# PRIENDSHIP

"If you walk as a friend you will find i friend wherever you choose to fare; If you go with mirth to a far strange land, you will find that mirth is

For the strangest part of this queer old world is that like will join with like; And who walks with love for his fellowman, an enswering love will strike. ".If you walk in henor, then honest men

will meet you along the way; But if you are false, you will find men false wimrever you chance to stray. For good breeds good and but breeds bad, we are met by the traits we Love will find a friend at the stranger's door where hate will find a for.

For each of us builds the world he knows which only himself can spon; And an hour of hate octob hour of shame can ruln a life of toll; And though to the utmost ends of the earth your duty may bld you fare, If you go with truth and a friendly heart you will find friends waiting there."

## Menu Hints

Recipes for New and Novel Dishes: Household Ideas and Buggestions

#### (By Betty Harciny) DELICIOUS ORANGE RECIPES FRUIT OUP

(Berves 12) 6 orunged

2 small grapefrult 1 cup white cherries 6 tablespoons lemon juice 3 cups powdered sugar Rubyettes and emrelettes

Peel oranges and grapefruit and separate sections, removing all membrane Mix with cherrles, which have been stoned. Eprinkle lemon julce and sugar over fruit. Chill about an hour and add

rubyettes and enrolettes. The color note of the red and green In a locket he wore for years: garnishes may be further developed by His nephew then asked him the reason serving fruit in double cocktail glasses with finely chopped green or red-tinted That picture had caused him tears. ice in outer glass. Ice is made in icelests refrigerator from water to which vege- A story that's strange, but true. table coloring has been added.

#### - ORANGE BAUCE (Berves ()

" Grated rind 1 orange 14 cup augur 2 tablespoons corn starch

2-3 cup boiling water 3 tablespoons butter 1 egg

2-3 cup orange julce 1 tempoon lemon juice

Put grated orange rind, sugar and corn starch in saucepan, mix well, pour on bolling water and cook 10 minutes, attr- I thought that no longer she loved me, the bubbling of the coolest stream, and ring constantly; then add butter. Pour And parted from her for life. mixture over well-beaten egg; return to My frenzy of Jealousy wronged a heart saucepan; stir constantly, and cook 3 A heart that was good and trueminutes. Add fruit juices, beat well, and For two better girls never lived than

# - ORANGE TOAST

(Berves 6) 14 cup orange juice Grated rind 1 orange 14 cup sugar

o alices buttered toast Mix orange juice, rind and augar, get sentimental. Spread on hot buttered tout and put in hot oven or under broiler to brown.

# ORANGE AMBROSIA

(Borves 6) 6 oranges 14 cup powdered sugar

14 cup grated cocoanut

Peel and slice oranges. Cut slices into halves or quarters. Arrange in serving dishes, sprinkle with sugar and cocoanut.

# FRUIT OUP DESSERT

(Berves 6) 1 cup orange pleces

1 cup diced pineapple

1 cup halved strawberries (or white grapes)

34 dup powdered sugar 6 maraschino cherries Combine fruits and sugar.

cold in sherbet glasses with a maraschino cherry for garnish.

#### CALAFORNIA POINBETTIA BALAD (Berves 6)

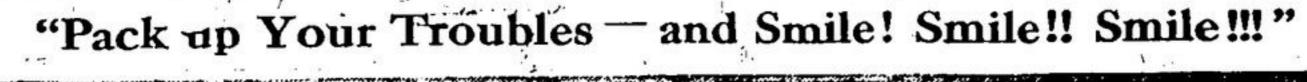
Paprika 2 red plinleptos,

aprinkle with paprike. Out pimientos jaunty air. But alas, he had one very into long, narrow strips. Place a citeese bad habit. I remember being sent, more ball in centre of each salad plate and than once, to warn the pupils that there arrange orange sections radiating out would be no school, as the master was from it like the petals of a flower. Place ill. Y did not understand the nature strips of pintlento between orange sec- of his illness very clearly then. tions. Pour French dressing over all

Worner, by the irritation that they cause in the stomach and intestines deprive infants of the nourishment that they should derive from food, and malnutrition is the result. Miller's Worm Powders destroy worms and correct the morbid conditions in the stomach and bowels that are favorable to worms, so that the full nutriment of the child is masured and development in every way encouraged.

# SOME PROTECTION!

see the dark muzzles of the wolver." must have been that they had the mux-





THE OLD MAN

An old man gazed on a photograph "Oome listen," he mild, "I will tell you

another like it."

cate the master built a walk, and down

the sides of it he planted low-growing

through the room came a hunting fra-

correspondent. I am sure your story

will recall to other old folks as well as

Now, I've another budget of historical

getting such fine assistance in this

work and if it keeps up, I'll tell the

Editor that I can supply a budget of

P. S .- I want to acknowledge the kind

Always Ready and Redable.-Practic-

ally all pains arising from inflammation

tric Oil. Simply rub it on the sore spot

and it is quickly absorbed by the skin.

Its healing power is conveyed to the

inflamed tissue which is quickly soothed.

This fine old remody is also a specific

for all manner of cuts, scrutches, bruises

appains. Keep a bottle handy always.

Sometimes a man is not satisfied with

pullding his house on the sand, but goes

Bladder Weakness

Makes Life Misery

Daily Annoyance, Troublesome Nights

Wrecking Lives of Thousands

States Writer Who Tells What

To Do For Quick Relief

and legs, Nervousness, Restlessness, fre-

quent but scanty Urinition with burning

and pain, getting-up-nights-are some of

the more troublesome signs that should

have prompt attention before they reach

No matter how stubborn your case may

seem to be or how many medicines you

have tried without results-den't think

your condition is hope ess or the natural

consequence of advancing years until you

On a strict guarantee of money back

good druggist will supply you with

"Uratube" in sealed packages containing

improvement inside of ten days, you will

they cost you nothing! Ask your drug-

Backaches, Headaches, Palus in feet

on and builds a garage on credit

can be removed with Dr. Thomas' Eclec-

comment from Salem, Ore., of the in-

grance of Southern-Wood and Sweet

Your father and I, at the school or Met two little girls in blue.

"I'wo little girls in blue, lad, They were sisters, we were brothers, And learned to love the two. And one little girl in blue, lad. Who won your father's heart, Became your mother-I married the other.

But we have drifted apart. "That picture is one of those girls," he "And to me she was once a wife:

they— Those two little girls in blue."

This week I give you the story I prom- myself memories of the old school days. hed that came all the way from Verment. I wonder how many of the folks data already for you that the Editor gave in Erin Township will remember teachers me. My friend Postmaster Day, in Rockreferred to in this article? There are wood, has this historical work at hear not many any more, I fear, but there too, and he has given me a splendi now, we'll go on with the slory before I budget. I am very pleased that I am

A GLASS CANDLESTICK It is a far cry from the Green Moun- history for him each week, as I used to be

tain of Vermont to the Pourth Line of Erin, but the magic of an old glass candlestick, made it only a step. It was a wild October evening among the New England hills. The rain had fallen all day, and in the evening the moon shone fitfully through scudding clouds. An evening to turn from the

windows and draw to the fire. On the terest in my articles that was forwarded mantel piece stood a pair of tall glass by way of The Pake Paken office. I am candlesticks, and as I admired them, glad that you find interest, Mrs. the owner told me this tale of long ago: even if it is over forty years since you "I am an old woman now, almost left Acton. eighty-neven years of age. I was born in Canada, on the Fourth Line of Erin Township, and was the only girl in a

family of five boys.

"Our first log house atood back from the road, and near it was the coolest spring, always bubbling, bubbling. Our very nearest neighbors were the Bennetts. Grandmother Bennett was the woman all the neighbors sent for in sickness or trouble. Then there were the Johnsons,

the Lees and the David Swackhamers. When I was old enough, I went to the little log schoolhouse on the Fourth Line. .. One of my teachers was Miss Mary Rutherford, who afterward became Mrs. Lindsay. After she left, we had a man teacher, named Devenport, Tool oranges and separate into sec- boarded in our home. I think I can see tions, Make choose into 6 balls, and him yet, with his cut-away coat and

> I was at that time a wee girl of nine or ten, and Mr. Davenport was very kind to me. Whenever he went to town he brought back something for me. remember such a protty glass box. Theu one, day he brought me the candlestick you see on the mantel. 'Y admired it so much that my brother, Tom, bought me the mute for it. . So you see, my candlesticks have pussed their three-

score years and ten. But, much as I liked my candlesticks, the muster did something for me that I liked far better. Out in the yard he built a summer-house for me. He made the windows in the ends of a diamond shape and under each window he built a He (telling a hair-breadth adventure): seat. In the centre was a tab'e, where "And in the bright moonlight we could my little friends und I had our tea a ten days" supply. If they bring great parties. Many a merry day Charity redef inside of 48 hours and a wonderful (breathlessly): "Oh, how glad you Bwackhamer, Zerul Gibbens and I spent by greatly pleased-if they do not help, in that summer-house.

From the summer-house door to the gist to-day.

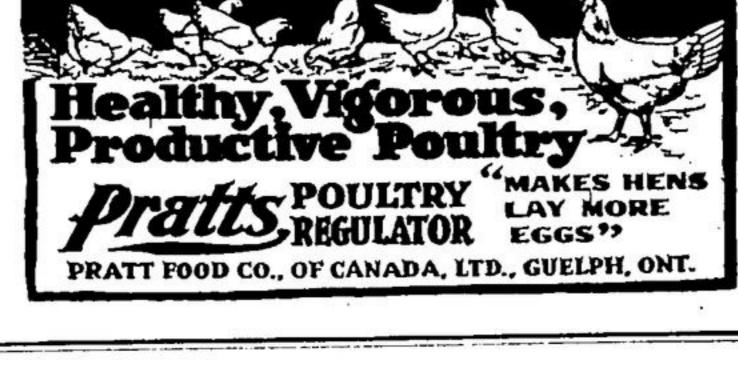
WHAT ABOUT THE FACE

flags. On either side the walk he made Speaking of ingenuity, the example set two diamond-shaped flower beds, which by an Ontario farmer is worthy to be in summer were a gay riot of popples, recorded. The farmer had a good crop tiweet William, larkspur and marigolds, of tomatoes for which he was offered a Against the walks of the ammer-house, price that scarcely covered the cost of holly-hocks of white, pink and crimson picking and packing. The Township Pall reached almost to the roof, while down Fair was coming along. The farmer arby the gate were great clumps of Old ranged a concession on the midway and Man and Sweet Mary. We did not have carted his tomatoes to the fair. He set lawns in those days, but the yard was up a canvas wall with a hole in it; put all covered with the noft leaves of goose- his son behind the canvas with his head grass, and was always awept clean. People protruding through the hole and gave came from all around to see my lovely the visitors to the fair the opportunity flower garden, one of the first in the of throwing tomatoes at this target at neighborhood. If Jane Shortill is still three shots for a nickel. Thus the farmer living. I think she will recollect it. I sold most of his crop of tomatoes at : have always remembered the school- cents a dozen. But that did not exhaust master's garden. There has never been his ingenuity. He arranged the canvas so that the tomatoes that missed the I looked again at the old glass candle- target would fall into a large washtub. sticks. The Vermont hills faded. I saw One of his neighbors set up a soft drink an old log house, far back from the gland a few stalls away. He squeezed road, and by its side a summer-house, the tomatoes collected in the washtub where three little maids took tea. Once and sold "Fresh Tomato Cocktail" at 10 more, the diamond shaped beds glowed cents a glass.-Pinancial Post. with their tapectry of flowers. One heard

COOKS ARE SENSITIVE

Wife: (to husband who has just come Thanks ever so much, my Vermont home)-"Cook has left us." Husband-"Why?" Wife-"She said that you were rude to

> her on the telephone to-day." Husband-"The cook! Heavens, thought it was you I was talking to."





J. Cadesky OPTOMETRIST

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and Up

Sportsman Is Recovering

Philip had a pleasant life at college, playing football, tennia, and all the sports that youth loves. Then his father died—and Philip had to get a lob. His work was hard and confining—there was little time for play in the fresh air. A cold and a had cough resulted in a long spell of lilness, which finally sent him to the Muskoka Hospital It has been an uphill journey, but the experienced medical attention, kindly nursing rest and good food are remaking this young Canadian into a sturdy self-supporting man once more. "I have gained 36 pounds," "Philip says proudly, "and I am just about right again. I will be glad to get back to work and help mother and the kids at home." There is high hope that his wishes will be fulfilled.

For this spiendid work, money i urgently 'needed. Would you not like to make a gift? Mr. A. El Ames. 323 College St., Toronto, will gladly receive it.

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