

SUNRISE AND SUNSET

Tell me how the sun rose
A ribbon at its time
The steeples swam in smoky haze
The news like squirrels ran.

Menu Hints

Recipes for New and Novel
Dishes; Household Ideas and
Suggestions

WINTER HAM DELIGHTS

Good old-fashioned ham may be served
in many novel forms. A touch of
sugar often makes such a dish surpris-
ingly delicious by emphasizing the flavor
and seasoning the food at the same
time. Try these recipes and see how
delicious they are:

HAM PIE

- 2 cups cold cooked ham
cut in half inch cubes
3 potatoes
1 onion
green pepper
1/2 cup celery
2 tablespoons flour
1 teaspoon sugar
Salt and pepper
2 cups water
Rich biscuit dough

Peel and slice potatoes and onion. Re-
move stem and seeds from pepper. Slice
Chop celery. Add ham, seasonings and
water to vegetables. Cook all together
until vegetables are tender. Stir in flour
to thicken, adding more water if needed
to make enough gravy to cover. Put
mixture in a baking dish. Cover with a
rich biscuit dough. Bake until crust is
done, about twenty minutes. Serve hot.

DERBYSHIRE SANDWICHES

Run through the meat grinder enough
finely sliced boiled ham to make one cup
of it when minced. Add one-half tea-
spoon mixed mustard, few drops tobacco
sausage, one teaspoon sugar, salt and
pepper to taste, and enough chili sauce
to make a smooth paste. Spread on thin
slices of buttered bread.

PRUNE WHIP

- 1 pint milk
3 tablespoons sugar
1 junket tablet
1 tablespoon cold water
1/2 teaspoon lemon extract
1-3 cup prune pulp
2 teaspoons lemon juice
1/2 cup sugar
1 egg white

Beat egg white until stiff, add sugar
gradually until thoroughly blended. Add
prune pulp (prepared by rubbing cooked
prunes through a sieve) and lemon juice.
Half fill 5 tall glasses with the whip.
Prepare junket according to directions
on package. After stirring a few seconds
pour at once carefully into the glasses
to fill. Let stand in a warm room until
firm—about 10 minutes. Chill and serve.

QUIET COFFEE

The praises of coffee have been sung
by many poets, and myriad virtues have
been attributed to it. But it has remained
for Dr. Donald A. Laird, the eminent
psychologist, to discover new values in
the cup that cheers but not inebriates.
Following three years of investigation,
at Colgate University, as to noise and its
effects on the human system, Dr. Laird
has announced that coffee has a marked-
ly beneficial effect in offsetting the diges-
tive ills caused by noise. After exhaust-
ive tests with "human guinea pigs," he
found that the aroma as well as the
taste of coffee stimulate the flow of saliva
and gastric juices, which noise retards.
Dr. Laird's findings are of interest to
almost everyone because, nowadays, al-
most everyone drinks coffee, and almost
everyone is subjected to the vexatious
noises of modern life. But the psychol-
ogist stressed one point that should be
especially taken to heart by every coffee
lover: that coffee, to have its tonic
value, must be clear and fresh. That is
a good rule to follow, whether you drink
your coffee in a cloister or a boiler
factory.

Cause of Asthma. No one can say with
certainty exactly what causes the estab-
lishing of asthmatic conditions. Dust
from the street, from flowers, from grain
and various other irritants may set up a
trouble impossible to irradiate except
through a sure preparation such as Dr.
J. D. Kellogg's Asthma Remedy. Uncer-
tainty may exist as to cause, but
there can be no uncertainty regarding a
remedy which has freed a generation of
asthmatic victims from this scourge of
the bronchial tubes. It is sold every-
where.

HER ROLLING STONES

The visitor could not understand why
Mrs. Murphy was so lax in correcting
the faults of her children.
"Why don't you speak to them, Mrs.
Murphy, and make them do what you
tell them?" she asked.
"Sure," was the reply, "and it would
be just like putting water on a duck's
back—in one ear and out the other!"

THE OLD MAN
OF THE
BIG CLOCK TOWER



TO ONE LONG ABSENT IN A FAR
COUNTRY.

Alas, the years, the lagging years!
Their breath is mist 'twixt you and
me;
All in the mist I stay and toll
To keep the lives you left with me.
My soul is warped with winds of time.
For these dear lives you left with me;
My hands are stained, my eyes are dim-
med,
I may not seek eternity!

I may not hasten toward those stairs,
Remote and fair, you climbed alone,
Nor look too oft at those bright doors
That closed upon your years ago.

Rest my heart falter and I fall!
And beg release before my time,
(Ah me, the dust upon the way!
How may I keep me from its grime?)

Your soul so fair, so apt in growth,
Even in life's dim ways and crude,
To what clear height will have attained
If that celestial magnitude

When I am freed to follow you!
Love will be love, nor bid you stay,
Dear, if you miss me, then my feet,
Stumbling, shall overtake your way!
—Myra Winn Daniels.

The church history of Eramosa is com-
pleted in this week's instalment:
John McQueen and James Gray were
elected Elders in 1882 and Wm. Dryden
resigned the following year.

In 1885 a motion to introduce an
organ carried by 85 to 3.

On November 19, 1898, there was no
evening service, on account of the re-
opening of the Canada Methodist Church
in Rockwood. This is the first refer-
ence to another denomination that ap-
pears in the Session records, except pos-
sibly, the innocent reference in 1873 to
an "experience-telling people," which is
too delightfully humorous in 1931 to
Presbyterians and Methodists alike, to
leave untold.

Introduction of hymns followed in
1890, and unfermented wine in 1892.

John McQueen resigned as Elder in
1896, and Robt. Scott was elected.

In 1897 we find the resignation of Rev.
D. Strachan, and Rev. H. A. McPherson,
Interim Moderator; Rev. J. A. Cranston
was inducted in 1898, leaving in 1901.

Robt. Scott resigned as Elder the same
year, and 1902 saw Rev. J. T. Hall as
minister. The following year Walter
Swanston, Hector Munro, Colin Camer-
on, George Gordon and Jos. Croft were
elected Elders, C. Cameron declining.

After 33 years as Session Clerk, John
Burns resigned in 1906; George Gordon
was appointed, and has held that office
since.

Rev. J. T. Hall left in 1907, and Rev.
W. C. Dodds was called in 1908. In
January, 1911, James Gordon passed
away, and on March 24, Mr. and Mrs.
John Burns were drowned in the wreck
of the "Sechtell," in the Straits of Juan
de Fuca. In May, George Graham,
George H. Pearen and John Graham
were elected Elders.

About the middle of 1918 the death
of Rev. W. C. Dodds left the charge
vacant and Rev. John Little was in-
ducted at Eden Mills in December.

Messrs. J. A. Little, Colin Kitching
and Robert Moore were elected Elders
in 1922. Rev. John Little resigned in
1923, and was followed by Rev. J. Ure
Stewart.

In 1924 the Session unanimously sup-
ported Union with the Methodist and
Congregational Churches.

The Board of Managers were divided:
For, 3; Against, 6. The result of the
congregational vote, in January, 1925,
was: Number on roll, 261. For Union,
135; against, 73.

Eden Mills, having voted not to enter
the United Church, the relation between
Rockwood and Eden Mills was automati-
cally dissolved.

The Unionists and Methodists at Rock-
wood then united, with Rev. A. Donald-
son as minister, forming a congregation
of 277 members, this congregation then
united with the Stone Church, Eramosa,
to form a charge in the United Church.

The Session of the Presbyterian Church
resigned en bloc in June, but were re-
elected by the United congregation, with
the addition of Messrs. C. H. Harris,
John Jolliffe, J. E. Carton and G. W.
Peal from the Methodist Church.

At the time of Union, the minorities
of Presbyterians at Rockwood, and of
Unionists at Eden Mills, immediately
withdrew, and established other congrega-
tions; the Presbyterians at Rockwood
retaining their connection with the
parent congregation at Eden Mills, while
the Unionists at Eden Mills joined with
Ebenezer and Arkel to form a charge.

Rev. A. Donaldson resigned from the
ministry of the United Church in 1929,
and the Rockwood and Stone Church
congregations called Rev. W. J. Taylor
as minister.

SLATS' DIARY
BY BOSS FARQUHAR

Friday—well we had a speaking at the
school this afternoon and I was down
to give the Reck of
the Hesperus, pa
and ma including
Aunt Emily come to
the school to enjoy
the Kerizes of the
p. m. and when
we got home I ask
pa what did he
think of the 'reck
of the Hesperus
and he kinda smil-
ed and said Well I
don't believe they
will ever be able
to get it fixed
again. I think he
made a wink at
ma when he said
it.

Saturday—Jack's
little cuzen, is
lollible well? His pa is Blind. I ed
I thot that was very bery bad but they
was oney I Consolation and that wood
we when you bring home your report
Card for him to place his name on it.

Munday—Had are spelling Test today
and I dont believe I done so good, but
I ain't wrying none becaz about the
time we lern to spell out of are books
why they will interduce this Fmactical
spelling and then it will be all to do-
over-agen.

Tuesday—Roella Washington witch
does the washing for ma told us today
she was engaged and ma wanted to no
the fellow name and Rosella sed she had
forgot what his name was but she copied
down his discense number.

Wednesday—Rosella was tring today
and she was Telling about the bad luck
her sister down in Memfis had, she try
to poyser her husband and killed a 95
dog she had just bought at the dog Show
last month.

Thursday—Ma was telling the Preacher
this afternoon that her and pa all ways
agrees on every thing, well I gess she
does all ways agree with pa, after she
gets him around to her way of Thinking.

Don't be without Douglas' Egyptian
Liniment. Keep it always handy. Re-
lieves toothache, neuralgia, sore throat,
quinsy, and cramp. Invaluable for burns,
sores, Barber's Itch and Ringworm.

THE DIFFERENCE
One of the questions of interest to
the majority of you young people in
school is how you may earn money in
your spare time. When suggestions are
made, however, you are ready with ob-
jections. The suggestions offered might
work in some places, you say, but not
where you live.

A man now prominent in the busi-
ness world, was one of forty-four stu-
dents who started out from a small college
one summer to sell aluminum utensils.
All needed the money, but forty-two
gave up, considering the case hopeless.
The young fellow who was destined to a
brilliant future stuck to the job, and
made enough to give him a good start
for the following college year.

When you explain that your environ-
ment makes it impossible for you to
succeed as others have, you are revealing
your own limitations. Of two working
side by side and doing identical work,
one will fail and another succeed. The
difference is not one of environment,
nor of employment, but of personality.

The Old Man

Persian Balm is irresistibly appealing
to all women who appreciate charm and
elegance. Its use keeps the complexion
always clear and beautiful. Tonic in
effect. Stimulates the skin and makes
it wonderfully soft-textured. Softens and
whitens the hands. Persian Balm is
equally invaluable to men as an excel-
lent hair fixative and cooling shaving
lotion. Splendid also to protect the
tender skin of the child.

REDUCED FARES FOR EASTER
TRAVELLERS
Travellers in Canada at Eastertide will
have the benefit of the same ticket and
reduced fare privileges as were granted
them at Christmas, according to an
announcement made by C. F. Riddell, chair-
man of the Canadian Passenger Associa-
tion, on behalf of both the Canadian
Pacific, the Canadian National and the
other railways of Canada. Special con-
cessions will also be made in favor of
non-resident pupils and teachers in
Canadian schools. This is the first time
in many years that such concessions have
been made.

The railways will charge one first-
class fare and one-quarter for round-
trip, to the general public, permitting
starting of journey on Thursday, March
24; Friday, March 25; Saturday, March
26; and Sunday, March 27, with return
available up to and including Tuesday,
March 29, 1932.

It is anticipated that these fare con-
cessions will add in no small measure to
the volume of travel during the great
spring holiday and that many persons
desirous of spending Easter in their own
homes, or with relatives in other parts
of Canada will avail themselves of them.
The time limits make ample provision
for the public to employ both Good
Friday and Easter Monday for journeys
to and from holiday points.

Arrangements for passengers from
schools will be completed through the
principals of such institutions in co-
operation with the Canadian Passenger
Association.

Bladder Weakness
Troublesome Nights
Swiftly Relieved

If you are troubled with a burning
sensation, Bladder Weakness, frequent
daily annoyances, getting-up-nights, dull
pains in back, lower abdomen and down
through groins — you should try the
amazing value of Dr. Southworth's
Uratabs and see what wonderful
difference they make! If this grand
old formula of a well known Physician
brings you the swift and satisfying com-
fort it has brought peace-doers of other,
you surely will be thankful and very well
pleased. If it does not satisfy, the drug-
gist that supplied you is authorized to
return your money or first box purchas-
ed. This gives you a ten-day test of
"Uratabs" without risk of cost unless
pleased with results—so, if you would
know the joys of peaceful rest of sleep
and a normal, healthy bladder, start the
test to-day. Any good druggist can sup-
ply you.

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How to Get Them -
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REGULATOR
'Makes Hens Lay More Eggs'
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Defective Vision or Headache
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Mr. A. T. Brown, Druggist.
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Office Hours: 9 a. m. till 4 p. m.

"MAY I USE THE 'PHONE?"
Empress of Britain as Floating Pay Station.



Madeira got a new thrill recently when telephone
communication was established between that
pleasant island and London, England for the first
time.

The occasion was the arrival of the Canadian
Pacific liner Empress of Britain at Funchal on a
cruise around the world. This magnificent new liner
has the most powerful ship-to-shore telephone
system in the world and Madeiras were not slow to
recognize a chance to make island history.

During her stay there, lying at anchor just beyond
the famous Loo Rock, the Empress was host to many
visitors. Amongst these were two who casually
asked, "May I use the 'phone?"

Just as casually the telephone operator of the ship
called up London and put the callers through over
1,223 miles of water.

Reports from the Empress of Britain, now at
Colombo, Ceylon, indicate that the wireless telephone
is a popular feature of the ship. The longest distance
yet reported is Haifa, Palestine, to Montreal. The
liner works on a daily schedule with Canada, through
the Canadian Marconi stations at Yamachiche and
Drummondville, Quebec, and the Bell long distance
board in Montreal.

Photograph: Empress of Britain at Madeira with
Loo Rock in the foreground, and a typical bedroom
fitted with telephone.

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in this district.

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every well-dressed youngster must
have. And no one would guess that
it was so simple and inexpensive to
make.

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