

Avoid waste when you make tea

"SALADA" TEA

CARROLL'S

Frankford New Pack PEAS
16-oz. tin 9c

Tomatoes 2 1/2-oz. tin 15c
Sardines 2 1/2-oz. tin 21c

New 1942 Pack
AYLMER PEAS
Sieve 2 16-oz. tin 15c
Sieve 3 16-oz. tin 25c
Sieve 4 16-oz. tin 10c

Christie's Date Sandwiches 12 for 15c
Fruit Loaf 20-oz. tin 15c
Milk's BLUE package 6c
Ivory Soap 3 cakes 14c
Toilet Soap 4 pkts. 23c
Milk's CASTLE 2 cakes 9c

MacLaren's MUSTARD 20-oz. jar 16c
Aylmer's Peas 2 16-oz. tin 25c
Coke's CHEESE 4 4-oz. pkts. 43c
Coke's CRAPENUTS 2 pkts. 14c
Coke's WHEAT 2 pkts. 33c
Coke's COFFEE 2 pkts. 32c

CLEANSER Rabbit's tin 5c
BROOMS Each 43c
Try Something New Today!
Yeast Fleischmann's 4c

Ask for **ROMAR Coffee**
1-lb. bag 39c

CATSUP Aylmer 2 5-oz. tins 11c
SALMON Kala 2 tall tins 35c
PICKLES Queensland Sweet Mixed 27-oz. jar 25c
PRAIRIE NUTS 8-oz. pkg. 11c
BISCUITS Bo-Pop Creams 1 lb. 19c
MACARONI or Spaghetti 2 lbs. 9c
APPLE JUICE Aylmer 3 20-oz. tins 23c
ORANGE JUICE 20-oz. tin 18c

CORN FLAKES
Kellogg's 2 pkts. 15c

Kellogg's ALL-BRAN 16-oz. tin 21c
Carroll's BAKING POWDER 10-oz. tin 41c
Beaver LOBSTER 1/2-lb. tin 25c
Roasted PEANUTS 1 lb. 23c
Aunt Dinah MOLASSES 12-oz. jar 10c
Bird's BIRD SEED 1-lb. pkg. 17c
Bird's MIDGETS 2 lbs. 25c

Durham Corn Starch 4-oz. tin 16c
Klondike JELLY 2 pkts. 25c
Liquid PASTE 1 lb. 25c
CERO 1 lb. 25c
JUNKET 2 pkts. 25c
RELISH 27-oz. jar 20c
Health Salts 1 lb. 20c
Floor Wax 1-lb. tin 25c

ORANGES Large Size Doz. 35c
GRAPEFRUIT Large Size 6 for 25c

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

Phone 357 We Deliver Main Street

IMPROVED UNIFORM INTERNATIONAL SUNDAY SCHOOL Lesson

By HAROLD L. LUNDQUIST, D. D., of the Moody Bible Institute of Chicago. (Adapted by Western Newspaper Union.)

Lesson for July 26

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NOAH: GOD'S COVENANT WITH MANKIND

LESSON TEXT—Genesis 9:1-17. GOLDEN TEXT—I will remember my covenant. Genesis 9:15.

God does not forget. He keeps His promises now just as He did in the days of Noah. Since our lesson of last Sunday, a long period of time had elapsed. Generation after generation had come and gone, and all the while man grew more and more wicked. Finally, God saw that He must put an end to the corruption of the human race, saving just one righteous family, that of Noah, with which to begin anew.

He warned Noah of the judgment of the flood, and he in turn doubtless warned others, but finally the day came when God shut him in the ark and poured forth the waters of judgment upon the then inhabited earth. But the same God who shut Noah in (Gen. 7:1), in due time called him out (Gen. 8:15, 16).

Noah had obeyed God, and He now rewarded him. The man who had borne the ridicule was now honored by Him. The experience of Noah brings before us—

God's Three Gifts to a Believing Man:

I. Power (vv. 1-4). Man is the "lord of creation," not because he has brought about its subjection, but because God gave him that power. It was first given to Adam (Gen. 1:26), and it is renewed here, with the additional promise of the animal as food. This was not to be, however, after the manner of wild beasts (v. 4).

No man ever lost anything by obeying the commands of God, even though appearances may seem to so indicate. The ridicule of those who called Noah foolish for obeying God, had now been silenced by the judgment of the flood, and he stood forth vindicated, empowered by God, with authority over the whole earth.

Faith is still the victory. Men who put their hopes in the kings and empires of this earth have seen them "rise and wane," and even unbelievers are beginning to talk about the necessity of a spiritual anchorage for the souls of men. It is found only in Christ, but in Him is found both peace and power for victorious living.

II. Protection (vv. 5-7).

Human life is not as cheap as men would have us think. Their estimate based on greed and lust for power makes man but a unit in a machine designed to build up political power. The blood of those who are not profitable to such an enterprise, is shed in utter callousness.

Those who do such things, need to read the words of God, "Whoso sheddeth man's blood, by man shall his blood be shed: for in the image of God made he man" (v. 6). What a tremendous bill some men will have to pay when they stand before the seat of judgment of our God. Even the animals who kill men are to be slain (v. 5). How much greater shall be the condemnation of the man who violates God's command.

But we see a third gift of God, designed to remove a deep fear from his heart, namely God's—

III. Promise (vv. 8-16).

God made a covenant with Noah and with his descendants and every living creature (vv. 9, 10). This is the third of God's eight covenants with man, beginning with the one to Adam in the Garden of Eden (Gen. 1:28), and closing with the new covenant (Heb. 8:8).

This was a promise of God's grace that there should be no more judgment by flood, and as a sign He chose the rainbow, which, appearing in the very time when rain should fall, would reassure men that a new flood was not coming upon them. What a beautiful symbol!

"I will remember," said God, and He has not forgotten. Though thousands of years have passed, there has never since been such a cataclysm of judgment. How unspokenly precious it is to recall that God has not forgotten a single one of us; that He remembers every promise He has ever made; that He keeps every covenant. And on the contrary, how disturbing it must be to the unbeliever to realize that God has not forgotten his sin and unbelief, nor the judgment which is sure to come.

The story of Noah should stimulate our faith, causing us to trust God, to obey His every command, and to look to Him for His power in our lives, His protection over us, His promise of grace to all who believe.

Faithful in Small Things
Duty, be it in a small matter or a great, is duty still, the command of Heaven, the eldest voice of God; and it is only they who are faithful in a few things who will be faithful over many things. Only they who do their duty in everyday matters will fulfill them on great occasions.—Charles Kingsley.



DELIVERS FOURTH SCRIPT

Alan King, for several years a member of the acting contingent in Toronto studies, broke into his writing field this year and has signed his name to several radio scripts which have had network presentations. "Sit On The Home Front" is his latest and will be produced from Toronto for National network listeners on Monday, July 27 at 9:30 p.m. EDT.



ON DUTY IN BRITAIN

Alexander John MacLennan has arrived safely in Britain to work with other members of the CBC Overseas Unit. Also graduated from Queen's University in 1938 worked at the University radio station for two years before joining the CBC. He was in charge of recorded features during the Royal Visit in 1939 and was supervisor of recorded programmes at CBC Toronto studios until he left for overseas.

DEPARTMENT ISSUES WARNING REGARDING WEEDS

Orange Hawkweed and King Devil Showing alarming Spread Says John D. MacLeod, Ont. Dept. of Agriculture.

Pastures, Ontario's cheapest farm feed, will become a liability instead of an asset unless more attention is paid to the eradication of noxious weeds, says John D. MacLeod, Crops, Seeds and Weeds Branch, Ont. Dept. of Agriculture, Toronto.

At the present time the Department is exercised over the alarming spread this year of two pasture weeds, King Devil and Orange Hawkweed which are found on roadsides, old meadows and particularly on rough permanent pasture where cultivation is difficult.

Both are vigorous growing perennial weeds with shallow rooted creeping rootstocks. Leaves of both plants are for the most part, attached to the crown and not to the stems. Leaves and stems are extremely hairy and filled with a bitter milky juice which live stock do not relish.

Orange Hawkweed grows one to two feet high and has fiery orange-red blossoms grouped in clusters. King Devil may grow three feet high and has a yellow blossom similar to Prenatal Sow Thistle but is only half the size. The seeds of the Hawkweed are light and may be carried long distances by wind.

The best method of controlling Hawkweed and other pasture weeds is to build up the soil fertility and develop a thick sod of vigorous pasture plants. Hawkweed will not stand cultivation. Therefore pasture fields should be broken if possible and after being well fertilized, sown to a permanent pasture mixture.

Pastures should be top dressed spring or fall and the mower used to eradicate Hawkweed at a cost of \$2 to \$3 per acre.

Write the Ontario Department of Agriculture, Toronto, for pamphlet on eradication of weeds by chemicals and O.A.C. circular No. 28. They are free to Ontario farmers only. There is a small charge for bulletins sent outside the province.

TIMELY TOPICS FOR WOMEN . . .

By Barbara Baines

DAY NURSERIES FOR LATCH-KEY CHILDREN

No graver problem faces Canada at the moment than the care of its vast army of latch-key children.

But first, what is a "latch-key child"? His father, more than likely, is in the army. His mother is employed in industry (most probably on war work), and the child is left to his own devices all day long. Before she leaves for work in the morning, the mother ties the latch-key around his neck with a string so he may get into the house to ease the pangs of hunger.

And now that the holiday season is here, the problem is even graver, as this strange, unkempt, underfed army of war-job orphans is left for longer hours without supervision. The children of a community cannot be left to run wild without developing anti-social habits which contribute to child delinquency and juvenile crime.

Our Allies have learned they cannot win the war without the help of women. And in Canada too, it seems as though we cannot produce the needed weapons of war without the help of our young mothers. Indeed, as time goes on, it is expected that greater and greater numbers will be needed . . . and the ever-growing army of "latch-key children", what of them?

Day nurseries seem to be the best answer to the problem. Already the foundation has been laid for day-nursery and foster-home care for these children in some fifty centres throughout Central Ontario. It is a new undertaking in a completely new field, and so new machinery for handling it must be set up, but the first units should be ready to open in a matter of weeks.

As the matter now stands, each centre will have two competent full-time supervisors assisted by volunteer workers with some experience and training and will accommodate from 20 to 25 children. The centres will have play-rooms, wash-rooms, cloak-rooms and kitchen facilities as well as an outdoor playground, and will provide a balanced programme of work, rest and play. The children will have constant supervision and will be given two or three good meals a day.

Think what a relief it will be to anxious mothers to know that their children are out of danger and well-cared for. Think what a relief it will be, too, for these weary women not to have to get those extra meals, for war work is a heavy enough strain of itself without having the care of a home added.

And what of the children? Is it they who will benefit most. No longer will you hear the pitiful question, "What'll I do now?" from un-cared-for youngsters. Play is an absorbing business to a young child—in fact his chief business in life. And through supervised play in the day nurseries their children will be helped to normal happy growth.

No longer will they return to empty homes to get their own lunch, usually a couple of thick slices of bread and jam. Instead, well-balanced appealing meals will build strong, sturdy bodies and give these "latch-key children" the start in life that is their natural heritage.

FOR OUR SCRAP BOOK

There are two kinds of discontent in the world, the discontent that works and the discontent that wrings its hands. The first gets what it wants, and the second loses what it has. There is no cure for the first but success, and there is no cure at all for the second.

—GORDON GRAHAM

THE WOMEN'S ROYAL CANADIAN NAVY SERVICE

The Allies are mustering all their strength for the big push to victory and more and more women are taking over the jobs of men to release those who are fit for front-line service.

Already the uniform of the R.C.A.F. (W.D.) or the C.W.A.C. is a familiar sight on our streets. These young women are performing many of the clerical, maintenance, and kitchen duties formerly assigned to men, and if reports are true, with considerable success.

Now, the last branch of our fighting services, the Navy, is enlisting women to free men where possible for more important duties. A palatial home on Laurier Ave., Ottawa, is being fitted up as No. 1 R.C.N.A. Here the first group of 50 or more will begin their training early in August. They have been chosen because of their exceptional ability and will be given a rigorous course in administration, organization and discipline. From among them will be chosen the nucleus of the WRENS in Canada, and 1000 which will form the nucleus of Canada's sailor girls will be an attractive, smart-looking group of women if the uniform can make them so. They will not wear "summer white" which is impractical here. Instead they will be fitted out in a uniform of Wren blue, a very becoming deep-blue shade. The officers' jackets are double-breasted and have eight brass buttons. The six-pored skirts swing gracefully and are worn 16 inches from the floor. With this they wear a white blouse and black tie, the traditional tricornie hat of white silk plique, and white shoes and stockings.

Ratings wear a well-tailored cotton dress of the same shade, a "casual" hat of white pique and white shoes and stockings. Officers and ratings wear the same topcoat, a Wren blue gabardine trenchcoat.

Winter uniforms will be navy blue, with black shoes and stockings. The officers' uniform is very much like that of the officer's except that the materials are a little coarser and the outers are black instead of brass. Her hat is a casual navy-blue felt.

Both officer and rating will carry a sling purse of navy blue canvas, and will wear their hair cut short. Make-up will be allowed in moderation, "enough to look attractive."

CANNED RASPBERRIES

Raspberries promise to be a good crop this season. They have always been a favorite among canned fruits so how about doing up double your quota this year. Here is a very simple method that gives excellent results.

Pick over and wash raspberries. Drain well and pack into jars that have been washed and rinsed. Have the jars well filled. Steam for 10 min. (A very large kettle or boiler with a tight fitting lid is suitable, but be sure the jars are resting on a wire stand. They should be left open and are sterilized by the steam as the berries are cooking. The glass jar tops can be put in beside them so they will be sterilized too.)

While the berries are steaming make a syrup of one cup sugar to one cup water. (This comes within your allowance when you consider the amount of berries.) Boil the syrup to a full rolling boil and fill the steaming jars to overflowing. Insert a silver spoon to guard against the jars breaking. Seal at once, and the job is finished. The fruit keeps well and the berries retain their color and shape.

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ed to be in the neighborhood on some other business.

—The Printed Word

THE SOFT ANSWER

Evidence of the increasing public interest in economy appeared in a letter received by a department store from an indignant housewife. She had included a tin of corn syrup in her grocery order, and when it was delivered, it was wrapped in paper. Why this waste of paper, she demanded, when our country is at war?

Ever mindful of its public relations, the store sent one of its trouble-shooters to call on the lady and give her the simple explanation. Goods for delivery are sent to the shipping room through a spiral chute. An unwrapped tin of syrup is a hazard, because, if the lid should come off, not only would the syrup be lost but a great deal of other merchandise would also be ruined. The wrapping is cheap insurance.

The lady accepted the explanation, and the trouble-shooter was taking his leave, satisfied with his work, when she stopped him.

"Do you mean to tell me," she said, "that you used tires and gasoline coming all the way out here to tell me this?"

Perhaps the recording angel did not make too black a mark when the man answered that he had merely happen-

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