

These days, when tea must yield the utmost in flavour, quality is of supreme importance. Ask for..

"SALADA" TEA

CARROLL'S

CERTO
For Jam or Jellies 25c

Fruit KEPE 25c
Mama SEALS 10c
Hira's Root Beer EXTRACT 25c
Clover Leaf HERRING 15c
Shredded WHEAT 2 25c
Kelllogg's Corn FLAKES 2 15c

Carnation Evaporated MILK 16-oz. tin 9c

Carroll's Baking Powder 1-oz. 19c
Van Camp's Tomato Soup 2 tins 15c
Carroll's Oats Tea 1/2-lb. pkg. 38c
Johnson's Corn Meal 1-lb. 85c

MUSTARD
LIBBY'S Prepared 6-oz. jar 10c

Mother Parker's Vacuum Pack COFFEE 1-lb. tin 47c

McLaren's Coffee SUB 1/2-lb. pkg. 16c	Concentrated Bleach JAVEX 1-lb. 14c
Jackson's KOPY SUB 1/2-lb. 31c	Master's Knead KIBBLE 3 lbs. 25c
Egghead NOODLES 1/2-lb. 16c	Master's Assorted Dog BISCUITS 2 lbs. 25c
Rackitt's BLUE 1/2-lb. 6c	Pard Dehydrated Dog FOOD 2 lbs. 29c
Roman MEAL 1/2-lb. 29c	Kellogg's GRO-POP 2 lbs. 25c
Fly Spray—Shell Tox 8-oz. jar 24c	Quick Quaker OATS 1-g. pkg. 19c

We reserve the right to limit quantities of all merchandise.

SIZE 100—LARGE GRAPEFRUIT	10c each
BEETS	2 bunches for 18c
CARROTS	10c bunch
HEAD LETTUCE	14c each
SIZE 200—ORANGES	45c Dozen

Fruit and vegetable prices until Saturday night only.

Phone 357 Georgetown

IMPROVED UNIFORM INTERNATIONAL SUNDAY SCHOOL LESSON

By HAROLD L. LINDQUIST, D. D., of the Board of Christian Education, (Published by Western Evangelical Union)

Lesson for July 11

Lesson Subjects and Scripture texts are suggested by the International Council of Christian Education, used by permission.

GOD CALLS A LEADER
LESSON TEXT—Exodus 3:1-12
GOLDEN TEXT—Come see therefore, and I will send thee unto Pharaoh, that thou mayest bring forth my people the children of Israel out of Egypt.—Exodus 3:10

God calls men, commissions, and uses them to carry out His plans and purposes in the earth. What a great truth that is, and how it glorifies the destiny of man to know that it is divinely appointed.

As Joseph Parker effectively points out, the experience of Moses in Midian was a direct dealing with God, whereas we who may not be able to "see the fountain" must "be content to drink at the stream," but should always remember that the stream flows from that same fountain.

"Every man should put to himself the questions: What is my destiny? What does God mean to me and to do in the world? . . . It is a most pitiable thing that a man should read of Moses being divinely called . . . to a special work and fail to realize "that God has a special work for every man to do." Let us be careful that we do not "go pervert and misinterpret circumstances as to press them into a justification of self-will," rather than recognize them as "destiny which is beckoning us to duty."

For our instruction and guidance we consider, then, the story of the call of this outstanding leader of Israel. It presents him as a true servant of God, one who was—

I. Personally Equipped.

While it is a blessed truth that God will use any man who surrenders himself to His control and guidance, no matter how limited that man's ability and training may be, it is also true that, other things being equal, the man with the best equipment will be the most useful servant.

God gave Moses a unique preparation. He was first of all a Hebrew, born among the people that he was to lead. He knew the luxury and all the cultural advantages of the Egyptian court (Acts 7:22), with the safeguard of training by his own mother as his nurse.

He observed at first hand the oppression of his people, and made a self-willed and impulsive effort to deal with the problem. The result was that he had a "postgraduate" course of instruction and discipline in the wilderness, where he spent forty years in the school of experience.

We have learned anew from our war experience that training for service is essential. If that is true in military matters and in secular life, it is doubly true in the service of Christ. He does graciously use even the humble and untrained worker, but no one who has a vision of service will be content to remain unprepared.

II. Spiritually Qualified.

Moses was a man who knew God. Had he been a worldly man he would only have been curious regarding the phenomenon of the burning bush. But note how alert and reverent he was and how immediately responsive to the instructions and the call of God.

Here God's future leader was made conscious of the infinite majesty and holiness of God, the need of reverence and godly fear, the purpose of the Eternal One to deliver His people, and the assurance that He would be with His servant. Such a spiritual experience made effective the excellent preparation which he already had for service.

All the training and preparation in the world is worse than useless in God's service apart from that spiritual qualification that comes from true regeneration and dedication to Him.

There is no more pathetic sight than a spiritually powerless church worker going through the motions of service for Christ. If we are in that condition we may be sure that we deceive no one but ourselves.

III. Divinely Called.

Moses was called (v. 4), commissioned (vv. 6-10), and clad with divine authority (vv. 11, 12) for his great task.

God calls His servants to different responsibilities and in different ways, but the important thing is that we should know that we are in His will and that we are answering His call.

No one has any right to choose full-time Christian service simply as a desirable vocation. In any calling of life man needs God's guidance in order to make a proper choice, but in the ministry or missionary service it is an absolute essential.

If we were more careful to seek His will for every individual there would be less unhappiness in the world. But in the case of the one who goes out to speak for God there is not only the danger of distress, but of real disaster for himself and those to whom he tries to minister.

Prepared, qualified, and called, Moses is now ready to meet God before he goes on to his life of holy exploits for Him.

'As We See It'

By J. A. STANG

WHILE THERE WAS plenty of confusion as to which day to celebrate Dominion Day this year there certainly was no uncertainty about the weather on the 1st of July, the proper day to celebrate the holiday. It was fine and warm and yet not hot as it so often is on the 1st of July. The holiday seemed to be celebrated very quietly this year due no doubt to war conditions and possibly to the scarcity of gas and of new tires. On many of the bathing beaches throughout the Province the water was too cool for bathing, due perhaps to the unusual high water almost everywhere. The temperature of the water in our own Credit River has been just right for bathing and we have it over many bathing beaches this year. Holiday spirit celebrated now-a-days like they were at one time. Since the introduction of the automobile the proper thing to do was to get the car out and drive a long way in order to celebrate the day properly. We seemed to think that we had to use a lot of gas and we drove as though we only had a short time to use it. Before the day of the car we would hitch old Dobbin to the buggy and drive perhaps ten miles or less to the celebration. If we had even as much as 25c to spend we were having a huge time. At that we had just as much fun as anyone has today and were just as happy and likely were in better condition to work the following day than many are on the day following a holiday now. One thing we do miss on big days now is the Callithumpian processions. We used to like them but we haven't seen a real one for a long time. Maybe after the war the old fashioned callithumpian procession could be revived. The younger generation that has never seen one has missed something worth while we think.

ANOTHER THING that is absent to-day on any 1st of July celebration is the old fashioned field lacrosse match. That game seemed to be an ideal game for the Dominion Day holiday. It had everything, including the old camp. And the better the day the hotter the game. Like so many other things Lacrosse has changed and now Lacrosse has taken the place of the original field game. Then when the Box Game was just hitting its stride in popularity along came World War No. 2 and the Lacrosse players changed their uniform for that of the

more serious game. Today lacrosse is played in very few towns although it still is supposed to be our National Game here in Canada. Even baseball is almost a thing of the past also. We don't like to see these games being allowed to fade away. We know of nothing that will teach the younger generation to give and take like games. Santa Claus left us a Croquet Set the Christmas of '41 and although we hadn't even seen one of those sets for a long time we get quite a kick out of this set. It isn't a rough game at all and yet it takes considerable skill to play it properly too. Golf is another game that seems to be losing out also. We haven't played enough of it to get excited about the game. However we can easily understand the benefits that anyone who works inside would derive from the game. The trouble with golf is that it takes considerable cash to purchase the necessary outfit. Today the most popular games of all seem to be the quiz games and while there may be some profit from playing those games yet they lack the healthy exercise that we usually associate with the word game.

THE SCARCITY OF SUGAR has not affected the demand for fruit yet anyway. This year strawberries sold at higher prices than ever and there was a huge demand for them. They seemed to be a fair crop as well. Raspberries are reported to be a shorter crop than usual and if this is so they will be high enough in price also. One thing we did learn this year was that strawberries taste just as well, if not better, without sugar at all when eaten raw. One gets the real flavor of the berries when eaten without sugar. Of course all varieties wouldn't give the same results possibly but those varieties that get real ripe right to the tips of the berries don't need any sugar when eaten raw. We imagine that the same would apply to good varieties of raspberries and we will be trying them out that way. We remember when first we tasted grape fruit, we thought them sour and we usually loaded them with sugar, however we later on learned that the proper way to eat them was without any sugar at all and we never think of using sugar with them now. Maybe it will be the same with almost any fruit. Of course when eating them cooked it makes a difference.

Maybe we have been using too much sugar altogether when cooking or canning fruit and this scarcity of sugar may be the best thing that has happened to us, teaching us to use less sugar. Different persons who appeared to be well fed, have told us that they feel so much better now, and they attribute the benefits to the fact that

Stanley Hall is Progressive Conservative Choice in Halton

Col. Geo. Drew Addressed Convention at Milton

Stanley Hall, of Hornby was unanimously chosen to represent the Progressive Conservatives of Halton as candidate in the next election to the Provincial Legislature at a largely attended convention held in Milton, recently.

Mr. Hall is a well known farmer in the Hornby district and manager of the Milton District Co-operative store in Milton. He was elected president of the Halton Progressive Conservative Association three weeks ago.

Wm. J. Robertson, reeve of Nelson township; Lloyd Dingle, Burlington, and Leroy Sargent, Bronte, were also nominated, but withdrew in favor of Mr. Hall.

He urged his supporters to work hard and he would do his utmost to have Halton represented by a Progressive Conservative at Toronto.

Col. George Drew, speaker, praised the convention for choosing a man directly connected with agriculture as he hoped when the party was returned to power, the people of Ontario would be represented by men from all industries.

He criticized the Minister of Justice, Hon. St. Laurent, for his recent attempt to suppress free speech. "The time has not come for Canada to carry any one to say what they think. It is the British right to have freedom of speech and it is most serious to attempt to silence people who speak freely and voice his or her opinion."

The speaker paid tribute to Russia, but he reminded the bravery of British soldiers, sailors and merchant marines in sending equipment to Russia has not been less than that of the Russians.

Briefly referring to education and health he suggested that a health programme should be tied up with our educational system. "It is the duty of the state and in a few years many diseases would be unheard of."

The election date has been set as August 4th.

they aren't eating nearly so much sugar as they were used to before the scarcity. It's an ill wind that blows nobody good.

Axis Prisoners Taken in North Africa Embark at Algiers



Picture shows Axis prisoners taken in North Africa marching through the docks after captivity, during the Allied North African campaign—en route

BRITAIN'S PAYMASTER GENERAL, IN CHARGE OF POSTWAR PLANNING



Sir William Jewitt, Britain's Paymaster General, at work at his office in Whitehall, London. He is in charge of the British Cabinet's postwar planning.

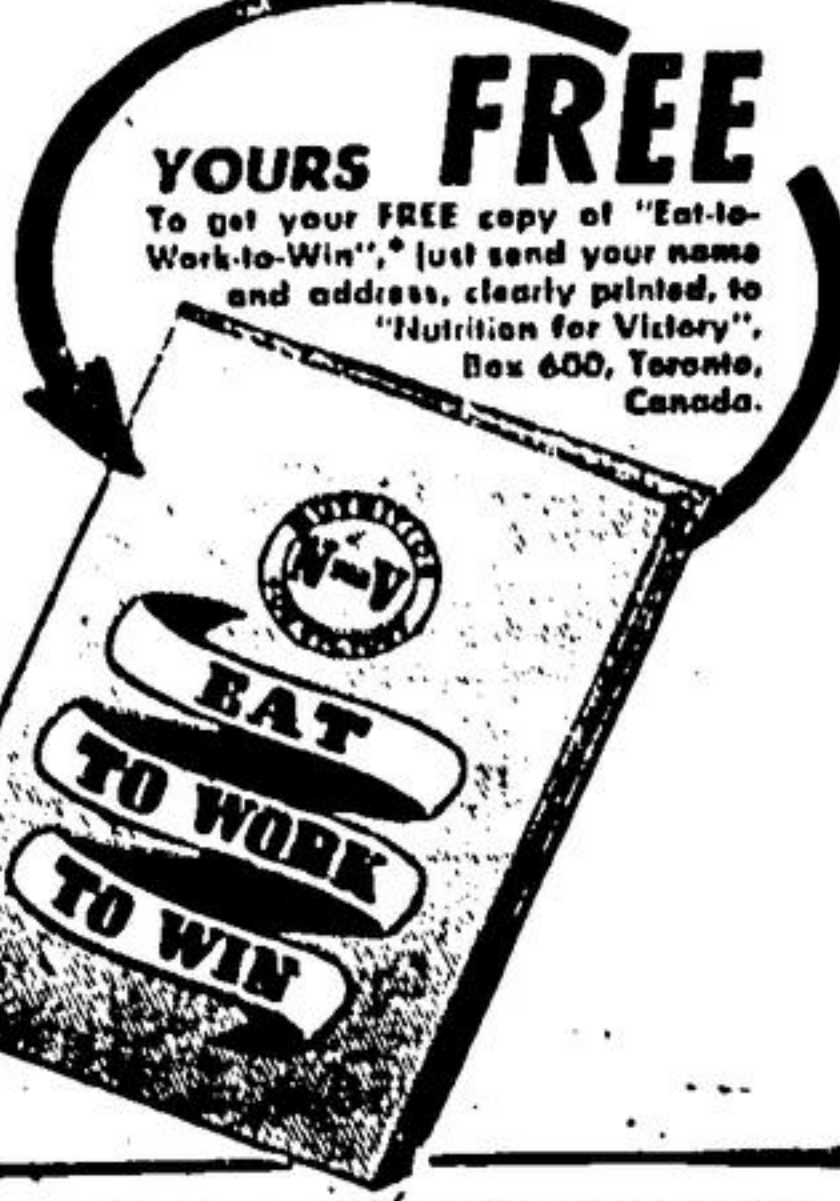
NUTRITION MADE EASY AS A.B.C.!

Get this new book of balanced menus . . . so easy a child could follow.

At last . . . here's a completely practical plan for good nutrition. A book of 63 "nutrition-wise" menus, literally as easy to use as A.B.C.! All you need, to make sure your family is wisely fed.

We give you 21 days of menus . . . grouped as meals, keyed as "A", "B", "C", "D" and "E". You simply choose a breakfast of any letter, and team it up with any luncheon and dinner of the same letter. And there you have a day's meals, as nourishing as they are appealing.

Make sure that your family is wisely fed! Send for your FREE copy of "Eat-to-Work-to-Win" today! Learn the easy way to meals both healthful and delicious!



Sponsored by THE BREWING INDUSTRY (ONTARIO) in the interests of nutrition and health as an aid to Victory.

The nutritional information in "Eat-to-Work-to-Win" was prepared by Nutrition Services, Department of Public Health and National Health, Ontario, for the Canadian Nutrition Programme.