A WARNING NOTE

If in class you've_aught to say, Make it short-without delay; Put it, to, in your own way-B natural.

If you'd make your meaning clear, From high-sounding phrases steer; Just be simple and sincere-B natural.

Affectation, gush and show Others do not like, you know,

Be yourself-and let it go: -Agnès E. Volentine.

Menu Hints

Recipes for New and Novel Dishes: Household Ideas and Suggestions

THESE NEW MINCE MEAT RECIPES ARE QUICK AND EASY DELICACIES Mince-meat and cheese are traditionally boon companions. Here is a new recipe that blends these tasty delicacies. Best of all, this spicy novelty deserves a short cut rating in your dessert file.

MINCE-MEAT-CHEESE TARTS 9 ounce package dry condensed mince

6 cup cold water 6 slices Canadian cheese

Pie crust into pieces. Add cold water. Place over the heat and stir until all lumps are thoroughly broken up. Bring to a brisk boil. Continue boiling for three minutes or until the mixture is practically dry. Roll out the ple crust and cut in squares. Put a sponful of prepared mince-meat in the centre of each and cover with a slice of Canadian cheese. Fold the ple crust over the mince-meat and cheese. Press the edges firmly together. Bake fifteen minutes in a hot oven (450 degrees F.). Serve hot. This recipe

makes six tarts. Can keep throughout his three-score MINCE-MEAT CHEESE SANDWICHES A child's delight in simple things 9 ounce package dry condensed minc

4 cup cold water Cream cheese

Whole wheat bread Break the dry condensed mince-meat On wondrous, dream-built argosies; into pieces. Add cold water. Place over the heat and stir until all lumps are thoroughly broken up. Bring to a Of battles in forgotten time. brisk boll. Continue boiling for three minutes or until the mixture is practically dry. Allow to cool. Spread thin slices of whole wheat bread with cream cheese which has been left at room Is lost upon our wearled minds. temperature about an hour. Cover with a layer of the prepared mince-meat. Cover each with another slice of the whole wheat bread and cut in quarters or fancy shapes. Finely chopped nuts

> SHRIMP OMELET (Serves 6)

spreading for additional novelty.

may be added to the mince-meat before

- 6 eggs 6 tablespoons not water
- 1 teaspoon baking powder 1 can shrimps
- 4 tablespoons lemon juice

1/4 teaspoon paprika Separate eggs, beat whites until stiff | Christmas and New Year holiday time. and yolks until creamy. Add hot water But then again the ladies didn't have a and baking powder to yolks. Fold in vote then. And I sometimes think that whites. Pour into a heated omelet pan | the changing of the time was for their which has been greased with melted convenience. Possibly, too, man in his butter, and cook slowly. When done selfish thoughtfulness of his stomach crease through the centre and cover half readily agreed that it would be better with the shrimps which have been to let the wives have, undivided attendrained, minced and seasoned with the tion to the preparation of Christmas lemon juice and paprika. Fold top half festivities rather than have the dinner over lower half and serve immediately. spoiled with municipal affairs.

Long Standing Asthma. Many have than the last of the month. Mary hasn't suffered so long from asthma and have so many odd jobs that need attention tried so many so-called remedies they just now that are sure to crop up in think that there' is no real help for that busy holiday week. But municipal them. They should read the letters affairs haven't changed such a lot in the received by the manufacturers of Dr. years. Election slogans and methods J. D. Kellogg's Asthma Remedy from are much the same. There are the hundreds of cases once as desperate as same two classes of citizens. Those their own. Even in long-neglected cases who take their citizenship affairs serithis famous preparation brings prompt ously and those who would leave every-

HOW BEST TO TEACH MANNERS

Once more a leading educator deplores the lack of politeness among young people. Dr. Nicholas Murray Butler, sleigh-load of grain into market this President of Columbus University, speaking at the opening services of his own institution, wonders "why it is, that youth can come to full adolescent years with no apparen't appreciation of the difference between good manners and their | Sidewalks Committee has ordered a new stinctive act.

Some blame parents, who, strangely lick Streets" (A month before election enough, may be persons of known courtesy. liked and admired for their urbanity. In another part of . Dr. Butler's Council for the year was held on Tuesaddress may be found a parellel_which day. The usual bun-feed and superfluity may throw some light on the subject, of gush wound up the proceedings." in which he distinguishes between attending college and getting an education. It is one thing to be forced to an inducement for the company to locate memorize rules of courtesy and quite another to have those rules so firmly imbedded that politeness becomes an inoil paintings are on exhibition at Fernstinctive act.

Certain educators favor college courses of them is of a high order and very in manners and decry the "school of courtesy" taugh't by "heavy" characters in films. They may be on the right track but a woman whose children are models of thoughtful consideration has perhaps found a better way. "I taught Public School are negotiating for the my boy and two girls to be unselfish." basement of the Congregational Church she explains. "Courtesy is only a byfor a school room," product of that teaching." A wholly unselfish person could not be discourt- in building operations in Acton." cous even if ignorant of rules. -

knitting business and machinery to Messrs. C. S. Smith and G. C. Clark." Well, I must close and get this epistle to the office, as is the favorite ending of some corespondents I know.

THE OLD MAN

POST OFFICE

SIMPLE THINGS

We're eight, eighteen, then twenty-eight

"Grown up," we sternly shut the gate

We knew in youth's untrammelled days.

On all the dear, remembered ways

Our daily work must be sufficient

And not go sailing shoreless seas,

We can't expect to earn our food

Or thrilling to some grand old rhyme

We strive to gain earth's newer toys:

Scoff at our childhood's sheltered nooks

Bring back that "something" which we

Our carefree games, our worn-out old

That yet could give a keener bliss.

And never find, if growing old,

We clip our spirit's eager wings

And lose our joy in simple things.

This plan of holding the municipal

election at this date is, of course, only

a modern_idea. In fact, it's only been

in fashion for the last few years. That

exciting time usually came just at the

Speaking for myself, I enjoy the elec-

But I must get on. You'll find my

text for the week back in the musty

old files of THE FREE PRESS of 1884, in

November and early December, and here

"Mr. Donald Mann drove the first

season, on Tuesday morning (November

The Bell Telephone had at that time

"The Chairman of the Streets and

"The last meeting of the County

"Guelph will offer the G. T. R. Co'y

\$100,000 bornus and 20 acres of land as

"A number of Mr. A. E. Matthews'

ley's oyster parlor. The work in many

"The Canada Glove Works have closed

"The Board of Trustees of Acton

"During the year \$31,250 was spent

"Mr. A. W. Green has disposed of his

down for December, to allow removal to

the new shop on Bower Avenue."

their workshop in that city."

lamp for the corner of Mill and Freder-

63 subscribers in the city of Guelph,

tion much more at the first of December

thing for "George" to do.

is the gist of the findings:

-Molly Bevan.

In endless toiling after gold.

By seeking fairles in a wood,

Forget, or else too swiftly tire

Of watching pictures in the fire:

And we must strive to be efficient

ORIGINALITY

The world is peopled with imitators. For every one who has an original idea, there are a thousand who will barefacedly purloin his idea once it is let loose, claim it for their own, and use it or sell it as the humor suits them. In fact, many of them do this sort of thing

so often they really feel they are the originators of the ideas. Everything nowadays is imitated, from jokes to streamlined trains and battleships. Last week a joke read, "I've been trying to think of the right word for two weeks." A friend replied, "How about 'fortnight." This week the imitator had it "I've been trying to think of the right

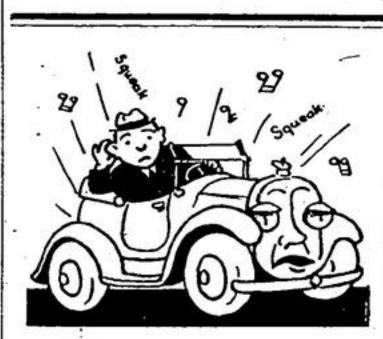
was "How about 'month?'" Here's another illustration taken from the movies: Recently in a comedy the haust. 'heavy" threatened to wrap a telephone pole around the necks of a pair of clowns. The fade-out showed them with the pole around their necks. This week a similar | fuel di Inefficiently burned and that threat was made by the villain of the piece to wrap the legs of a pair of jokers | sent. ound their necks. The fade-out showed them in this position. Evidently somebody helped themselves to a good

Stories, plays, songs, inventions, mediines, and many other things tell the same story. One person creates an idea and dozens imitate his work, sometimesalmost before it gets on the market. It s obvious the glory and profit of new invention should go to the man with the idea. He did the studying. He made the sacrifices, if any were made, He did the work. It is his brain-child. But in the rush of Imitators, it often happens the originator of the idea gets lost in the shuffle and he gets neither praise, honor nor remuneration for his handiwork. Copyrights and registration side. of patterns may prevent exact duplication, but once some persons have an idea-to work on they don't need a duplicate-they can imitate satisfactorily.

SHAME! SHAME!

"What! You are going to marry Mr. Soandso? But don't you know that he has done five years in prison?" "Oh, the scoundrel! He told me three."

Miller's Worm Powders will not only expel worms from the system but will, induce healthful conditions of the system under which worms can no longer thrive. Worms keep a child in a continual state of restlessness and pain, and there car be no comfort for the little one until the cause of suffering be removed, which can be easily done by the use of these powders, which are very effective.



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W/HY does one man get five, ten, fifteen thousand more miles out of his car than another? The answer is simple-

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Systematic lubrication, done thoroughly as we do it, avoids repair bills, keeps your trade-in-value high and helps you get the most satisfaction from your car. Visit us regularly. It costs less to be safe than sorry.



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CARBON MONOXIDE

The following recommendations were made by the Travellers' Insurance Company in their Bulletin:

1. Avoid running the engine if it is necessary to remain in the car while it Is parked (especially in a closed garage) If in a closed garage, always leave the nearest window at least partly open... 2. Keep the carburetor and all motor parts incidental to combustion adjusted so that the fuel will be burned as com-

3. A cut-out that discharges gas in front of the muffler should not be used when the motor is idling.

4. Inspect cars regularly for leaky exhaust connections, loose and broken. floor +boards, 'defective floor coverings. and defective exhaust pipes and mufflers. 5. Make it a practice to stop driving and get plenty of fresh air at the first sign of headache, dizziness, smarting

eyes, drowsiness or nausea.

6. The exhaust pipe should discharge beyond the sear end of the body of the word for thirty days." The come-back car, on the side opposite the driver. 7. Avoid following too closely any vehicle with a smoking or odorous ex-

> Note: The smoke or odor usually is from burning oil, or is the result of poor carburetion, indicating that the excessive carbon monoxide may be pre-

8. Avoid sealing the car interior by closing all windows and vents tightly. Ventilate, as far as possible, by opening the front windows or the windshield. (Exhaust gases enter more readily through the rear windows).

9. Further progress in streamline car design is desirable.

10. Flexible hose exhaust connections should be constructed to withstand the effects of long-continued vibration and heat. Exhaust lines should be renewed as soon as leaks are discovered.

11. Mufflers should be strong and pre ferably, seamless. Those having longitudinal seams should be installed so that the seams will be on the lower

A ROUND ROBIN

Protect the birds That eat the insects That destroy the forests That conserve the waters That feed the streams That fill the reservoirs That moisten the lands That produce the crops That supply the markets That provide the foods That nourish the people That make the nation.

A GOOD TIME .

It is madness to make Fortune the slippers." mistress of events, because in herself she is nothing, but is ruled by Prudence .-

Friend: "How did you enjoy your first Mother: "So you got those beautiful moccasins for dady? They are splendid,

Debutante: "Oh, topping! I had nine but, dear, I think he would have preproposals of marriage and accepted ferred carpet slippers." Young Hopeful: "I know-but, then you've never been spanked by carpet

Behavior is a mirror in which-every-

one shows his image.-Goethe.

LOOKING TO FUTURE

Popularity

"Has been splendid for THE FREE PRESS Christmas Greeting Cards this year. In fact, so popular have been some of the lines that the supply is completely sold out. Of course in the big range that was shown the deletion of a few lines still leaves

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Available for those who have not get made their selection. But we would advise you not to delay any longer. Delivery need not be made until the date you specify and they will be ready for you earlier if you find you want to be sure of friends at a distance receiving them.

The Pleasure . .

Will be all ours to serve you with Christmas Cards this year. May we have our Special Representative call on you when you can make the selection in your own home? Mr. E. Coles will gladly arrange to show you the range. phone the Office and we'll endeavor to arrange a time that is suitable to You.

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