grind or Regular 1 1/2-lb. tin 29c, 1-lb. tin 53c
French's PREPARED MUSTARD 6-oz. jar 9c
Welch's Grape Juice 16-oz. btl. 27c
Lain's Candy Peppermint Humbugs pound 19c
Lain's Butterscotch Candy pound 20c
Have You A Cold? Kleenex pkg. of 150 10c, pkg. of 250 29c, pkg. of 500 45c
New, Improved IVORY SOAP large bar 10c, 2 med. bars 13c
Globe Choice KEIFFER PEARS 2 15-oz. tins 19c
Shirley's Mix for Making GINGER BREAD 1-lb. pkg. 29c
Dependable CLASSIC CLEANSER tin 5c
White Swan TOILET TISSUE 3 for 25c
Antiseptic Health Soap ODEX SOAP 4 cakes 23c
Backite—Helps You Conserve Sugar CORN SYRUP 3/4-lb. tin 23c, 1-lb. tin 53c
Dew-Kist Choice Tomatoes 2 1/2-lb. tin 10c
Kellogg's CORNFLAKES For Breakfast 3 1/2-lb. pkgs. 25c
Kellogg's ALL BRAN Large pkg. 22c, 2 3/4-lb. pkgs. 25c
Nabisco SHREDED WHEAT 2 pkgs. 23c
Australian PINEAPPLE JUICE 2 16-oz. tins 27c
Packed in Oil or Tomato Sauce Brunswick Sardines 2 tins 11c
Packed in Tomato Sauce CONNOR'S HERRING 2 16-oz. tins 29c
Clark's TOMATO JUICE 3 20-oz. tins 25c
Aylmer Sliced or Halves—Choice Peaches 2 15-oz. tins 25c
Mother Parker's COFFEE Drip Grind or Regular 1 1/2-lb. tin 29c, 1-lb. tin 53c
French's PREPARED MUSTARD 6-oz. jar 9c
Welch's Grape Juice 16-oz. btl. 27c
Lain's Candy Peppermint Humbugs pound 19c
Lain's Butterscotch Candy pound 20c
Have You A Cold? Kleenex pkg. of 150 10c, pkg. of 250 29c, pkg. of 500 45c
New, Improved IVORY SOAP large bar 10c, 2 med. bars 13c
PINEAPPLES for Canning ca. 25c
CARROTS and BEETS 2 bunches 15c
Fresh TOMATOES, firm ripe lb. 23c
FRESH SPINACH 2 lb. 19c
PIPPIN APPLES 3 lb. 25c

PHONE 357 Free Delivery MAIN ST. Georgetown