

TOMATOES

Choice Dew Kist

3 No. 2 1/2 tins 29c

- JELLY ROLL 20c
- DATE LOAF 18c
- SPAGHETTI 10c
- MUSTARD 10c
- LEMON JUICE 10c
- GRAPE JUICE 27c

- BISCUITS 19c
- ASPARAGUS 19c
- TASTY CUTS 25c
- PEACHES 27c
- RED CHERRIES 18c
- Dog Biscuits 25c
- SHORTENING 19c

- CORNFLAKES 7c
- INFANTS' FOODS 7c
- PUFFED RICE 9c
- MEDIUM PRUNES 11c
- FELS Naphtha Soap 3 20c
- FLY-GO SPRAY 20c
- 2-in-1 WHITE 14c
- CAMAY SOAP 3 17c
- IVORY SNOW 23c
- IVORY Soap 6 1/2c 9 1/2c

- CHIPSO 9c, 23c, 52c
- SOAP FLAKES 2 15c
- H.O. AMMONIA 5c
- JOHNSON'S Floor Wax 59c
- CERTO Liquid Pectin 25c
- Kleenex 25c, 150 10c, 500 29c
- PRINCESS Soap Flakes 24c

- Valencia ORANGES doz. 37c
- Home-Grown POTATOES 45c
- Home-Grown TOMATOES lb 21c
- LETTUCE 2 hd. 13c

Fruit and Vegetable Prices Good Till Saturday Night Only. We reserve the right to limit quantities to family weekly requirements.

SUGAR REGULATIONS
HOME USE . . . 1/4 lb. Sugar per person, per week. You can buy 2 weeks' supply by presenting ration coupons.

CANNING AND PRESERVING . . . 1/2 lb. Sugar per lb. of fruit.

JAM AND JELLY MAKING . . . 1/2 lb. Sugar per lb. of fruit. You obtain what you require according to the table above by filling out purchase voucher available in our store.

CARROLL'S

Phone 357 We Deliver Main Street



WOMEN JOIN INDUSTRIAL PARADE

Not long ago this attractive Canadian girl looked upon a file as something used solely to manure her nails. Today, after joining thousands of other girls in war industries, she can handle a file as deftly as any man in turning out parts in an aircraft factory. It is estimated that between 50,000 and 75,000 women are now employed in industrial war work. Thousands more will be required to cope with manpower requirements as industry expands and men enlist.

"As We See It"

By J. A. STANG

THE COOL weather that we are having this summer is timely. There is no excuse at all this year for wanting to get away to the lake from the heat, and in wartime this is all to the good. After all a holiday is just doing something else besides that which we have been doing all season and we can find that change in work right at home. Sometimes we are apt to think that a holiday means sitting down and doing nothing at all but even part of one day is plenty of time who is used to an active life. Most of us think that the other fellow has it easier than we do anyway and during the holiday season is a good time to find out that it really isn't so. If we have been running a machine all year and then for a holiday, try picking raspberries for instance, we may learn that even picking fruit has its drawbacks. But if we stick at the work, picking for the holiday week we will go back to the machine job more satisfied. The day crop is above the average this year and we imagine that our wanting to try their hand at picking may be welcome in many ways. Now these days if you think it is easy you should be a good opportunity to find out for sure.

WE HAVE been hearing a good deal about the new Budget recently and we are apt to forget that with the new ruling in regard to income taxes and other matters there is still need of purchasing war-saving bonds and stamps. It is true that we are not always satisfied that our Government is interested in trying to save money itself or in each trying to get full value for work done for it, however, even so we are unable to get away from the fact that money is needed to finance the war and we would much rather buy bonds and war-saving certificates willingly than be forced to buy them. Lending money to the government is somewhat similar to donating money to charities or to the church for instance. If we donate that money willingly we won't be called upon to answer for any foolish way the authorities of any of those organizations may be guilty of disposing of it. In other words when we have handed over our share willingly we have completed our duty in that regard. It should be timely to suggest that you invest the money that you save by not going to the lake this summer in war-saving certificates. They may be very handy in about seven and one-half years from now.

DID IT EVER occur to you to wonder what the average soldier thinks when he comes home on leave about his chum and perhaps classmate that he may find that are not in civilian clothes? They may be unable to enlist through many legitimate reasons and the average soldier does not attempt to pass judgment on them but he does feel sorry for them. They have been unable to take advantage of their opportunities to take part in this big struggle for freedom and are not getting the physical training that he has been getting and which he certainly appreciates. It isn't possible for everybody to enlist. Many are doing just as necessary work right at home and yet the uniform seems to add that extra touch that gets the admiration from everybody. Perhaps the one that gets the most sympathy is the one who is not physically fit to enlist. A sound healthy body is an asset which is not always appreciated.

WITH THE summer season we notice that the Beauty Contests are once again on the program. Somehow we don't think very much of beauty contests. It makes us think of the lady that was congratulating her neighbor upon the success of this neighbor's child at school. The mother mentioned that she was really proud of her child and the other lady said she knew just how she felt. In fact she had experienced the same thing herself when her folk had won a prize for a cattle beast at the Fall Fair. "I'm trouble with beauty contests as we see them is the fact that there is no machine or instrument to define beauty or to give it uniformly. The winner is selected on the basis of the judges' opinion that may easily vary from time to time. Beauty contests are one of those things we could very easily get along without, we imagine.

ISLES OF HONEYMOONERS AND EASTER LILIES

(Continued From Page 2)

at least, but the Navy and its ships and plane were in it, and no doubt about it. Perhaps that was the big secret.

Cameras, which had been taken away from the passengers as they entered the Clipper, were given back for the stay in Bermuda, but only on the understanding that all films were to be turned over to the authorities before departure. These were to be sent to Canada for development, and if any of them disclosed secrets they would not be returned.

Next week, I'll finish the story of Bermuda, trying to give some idea of just how important this group of little islands is to the Empire and the Allied Nations.

Do Your Bit
SAVE SCRAP METALS
RAGS, PAPER, BONES

IMPROVED UNIFORM INTERNATIONAL SUNDAY SCHOOL LESSON

By HAROLD L. LUNDQUIST, D. D., Chairman, Bible League of Chicago (Classified by Western Newspaper Union)

Lesson for July 19

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CAIN AND ABEL: A CONTRAST

LESSON TEXT—Genesis 4:1-11.
GOLDEN TEXT—By faith Abel offered unto God a more excellent sacrifice than Cain, by which he obtained witness that he was righteous—Hebrews 11:4.

The weed of sin is fast growing, and brings forth bitter fruit. The disobedience of Adam and Eve resulted in their being put forth from the garden, but that judgment did not terminate the awful plague of sin. We see it in this lesson showing forth in their son, as it has in all the sons of Adam down through the centuries.

It is a dark picture and one which would discourage us did we not know that redemption has been wrought out by "the second man, the Lord from heaven" (I Cor. 15:47).

We have here two sons of Adam with their differing personalities, a clash and the first murder, and then one man, a vagabond on the face of the earth.

I. Two Sons (vv. 1-7).
The birth of a child is always an exciting occasion, and one can readily imagine what it must have meant when the first boy ever to be born put in his appearance. What joy, what concern for his welfare, what plans for the future! And then, what disappointment and sorrow!

But before speaking of that, let us observe how he and his brother differed in their interests and personalities. It is a surprising thing how completely different two sons in the same family can be.

Abel chose the work of a shepherd, much honored in the early history of man. Cain became a tiller of the soil, which with the passage of time has come to be more important than the other.

They also had a different viewpoint on worship. Cain was a religious man. He apparently was the first to worship, but he came in the spirit of one who recognized God only as his Creator, the One worthy of his homage. Abel came also with a gift, but his attitude was quite different. His offering spoke of sacrifice, the need of a covering for sin (cf. Gen. 3:21). It was more than homage, it was a plea for forgiveness.

The Lord's acceptance of Abel's sacrifice made Cain angry (v. 5). Here again he differed from Abel, for there was no angry response on his part. Abel had recognized God's desire in worship. Cain not only failed to do so, but rejected God's instruction and His plea (v. 6, 7).

Jealousy led to anger, and anger (as it so often does) led to murder (vv. 8, 9).

Instead of repentance and correction, the anger of Cain carried him to the awful conclusion of hatred, the taking of life. We tend to think of murder as a crime which only a desperately wicked man would commit. We hardly think of the "respectable" little sin of envy as being the root of murder, but it is, often and sometimes very quickly.

Actually there is no little sin, for it is the genius of sin to grow, to increase, to go step by step, yes, often by leaps and bounds, to its horrible fruition. "The heart is deceitful above all things, and desperately wicked: who can know it?" (Jer. 17:9). Why trust it?

The deceitfulness of Cain's heart is shown by the callous evasiveness of his reply to God concerning his murdered brother. His sin brought God's question. It always does. Do not assume that you can hide from the taking of life. We tend to think of committing sin as like touching a burglar alarm—the bell rings, and one must answer for his act.

"Am I my brother's keeper?" is the perfect expression of the selfish and indifferent attitude of the world. Human beings are regarded as simply those to be exploited, beings upon whom they may prey. For example: Just to make money, men are willing to destroy a fellow man with intoxicating liquor, or break down his decency and morality by selling him indecent books or magazines.

Murder having taken one of the two sons, we find that the remaining one is just . . .

III. A Vagabond (vv. 10-15).
Judgment for sin made Cain a wanderer and a fugitive. Never would he be able to get away from the cry of his brother's blood (v. 10). No wonder he said he could not bear it. But notice that his cry was not one of repentance or contrition, but only of fear, of retribution.

So God shows mercy, forbidding the judgment of men upon Cain. Vengeance belongs to God, and in this first murder He reserved judgment to Himself. Later He put upon man the responsibility of judging and punishing murder by death (Gen. 9:6), but here He put His protecting hand on Cain.

Yet, to be a fugitive, with no real abiding place on earth, and every man's hand against him, was indeed a heavy punishment. One could have wished that it had brought repentance, but it did not. May none of us go the way of Cain.

TIMELY TOPICS FOR WOMEN . . .

By Barbara Baines

A LUNCH A MAN CAN WORK ON

Perhaps never have so many Canadiana men and women, carried a lunch box to work as are doing so now. And on the amount of nutrition that lunch box supplies, depends, to a large extent, the worker's efficiency at his job.

Mrs. Dawson tells me her husband, who works in a munition plant, used to complain endlessly about not getting home at noon for a hot dinner . . . and about the "dry sandwiches" the gave him.

"No," she said, "All that is changed. And would you believe it, all because of a squally jar with a screw top . . . the kind you get peanut butter in. I can't remember," she continued, "how I first hit on the idea of using it, but now it goes into every lunch box. In fact sometimes I use two of them, one for the first course, and one for dessert."

Here, she explained, "are some of the things I use it for:

- 1 Cabbage salad, beet salad, potato salad, or kidney bean salad.
 - 2 Or my husband's favourite, a summer salad of shredded cabbage, raw carrot, green onions, radishes, water cress and left over cooked vegetables such as green beans, cauliflower or green peas. All tossed together with a dressing of 1 tsp salad oil, 1 tsp vinegar, half tsp sugar, salt and pepper.
 - 3 Celery cut in sticks to fit radishes, dill pickles, sliced tomatoes, sliced cucumber and onion.
 - 4 Meat loaf, piled with or canned salmon.
 - 5 Grilled corn, spaghetti or baked beans (which though better for me quite tasty cold).
 - 6 And for desserts: French strawberries, raspberries, cherries or a fruit salad.
- Canned peaches, cherries, berries or apricots.
Rice or tapioca puddings, Brown Betty or Fruit Crisp.
Chocolate, butterscotch or coconut cream pudding.
- "No longer," Mrs. Dawson continues, "does my husband complain of dry sandwiches, now that he has a salad or some relishes to pep them up. In fact often I don't make sandwiches at all. Instead I give him a buttered whole wheat bread or malt bread (which he loves) to go with the contents of the squally jar.
- He drinks milk which he can get at the plant, and that saves space in the lunch box. So often I have room for devilled egg or whole tomatoes, or some raw fruit . . . an apple, an orange, a thick slice of pineapple or a banana . . . and always some cookies of which he never seems to tire.
- I find wadded paper a great help packing an attractive-looking lunch, and make it a point to see that there is lots of variety in the food. Nothing," concluded Mrs. Dawson, "pleases my husband quite so much as a surprise."

FOR OUR SCRAPBOOK

THE SPHERE OF WOMEN

They talk about the woman's sphere as though it had a limit; There's not a place on Earth or Heaven; There's not a task to mankind given; There's not a blessing or a word; There's not a whispered yes or no; There's not a life or death or birth; That has a featherweight of worth; Without a woman in it."

THE BOOK OF THE WLFK

AND NOW TOMORROW By RACHEL FIELD (MACMILLAN, 150pp. \$1.00)

Rachel Field died just as "And Now Tomorrow," a top ranking best-seller was leaving the press. But her last book does not, in my opinion, quite measure up to its predecessor "All This and Heaven Too."

It is the story of conflicting loyalties and personal tragedy. Emily Blair belongs to a conservative New England family which founded the Peace Pipe cotton mills, though her father was a rebel and turned his back on the family business. Emily is brought up by her Aunt Emm and seems to be completely happy in her love for Harry Collins, her eminently suitable fiance, when she is suddenly stricken with meningitis, and left completely deaf.

The marriage is postponed while she travels from doctor to doctor seeking a cure. But she returns unsuccessful to find the mills in financial difficulties and Harry largely remote. Then she meets Dr. Vance who has faith that he will be able to bring back her hearing. And interwoven in the story is her childhood friend, Jo Kelly, who leads the strike in the mills.

Everything seems to come crashing about Emily's head at once when she finds Harry and her sister Jane have fallen in love, the mill closes, and Jo Kelly is murdered. And yet out of tragedy and disaster a new happiness is born.

"And Now Tomorrow" has already been sold to the movies for \$75,000 and a book as enjoyable as this one, should make an excellent picture.

TREASURE YOUR GLASS BOTTLES AND CONTAINERS

In the days of our pioneer ancestors the crudest kind of glass receptacles were greatly treasured and frequently even mentioned in wills. Pewter, wooden and earthen ware graced the cupboards of those early days, but glass was almost unknown.

In sharp contrast we think of recent years, when glass bottles and jars became as common as pins, to be used once and then discarded; when cosmetic and other luxury products were put up in decorative glass containers as beautiful in colour and design as treasured heirlooms of long ago.

But once again the pendulum is swinging back. And today it behoves the housewife to treasure all her old glass jars and containers. Already the lovely coloured jars, in which our creams and lotions came have been sacrificed to the war needs, and before the war is over almost all types of glass are apt to be very scarce. So do not throw out your marmalade jar, your peanut butter jars, your pickle jars. You may need them badly yet.

LUNCH BOX COOKIES

Here is a recipe for cookies which I know will soon become favorites with all lunch box carriers. They are packed with rich goodness and are hunger-satisfying as well as appetizing. And in addition they make no demand on your sugar ration.

1 cup sifted flour 1/2 cup honey
1 tsp baking powder 1 cup quick-cooking oatmeal
dash of salt 1/4 cup nuts
1/2 cup shortening 1/2 cup grated carrots
1 egg slightly beaten 1/2 cup raisins
1 tsp baking soda

Sift flour, baking powder and salt together. Cream shortening, add egg and beat until light. Stir baking soda into honey and add to the creamed mixture. Add nuts, carrots and raisins and mix well. Add sifted dry ingredients and mix hand blended. Drop by teaspoons on a baking sheet, flatten slightly with a fork, and bake in a moderate oven (350 degrees F.) 12 minutes or until lightly browned. Approximate yield: 24 cookies.

That refrigerator of yours may have to last you for years, so it is up to you to take good care of it. Detest it when the frost coating gets 1/2 inch thick to give longer life to the mechanism and also to save current. Never use a sharp instrument to loosen the trays; you might injure the freezing coils. Wash the interior weekly with soap and lukewarm water, followed by a rinse of soda and water to remove any odours. Keep the fans and motor box dusted regularly, and have the whole machine checked and oiled at regular intervals.

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