

Add Smartness and Distinction to YOUR home with VENETIAN BLINDS

made to measure of ROYAL-FLEXALUM
(flexible aluminum)

- BEAUTIFUL — Venetian Blinds add charm and grace to every room.
- ECONOMICAL — Extra curtains are not required for tasteful decoration.
- EASILY KEPT CLEAN — Dust does not cling to the satin-smooth finish.
- MODERN — Leaders in every community are specifying Royal-Flexalum because it's new, it's better, it's light!

Royal-Flexalum (Flexible Aluminum) will not crack, rust or warp. Cannot catch on fire! The satin-like finish is absolutely permanent.

7 Days Delivery — No Installation Charges — Free Delivery.

Mattresses by Simmons

1 ONLY, 39", SPRING FILLED
1 ONLY, 48" SPRING-FILLED

also a few
39" - 48" and 54" wide — SELBY-COTTON FILLED

Try our Radio Service. A trial will convince you that it is the best. Our work is fully guaranteed.

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COSTUME JEWELRY — \$1. to 10.
MUSICAL POWDER BOXES

EXPERT WATCH REPAIRS - 24-hr. cleaning service

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SUBSCRIBE FOR THE HERALD

GREGORY

THEATRE

Friday, November 8th
"ADVENTURES OF RUSTY"
Conrad Nagel, Ted Donaldson
"HIT THE HAY"
Judy Canova, Ross Hunter
"FOX NEWS"

Saturday, November 9, matinee at 3 p.m.
"THREE WISE FOOLS"
Margaret O'Brien, Lionel Barrymore

MARCH of TIME: "TOMORROW'S MEXICO"
Cartoon: "SOLID SERENADE"
Chapter 12: "ROYAL MOUNTED RIDES AGAIN"

Monday, November 11, matinee at 3
"YOU WERE NEVER LOVELIER"
(Technicolor), Fred Astaire, Rita Hayworth
Cartoon "THE EGG YEGG"
Sport: "HI HO RODEO"

Tuesday and Wednesday, November 12 and 13
"TWO SISTERS FROM BOSTON"
June Allyson, Kathryn Grayson, Jimmy Durante
Sport: "LET'S GO GUNNING"

Variety Meats Offer High Food Values

So-called variety meats such as liver, heart, kidney, sweetbreads and brains offer great opportunities for getting extra high food value for less money. In addition to offering the same protein content as other lean meats, these meats have an extra dividend of minerals and vitamins, nutritionists point out. Liver, heart, kidney and brains are rich in iron. Liver is only rich in iron, but contains vitamin A and vitamin D. Liver, kidney, heart and brains also offer vitamin B.

They will need a little extra care in cooking so as to make them appetizing to the eye and tongue. They perish more quickly than other meats so must be cooked promptly and kept cold before cooking. Brains should be simmered 15 to 20 minutes in slightly salted water to make them firm before the thin outer covering is removed. Connective tissues in kidneys should be removed when they are cut up. Liver should be dipped in hot water before it is diced or chopped so as to save the juices. Remove the heavy outer skin of tongue after it is cooked.

Tender meats, such as calf or lamb kidneys or liver, brains, or sweetbreads, need very little cooking. Tongue and heart need long slow cooking with moisture. To prepare beef heart, remove blood vessels, fill with a soft bread-crumbs stuffing, sew or skewer, and brown. Place in a baking dish, add a small amount of water, cover, and cook until tender in a very moderate oven (300 degrees F.) about four hours. Pork heart may be prepared in the same way. Or, slice it, flour the slices, brown, add a little water, cover and simmer until tender.

Americans Eat Well, But Lack Diet Balance

The American public consumes more than enough meats, cereals, fats and sugar but uses less than it should of fruits and vegetables. Families do not use enough milk and milk products which are excellent supplementary foods, specialists say.

People are eating more vegetables than formerly but not all vegetables have the same nutritional value. The onions, cabbages, and carrots which are largely consumed by the public do not furnish as many nutrients as spinach, kale, greens, and the yellow and green vegetables, squashes, green peas and broccoli. These are eaten in amazingly small quantities, specialists say.

New type nutritional studies recently made by examining the physical condition of a large number of individuals has revealed that some groups of our population are very poorly nourished.

Good Broilers

Broiler producers want chicks that grow rapidly, feather fast, have good body type and have a low mortality rate. Good management will keep mortality down to a reasonable level, providing chicks are bought from hatcheries all of whose flocks are pulorum-passed or pulorum-passed, a flock must have no reactors on the last test preceding the saving of eggs for hatching. To qualify as pulorum-clean, a flock must have passed two negative pulorum tests at least six months apart. In breeding stock, rapid growth enables the chicken to utilize feed efficiently by producing a pound of gain in weight on relatively few pounds of feed. Fast feathering is desirable to avoid pinfeathers in birds marketed at two and three pounds. Good body type is desirable because it improves the appearance of the dressed bird.

Training Colt

Training the colt should start early. Like folks, work animals do things largely through habit. Since the colt is more easily handled than older animals, training the colt is easier than breaking a two-or-three-year-old. Patience, gentleness and firmness are needed in training young stock, reward and punishment being incentives used in their education. A pat on the neck should follow obedience. Punishment should immediately follow disobedience. Never ask a horse or mule to do anything impossible. A colt's schooling, carried out over a two-year period, fits it for work in harness, without difficulty, when the desired size and maturity have been reached. Frequent handling and rubbing is desirable but the colt should never be teased.

Rebuild Sheets

If you find that some of your sheets are beginning to wear thin along the center (hold sheet up to the light to inspect for this), you can tear them in half-lengthwise and sew the selvages, outersides, together. This should, of course, be done with a flat seam. The outside edge should be hemmed. When your sheets have really worn out beyond repair, you can find other necessary uses for them. For instance, they can be used for bedsheet covers, pillow cases, sheet-covers for the linen closet, bandages, aprons, kitchen curtains, dust or cleaning cloths. Always remember to tear them, not cut them, to whatever size you need, so that the fabric will keep its shape through launderings.

Perc. Cleave Heads Curlers for 1946-7 Season

P. W. Cleave was elected president of the curling club at the annual meeting held in the Arena last Friday. Officers elected were:
President — P. W. Cleave
Vice-pres. — James Ritchie
Sec.-treas. — Leslie Ellis
General Committee — Claude Kentner, Jack Williamson, Ern Thompson, Roy Parrot, Chris Sargent, Calvin Clark.

Social Committee — Norman Verdep, Fred Sprée, Jerry McCallum, Norton Nelson, Clare Wilson.
Ice Committee — Harvey King, Fred Thompson, Frank Petch.
Publicity — W. G. Bell, Garfield McGilvray.

KILROY WAS MILD

Georgetown observed a safe and sane Halloween last Thursday and we have heard no reports of major damage to property. The mysterious Kilroy left his "John Henry" on several places including telephone poles, automobiles and Tom-Sykes' verandah, but the only place he appeared to do any damage was at Roy McGill's house on Church Street where the verandah railing was demolished. A party at the Old Town Hall for the young folk and the Lions dance in the Rose Room for the older ones kept the streets clear though in early evening there were the usual trips from door to door for "shell-outs."

COUSIN DIED IN MILTON

Mrs. Fred Smith, the former Ada Hutt, passed away in Milton Hospital last week. She was the daughter of Mr. and Mrs. William Hutt, Milton, and a cousin of Mrs. Delmar Laird and Mr. Mervin Robb of Georgetown. She was in her thirty-third year.

GUELPH DOESN'T DO THINGS BY HALVES

When people in Guelph want things they get them, as Jimmy Presswood found to his sorrow last week. Jimmie had a squirrel's tail attached to the aerial of his car and apparently somebody wanted it. Not being able to get the tail off the aerial, the thief went farther, broke the aerial off and took the whole thing away while the car was parked.



AT McCLURE'S

- 216569 ROCK VALLEY
MY DARLING NELLIE
GREY
—George Wade and His Cornhuskers
- 216570 THE MASON'S AFRON
FIREMEN'S REEL
—George Wade and His Cornhuskers
- 216575 COWBOY'S REEL — Square
Dance
UNCLE JIM
—George Wade and His Cornhuskers
- 216576 FIVE MILE CHASE
Square dance — 3rd change
MEDLEY OF REELS
1. CLOG DANCE
2. HONEY MOON
3. SPEED THE PLOUGH
— George Wade
- 216578 WALTZ QUADRILLE
ACROBAT REEL
— George Wade
- 216579 LORD SALTOUN'S REEL
Square Dance
HASTE TO THE WEDDING
Square Dance
— George Wade
- 216581 FLOWERS OF
EDINBURGH REEL —
PICNIC REEL — SPEED
THE PLOUGH
—J. L. MacDonald - violin and piano
- 216583 LITTLE BROWN JUG
Square Dance
FATHER O'FLYNN
Square dance, 1st and 2nd change
— George Wade
- 216584 McDONALD'S REEL
BUFFALO GIRL —
Square Dance, 3rd change
— George Wade
- 216580 OLD TIME REEL
MEDLEY
CULLEN HOUSE SQUARE
DANCE, 3rd change
— George Wade
- 216583 SOMETIMES WALTZ
"THE WEST, A NEST, AND
YOU DEAR
— Mart Kenney



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be pleased to discuss your prob-
lems with you in person.
BONDED EMPLOYEES

WILL YOU
BUY
A
CHAIR
OR A
TABLE
?
SEE PAGE 9

YIPPEE... CHEROKEE RODEO

Sponsored by the
Lions Club
GEORGETOWN ARENA
Thursday, Friday, Saturday
November 21 - 22 - 23
COWBOYS — COWGIRLS — BRONCHOS
BEAUTIFUL COWPONIES
MULES — BRAHMA BULLS
Something New and Different for Georgetown