

The RED CROSS Needs Your Help at all Times... GIVE to relieve human suffering!

# CARROLL'S

H.O. Powdered AMMONIA | Concentrated SUPER SUDS  
2 pkgs. 9c | 1-kg. 20c

- SEEDLESS RAISINS From Australia 2 lbs. 21c
- MAKING'S CREAM SANDWICH BISCUITS Fresh Assorted 1/2 doz. 19c
- CAMPBELL'S SOUPS Vegetable, Vegetable-Beef, or Scotch Broth 1/2 doz. 10c
- DOMESTIC—FOR ALL BAKING AND FRYING SHORTENING 1-lb. pkg. 19c

- Your Breakfast Casual—
- Crepeants pkg. 14c
  - Lynn Valley Eggs 3
  - FEAS 14-cs. tin 10c
  - Aylmer Tomato JUICE 20-cs. tin 9c
  - Devils—8 Envelopes pkg.
  - Gelatine pkg. 19c
  - White Snow TISSUE 3 rolls 25c

Apple or Albu's  
**APPLE JUICE**  
3 20-oz. tins 23c

- Blue Paste Polish
- Nugget 2 tins 23c
  - Gentle-Ivory Soap—Flakes 1/2 pkgs. 23c
  - Freeze—"Suds in Cool Water" SNOW 1/2 pkgs. 23c
  - House—"For Your Floors" Wax 1/2 lbs. 25c, 45c
  - Fab' Naphtha SOAP 3 bars 20c

- KRAFT MIRACLE WHIP Salad Dressing 32-oz. jar 49c
- EL RANCHO CORNED BEEF Cooked, Ready to Slice 12-oz. tin 25c
- POST'S CORN FLAKES Sugar Crisp pkg. 7c
- TOILET SOAP—MADE FROM PURE OLIVE AND PALM OIL. PALMOLIVE 3 Giant cakes 23c 2 reg. cakes 11c

Ask for ROMAR Coffee  
1-lb. bag 39c

- Habitat "Concentrated" Vegetable Soup 2 10-oz. tins 19c
- Health Soap—LIFEBUOY SOAP 3 cakes 17c
- New Condensed CHIPSO pkg. 9c, 23c, 52c
- Signs of a Cold?—Don't Forget—KLEENEX pkg. 10c 29c, 25c
- Be Good to Your Floors!—Paste or Glue-Coat Johnson's Wax 1/2 pound or pint tin 59c
- Blue Ribbon BAKING POWDER 16-oz. tin 25c
- Blackberry CORN SYRUP 24 23c, 24 53c
- Christie's SHORTCAKE LAYER each 20c
- As Pure As Soap Can Be! MAPLE LEAF FLAKES Large pkg. 18c

- Cereal That Pleases! CRAPNETS FLAKES 12-cs. tin 15c
- Post's BRAN FLAKES pkg. 12 1/2, 17c
- New, Improved OLD DUTCH CLEANSER tin 10c
- Kitt's CASTILE SOAP 2 cakes 9c

- NO. 1 NEW POTATOES per lb. 5c
- COOKING ONIONS 2 lb. 13c

We reserve the right to limit quantities of all goods to family requirements. FRUIT AND VEGETABLE PRICES GOOD TILL SATURDAY NIGHT ONLY!

PHONE 357 Free Delivery MAIN ST. Georgetown

## TECHNICAL SCHOOLS HUM TO KEEP WAR MACHINE GOING



Technical schools throughout Canada are humming with activity as men and women are trained at top speed to keep pace with increasing manpower requirements of the armed services and war industries. Under the Department of Labour's War Emergency Training Program, young men are trained to become tradesmen in the Army and Air Force. Older men or others discharged from the complicated instrument panels. A student receives instructions in aero-mechanics at right. Photos—Public Information.

## IMPROVED UNIFORM INTERNATIONAL SUNDAY SCHOOL LESSON

By HAROLD L. LYNDQVIST, D. D.  
Of the University of Minnesota  
(Approved by the National Board of Christian Education)

Lesson for May 31

Lesson subjects and Scripture texts approved and copyrighted by the National Board of Christian Education, 1200 Broadway, New York, N. Y.

FRIDAY: THE DAY OF SUFFERING

LESSON TEXT—Matt. 14:12-21, 24-34; 15:1-9  
GOLDEN TEXT—Mat. 14:27, 28:30, 31:1-3

Suffering such as no man ever faced came upon our Lord in the night between Thursday and Friday as He prayed in Gethsemane. Hatred and condemnation were poured upon Him as He went through the mockery of false trials on Friday.

The important events of last week's lesson had taken place, the precious words of comfort and assurance had been spoken, and now as midnight brings the darkness of night to its deepest hue, the Son of Man goes alone into the depth of the garden where we see Him.

I. **Sorrowful unto Death (14:32-34).**  
This Scripture portion uses many words to convey the depth of His soul's agony as though it were impossible to express it in the faulty medium of speech. So it is, for our Lord here experienced something far more serious than a dread of physical death. He was not a coward. He was not afraid to die. But now His soul was about to have put upon its spotless sinlessness the stain and dishonor of the world's sins.

As Krummacker says: "Something approached Him which threatened to rend His nerves and the sight of it to freeze the blood in His veins." Little wonder that He was "sorrowful even unto death" (v. 34). It should break our hearts to see His loving heart break!

Since this was the road the Master trod, should not His servants tread it still? Service for Christ may call for passing through deep and chilling waters, but never as deep or as cold as those of Gethsemane.

Jesus took with Him into the garden the three who were closest to Him in the circle of disciples. He counted on their fellowship and sympathy in His hour of anguish. Merely to have them near Him, to know that they were there to watch and pray even though they could not share His holy burden, was to be a comfort to Him.

How ignominiously they failed. The spirit was willing (v. 38), but the flesh took the upper hand, and they slept! He was alone with His Father when He prayed that if it were possible the hour might pass from Him, but in true and beautiful submission said, "Not what I will, but what thou wilt."

II. **Betrayed With a Kiss (14:44-48).**  
To betray the one who had done nothing but good, who had loved him and served him even in the washing of his feet, this would have been far more than one could have expected of even the sin-blinded heart of a Judas. But he filled the measure of his ignominy to overflowing by betraying his Lord with the sign of affection—a kiss.

We know that we may not stand on the same ground as our Lord even here, for, whereas He had done nothing to merit betrayal, we at our best are not able to stand forth without fault. Nevertheless, great is the hurt when we face the betrayals of life. It may be one whom we have befriended, who has been the object of our loving thought and care, and who in the hour when he thinks to gain himself some advantage or avenge some fancied wrong strikes us in the back, even as he smilingly professes to be a friend. Shall we be embittered in soul and give like for like? God forbid! Let us rather say as Jesus did to Judas, "Friend, wherefore art thou come?" (Matt. 26:50).

III. **Condemned by Hatred and Cowardice (15:1-5).**

We have only a partial picture of the betrayal of Jesus in our lesson, but it is typical of all that took place, for it reveals the hatred-inspired false witness of the Jews, which, combined with the cowardice of Pilate, resulted in His being condemned to death.

Pilate was convinced of His innocence, but because of the pressure by Jewish leaders he was in a difficult position. He was afraid to follow his convictions, feeling that it was more expedient to yield to the will of the populace. So he lost his great opportunity to write his name large among the heroes of history.

Many there are who follow in Pilate's steps. They know what they ought to do with Jesus, but fearing the comments of friends or the possible loss of earthly advantage, they let Him be crucified afresh by their unbelief.

The Jewish leaders and those whom they had misled hated Jesus with a malicious hatred which made them relentless in their determination to destroy Him. Now they had their quarry at bay and they were determined to close in for "the kill."

They have their present day counterparts in those who have so long rejected Christ that they have become embittered against Him.

## Outstandingly Good "SALADA" TEA

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

#### WOULD YOU PASS ON A HOME-MAKING TEST?

Just how do you rate as a homemaker? Do you think your responsibilities, or would you rate all tests with flying colours. Perhaps never has the homemaker played a more important role in our national life than at present, though her job is behind the scenes.

But with the head of the family carrying extra responsibilities and the young people working long, hard hours in war plants and factories it is any wonder the whole family turn to mother for cheer and support, and transfer to her slender shoulders many of the petty chores they are accustomed to doing for themselves in less strenuous times. And this in the face of a dearth of domestic help, and the lack of many housekeeping conveniences and services once taken for granted.

Yes, our homemakers are facing a few challenges today, and on how they measure up depends to no small degree our morale on the home front. If you would like to check on yourself, especially you with war-workers in the family, answer these test questions and calculate your own rating.

Do I greet the family on their return home with a smile and some entertaining gossip, or do I unload on them all the petty annoyances of the day?

Do I get up in time to prepare a good breakfast for those members of the family who must leave early for work? (You can always have a nap in the afternoon while they are away if you are tired).

Do I prepare economical home-cooked meals or do I depend on the corner delicatessen?

Do I know enough about nutrition to plan well-balanced meals containing sufficient vitamins for good health?

Do I prepare meals that are appetizing in appearance, and set up an orderly and attractive table?

Do I keep adequate stocks of all necessities on hand, or am I continually sending one of the family for a pound of butter or a loaf of bread?

Do I see that laundry and mending are done on time, that shoes are sent to the repair shop, and suits and dresses to the cleaners that they may be back when needed?

Do I keep the house clean and inviting-looking, and encourage all members of the family to bring their friends in for the occasional evening of fun and gaiety?

Do I keep in touch with the times, take an interest in current events and local happenings, and particularly those which are important to my family, and still find time to develop interests and hobbies of my own?

And in order that I do not become just a family door-mat do I expect all members of the family to pick up after themselves; to help me with the evening dishes and the Sunday dinner; and to take just as much interest in my welfare and happiness as I do in theirs?

#### FOR OUR SCRAP BOOK

Oh, you gotta get a glory  
In the work you do;  
A hallelujah chorus  
In the heart of you.  
Paint or tell a story,  
Sing, or shovel coal,  
But you gotta get a glory,  
Or the job lacks a soul.  
—Selected.

#### PRACTICAL HINTS FOR THE COOK

1. Saving sugar? Sprinkle your cake batter with "bits" of chocolate just before you put it in the oven. And out it comes already frosted.
2. If you scald rhubarb before using it for pies or puddings, or even for stewed rhubarb, less sugar will be needed to sweeten it.
3. Brush steak with lime or lemon juice before broiling or frying. It gives a new sharp flavour, and also has a tenderizing effect.
4. Serve a half-grapefruit, floating with maple syrup, for dessert at lunchtime. Something new in flavour combination.
5. Place a marshmallow on the top of fresh fruit tarts a few minutes before they are taken from the oven. Puffed and toasted it is even better than whipped cream.
6. Have you tried serving golden brown sausages with asparagus on toast for lunch or supper?
7. Canned soups with left-over meats make fine meat pies. Try using vegetable soup with roast beef, or mushroom soup with lamb, and a rich pie crust topping. (Be sure to leave an opening for the steam to escape).
8. It is almost impossible now to buy ginger preserved in a syrup, but you can make your own quite easily. Simmer the pieces of dry ginger in half cup of water and 1 cup of sugar until they are tender and moist right through (about 45 minutes). It is grand mixed with peanut butter or cheese for sandwiches, and gives an added oomph to ice-cream and frozen desserts.
9. Peanut crunch peeps up many plain desserts. Sprinkle it on the top of custards and plain corn starch puddings; use it as a topping for ice cream sundaes or sprinkle over whipped cream on your pumpkin pie; gives added zest to home-made ice-cream or refrigerator desserts; is a grand topping for home-made coffee cake.
10. Try rubbing your next veal roast with a little dry mustard as well as pepper and salt. You will be delighted with the improvement in flavour of both the meat and the gravy.

#### THE BOOK OF THE WEEK

"THE CHILDREN" BY NINA FEDEROVA  
(McClelland & Stewart, 38pp. \$3.00)

"The Children" is a sequel to Mme. Federova's \$10,000 prize-winning novel, "The Family," but it is quite complete in itself.

It is the story of a family of white Russian refugees in China, the children of the great and powerful, who now eke out a precarious living in a land which seems to have become the melting pot of the world. For there they meet Americans, Britons, Spanish, Armenians and assorted other races as well as Russians, Chinese, and the Japanese who are already raining down death in the coastal area.

Often tea must serve as a full meal, but if tears are shed they are shed in solitude, and in spite of hardships life seems unbelievably good. Lida is young, intense and gifted. She takes singing lessons from old Mme. Manulova and makes her debut at a charity ball, patronized by the fashionable at Habin. She is still in love with Jimmie whose letters from America grow fewer and fewer. But she learns to live as she goes. And strangely enough she and Dasha, a young communist girl, are devoted friends although their creeds are so different.

You will like Prof. Kremenev's philosophy of life, and perhaps hate the pompousness and selfishness of the Pitcher and others. And I am sure you will find little Dima's solution of the war quite original to say the least. But it is Lida's story—Lida who is typical of a people whose courage is never dimmed nor spirits dampened, who accept misery and privation, and yet find peace of soul and happiness.

#### DUTCH POTATO PANCAKES

Do you know of any thing more tempting for supper these cool spring evenings than Potato Pancakes with plenty of rich, brown maple syrup and sizzling sausages? Here is an old-fashioned recipe for the pancakes.

9 medium-sized potatoes 1 large tart apple  
3 eggs 1 teaspoon onion  
1 1/2 cups pastry flour Paprika  
1/2 teaspoon salt Pepper

Peel the potatoes, quarter and let stand in ice water half an hour. Grate and drain through a colander. Add the egg yolks, flour, seasonings, grated apple and finely chopped onion, and mix well. Lastly, fold in the stiffly beaten egg whites. Have the griddle hot and lightly greased with salad oil. Pour in individual pancakes. Bake on both sides, turning only once. Serve immediately with plenty of butter.