OUR TOWN

We shink we have the best small town Of any of its size Atherigh no better folks are here Nor even yet more wise For our good schools have all best

Simos when we were young which may emlan why our town's Is not more loudly sung.

Of course some fellow now and then Will come seroes the mat And hand to us such a raw deal As leaves us feeling flat. But such small things are not allowed To mar our fair renown, For some such things is always found

In every little town. But what we mean is simply this, The neighbors here are kind, And reckon less on things of earth, Than treasures of the mind. And in the ups and downs of life We do not find them prone To shut their doors as many do To live their lives alone.

#### Canadian Cooking School

(Continued from Page Six)

double boiler, cook a few moments. (stirring) and when thickened, remove from heat and best with egg bester. Do not overcock.

Cheese Tarts - Make the superior flaky pastry which I taught you in Lesson 4. Roll chilled paste thin and bake as small tart shells.

For the filling, beat 3 tablespoons whipping cream until fluffy, then combine with 1 cup cottage or white creat chiese, which you have beaten smooth with a fork. Add 16 teaspoon salt and 1 tablespoon fruit sugar. Beat well adding a little more cream if necessary to make very light.

Partly fill cold tart shells with curran or grape or gooseberry jam or jelly, then presd with the cheese mixture and drop a spot of the jelly on top or sprinkle with finely ground nutmests.

Trim off, all crusts. Spread with butter out through the third igloo. My kneed slices about 1 inch thick, wrap a very was solid ice! What astonished me mothin slice of fat side-bacon around each, was the amazing energy which must-ha Toast in the oven until becon is orlsp. such a quantity of snow. And what

and delicious camepes, not to mention foot, and now the kitchen has so many other good cheese dishes, are given in stockings, mitts, overalls and coats hang-"Planning the Party"; you will also find ing about there simply isn't a peg or a in this little book of the Easy-Way nail for anything else at all. Series, egg dishes which (like a lot of other things in it) you will never reserve for company occasions only!

TWENTY YEARS AGO

Thursday, March 5, 1914

Cheer up! You'll be gardening in enother month.

The maple sugar makers are preparing

for the season's run of sap. The members of the Sunshine Bible Class spent a delightful social evening

at the home of Mrs. G.-H. Brown's, Mill Street. Mr. D. H. Storey reports that his team driven by John Heatley hauled into his mill yard a load of pine loga measuring

2.068 feet. This load was hauled from Malcolm Michie's place at St. Helena. Messrs. Churchill Brothers have sold. their property on Agnes Street to Mr. three words imply

ushered in the month of March more here. We never used to bother about vehemently than ever before. The wind getting up early in the West, but here 11% tablespoons com starch blew at times eighly or ninety miles an if we rise later than aix o'clock we feel hour. As a result the drifts of snow I ushed for the rest of the day. We were are deeper than previously existed this citen out to parties two or three times a winter. The north wall of Mr. W. W week, but now one night out and we Beardmore's residence recently burned need a week to get over it. People atwas blown down and shingles were blown tended church on Sundays whenever

stely did not ignite any roofs. Dr. Gray addressed the Young People of Knox Church on Monday night. The want a doctor, and then it wasn't so doctor gave an interesting resume of good, if you lived a long way out and his recent trip to California. There was had to pay a dollar a mile to get him a large attendance to hear this fine ad-

J. D. Kellogg's Asthma Remedy assuredly to work too hard. But cold weather and deserves this exalted title. It has to its hard work combined use up altogether brings help to even the most severe cases dinary tiredness this winter and even and brings the patient to a condition of children look as if they were doing just blessed relief. Surely suffering from a little more than they can comfortably asthma is needless when a remedy like stand. this is so easily secured.

ICELANDERS DEMAND LONG RUBBER BOOTS

have worn a traditional kind of heavy measure. I started making my own buns, leather boot, often fitted with a thick and, oh dear, the smell of the yeast and wooden sole, are taking to the rubber the crisply baked buns was my undoing, boot of Canadian origin, states the Ira- I simply couldn't rest until I had made of liearing go to your druggist and get drustrial Department of the Canadian a batch of bread and "though I are it as I ounce of Parmint (double strength), dustrial Department of the Canadian a batch of bread, and "though I say it as National Railways. Early attempts to shouldn't," it did taste good. It was introduce boots for fishermen met with funny to wake in the morning in the spoonful four times a day. considerable opposition, because of a same old way, wondering how far my certain superstition in favor of the tra- sough had risen and then taking a peak ditional fotwear. The rubber boot, most the very first thing and finding it away easy and the mucus stop dropping into in demand, is of knee height, to which up near the top of the pan. The other the throat. It is easy to prepare, costs the Lociander adds a hip top made by night Daughter was setting the supper little and is pleasant to take. Anyone himself from red rubber imported in table, and said to me—"Why, mother, noises should give this prescription a rolls and out to suitable shape. nearly everything I put on the table is trial.

## Chronicles of Ginger Farm

Written Spoolally for The Free Press by GWENDOLINE P. CLARKE

Possibly next week we may have to ause as our address, "Ginger Igloo"-it begins to look rather like it anyway, and if we had snake fences along the Tront lane, we might be using it even now Such a lot of snow as there is in some places the back lane is almost level with the fences, and the children are having a grand time making themselves ables, or a wide selection of fish, both a snow house. I haven't been to see it yet, but there will be a terrible hie and cry if I don't soon go. There, I knew the Lenten season, perhaps in anticiwouldn't be left long in peace. Now pation of their featured role on Easter Partner-is calling-"The kids want you morning. This year egg prices have to go and see their snow house." Well, hit "rock bottom," as the hen steadily

Back once more, but what a walk! At first we were walking on the ground level, and then suddenly came up against a steep snow bank which had to be climbed before we could walk along the top of the drift which, in places, was even higher than the fence. I can t day I like drift-walking-there is too much uncertainty attached to it. One minute the snow is as firm as a hardwood floor, the next the crust gives and you lose sight of one foot altogether, while the other stays high and dry on top of the drift. It really isn't dignified, but it's very exhilarating, warming and mirthprovoking, only I shouldn't like to Ale going anywhere in a hurry!

Half way up the lane we came to the gloos-three of them, with a tunnel beand connecting all three. They were really just splendid and of course nothing would do but I must go inside, which I did, on my hands and knees. The children came in too, and then the big dog, and after him the little dog, so by Cheese and Bacon Pin Wheels-Sike the time we were all in the igloo was fine-textured fresh bread the length- trifle crowded. We crawled through the wise way of the loaf, about 1/4 inch thick. tunnel still on our hands and knees, and and with ant cheese or grated cheese. were getting colder and colder every Roll up like a jelly roll. Cut down in minute, because the floor of the tunnel Tasten the bacon with a tooth-pick been used to shovel and scrape away state the children were in! Simply plas-Some of my best cheese sandwiches tered with frozen snow from head to

Some people are saying this weather seems more like a western winter. To it does and it doesn't. We certainly used to have this kind of weather on the prairie and we didn't mind it a bit-ia fact we used to enjoy it and had a pretty good time on the whole. Winter time was the western farmer's holiday, but winter time im't the Ontario 'armer's holiday-far from it. In the West we only had a team and three or four dows in the barn; the young cattle and the rest of the horses poamed the prairie at will and we didn't see them for weeks at a time. They used to paw through the snow on the stubble fields for feed. and in normal times come home in the spring as fat as butter; so we had no worry in connection with them, excepting for rounding them up occasionally to make sure they were all there. But here everything the farmer owns must be housed, fed and cared for, and only a farmer knows just how much work those

Robert Cross. The Churchillis are re- In the West there were no trees, so moving to Oshawa where they propose we rad to burn coal and so naturall; there was no wood to cut or draw home, The big hurricane on Sunday night and no sawing bees like we have down 11/2 cups cold water of many roofs. The smoke stock of the there was a service and it was no un-Canada Glove Works took fire, cinders common sight to see a crowded sleighwere blown long distances, but fortun- load, which had driven miles to get lieves instantly burns, sprains, toothache there. Altogether we had quite a good and neuralgia. Invaluable for sore throat time in the West, unless we happened to croup and quinsy. there, or there might be a blizzard and

he wouldn't be able to come at all, so Ontario certainly has its advantages, Comparing the two Provinces, we have Asthma Cannot Last when the great- come to the conclusion that cold weather est of all asthma specifics is used. Dr. is easy enough to stand if you don't have credit thousands of cases which other too much energy and body heat. So preparations had failed to benefit. It many people complain of more than or-

Another thing just lately has reminded me of the West, and that is the smell of fresh-baked bread. Out West, of course, I had to make my own bread all the time, and I did for a time down here, but of late years I have given it up. Icelandic fishermen, who for centuries However, a few weeks ago, as an economy

FOR THOSE FORTY DAYS OF PRE-EASTER FASTING

Those forty days of pre-Baster Yasting are with us again. And this i one time when the fates seem also to be with us. For Lenten menus very fortunately fit right in with ideas economy and thrilty meal-planning With many costly items traditionally eliminated during this season, market lists are very lienient on fattened purses.

No need for monotony, either. For the housewife who thrills at a chance to try a lot of new ideas, Lent offers a very good time to experiment with menus and spring some rather different meals on the family-meals that transfer the starring role of eggs, cheese of interesting names and flavors, legumes, veget

canned and Iresh. Eggs assume new importance during guess there is mothing for it but to keeps up production and the quality her full day's work despite depleted values for her labors. For Lenten meals eggs may be served alone or in many delightful combinations with cheese, as in souffles, croquettes, fondues, a la king, en casserole, or as cheese eggs. The recipe for the latter is given below. It blends the tasty flavor of Old English or Roquefort Cheese with eggs, fried in deep fat and served hot with tomato sauce. Wouldn't this be a dainty treat

for a company luncheon. CHEESE EGGS

2 ounces Old English cheese (creamed) 14 cup green pepper (finely chopped) % cup celery (finely chopped)

1/2 teaspoon salt 's teaspoon pepper

1 egg (raw)

2 teaspoons water

2 cups corn flake crumbs (fine) Hard cook eggs about 25 minutes in water just below the boiling temperature. Cover with cold water and remove shells. Cut eggs in half lengthwise and remove yelks. Mash yolks and combine with cheese green pepper, celery and seasonings. Refill the egg whites with mixture and press nalves back together. Searre with toothpick if necessary. Dip in beaten raw egg to which water has been added. Roll corn flake crumbs and fry in deep fat (370 degreees F.) until light brown in color. Serve hot with tomato sauce.

Note: Roquefort cheese may be substituted in this recipe but 1 tablespoon of cream is necessary to make filling moist. Any other snappy cheese may be

Cheese affords a pleasant variation of many vegetable dishes and the enhancing of their food value so that they can assume the place of the "piece re resistance" in one-dish meals. Such is the case when caluiflower is prepared en cas-

serole with cheese. CAULIFLOWER EN CASSEROLE

2 cups white sauce (medium) 1 head cauliflower (boiled)

3 cooked carrots (diced)

1 cup peas (cooked) 16 1b. American cheese 2 cups corn flakes

Arrange carrots and peas around head cauliflower in casserole dish. Cover with well seasoned white sauce. Sprinkle with grated cheese and corn flake crumbs. Bake in moderate oven (350 degrees

F.) 20 minutes. Yield: 6 servings. Heres a recipe for Peanut Butter Loaf

that is delicious. PEANUT BUTTER LOAF

1 heaping cup corn flakes

Sage to taste, if desired Mix thoroughly. Put into a well greased

coffee can. Cover and bake 11/4 hours in moderate oven (350 degrees F.).

able in its quick, effective action. Re-

He-"Sign of care." She-"And his clothes are

He-"Sign of don't care."

is how it should be, but I'm afraid it

Another reminder of the West is that I am now having to melt snow to do my washing in-the soft water pump is apparently frozen solid.

> CATARRHAL DEAFNESS MAY BE OVERCOME

If you have Catarrhal Deafness

GOLDEN CORN SYRUP

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Did You Ever Stop

to Think?

By Edsoi. R. Waite, Shawnee, Oklahoma

Huntington (Ind.) Herald-Press, says:

Yandell C. Cline, Publisher of the

"With advertising, as with every-

"Too often the merchant regards ad-

thing else, the man who puts the most into

it usually gets the most out of it. By this I

do not mean most in spending, but most

vertising as a necessary evil. If he feels

that way about it, his results will be any-

thing but satisfactory. The newspaper

cannot 'guarantee' results from advertis-

ing more than the doctor can guarantee

certain that his results will be in about the

same proportion as the thought and effort

devoted to any particular advertisement

vertising as a definite and integral part of

his sales organization. As he is continu-

within his store, so likewise he should con-

tinually strive to improve his advertising

tisement on a piece of wrapping paper in

about the same time that it takes to write

a receipt for a customer can be surprised

if he gets good results. He should realize

that his advertisement is coming in com-

petition with other advertising which has

been carefully thought out and carefully

Advertising Will do the Job Thoroughly

and Completely if it is Given a Chance

"The man who 'dashes off' an adver-

ally striving to improve selling methods-

"However, the advertiser can be most

"The merchant should consider ad-

in Work and Thought.

results for his patients.

or advertising campaign.

messagés.

worded.

FIRST NEWSPAPER IN CANADA PUBLISHED 1752

The first newspaper in Canada was the Halffax Gazette, first published in 1753, which preceded the first printing press by one year, installed also in Halifax, Quebec City has the distinction of having the second oldest newspaper The Que-province of Nova Scotia has the honor of having many "first" things in Canada, some of which were the first in North America, states the Tourist-Department of the Canadian National Railways. The first stationary steam engine in Canada was insalled at the Albien mines in Stellarton, N. S., in 1872. Daily, except Sunday The first highway in North America was Daily, except Sunday that at Port Royal, now Annapolis Royal, N. S. in 1605. The first wireless station Sunday only ..... in America was at Glace Bay, N. S. in

The spiteful tongue is often getting

### TIME TABLES

ANADIAN NATIONAL AILWAYS

Daily, except Sunday ...... 6.12 p.m. The Chicago filer, that passes through nere at 9.35, eastbound, stops at Georgetown at 9.44 p. m.

Daily, except Sunday .....

## 1.00 p.m. 4.15 p.m. 6.40 p.m. 9.00 p.m. Westbound Daily-except Saturday. 1245 p.m. 5.15 p.m. Baturdays, Sundays and Holidays Only

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