

HOT MEALS DURING LENT

SHREDDED WHEAT



**WITH HOT MILK
APPETIZING
INVIGORATING
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Made in Canada with Canadian Wheat

THE CANADIAN SHREDDED WHEAT COMPANY, LTD.

**A NEW DRIVING THRILL
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Cream Wanted

We will pay the highest market price for cream delivered at our Creamery or Phone 332 and our truck will call.

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Experienced

The cumulative experience of more than 114 years of successful banking in Canada works for the benefit of every customer of the Bank of Montreal.

BANK OF MONTREAL

Established 1817
TOTAL ASSETS IN EXCESS OF \$750,000,000

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BEST LIGHT BULBS OF ALL SIZES (Guaranteed)

Orders taken for Ranges

—AND—

Appliances of all Kinds

Office - Town Hall

THE CALL OF THE OLD HOME

Good-bye, you grim old city! I'm going home to live!
I'm done with crowded pavements and lowering building grey
And lights that blink at hunger and men too tired to play.
Yours are the haunts of heartache and loneliness and greed.
The home town, though a small town has all that humans need
I'm going back to friendship, green fields and skies of blue
And many a worthwhile pleasure which God sends to you.

Time was the city called us—the youthful and the strong.
"Come here where fashion reigneth 'tis here that you belong."
The little towns are hopeless; the little towns are slow.
All the great world is doing the city's first to know,
Here "fame and fortune wait you!" And wanting to be wise
And eager to be clever I yielded to your lure.
But all you had to give me were burdens for my back
And now I know the home town has much the cities lack.

Good-bye, you grim old city! The home town's calling me:
Its folks are wise as yours are and just as smart to see.
Your books today are their books; their girls like yours are dressed
They know as soon as you know what's new and what's best
They ride like you in motors; they sing the self-same songs,
And they have the same old saws, partridge and quail;
But they have kept life's sweetness they go serene to beauty you had but could not keep.

I've heard the old town call me: "Come back to fields of clover, come back to root and rabbit; to partridge and quail;
Come back to health and freedom where joy is not for sale,
I'll feed you and I'll house you, I'll give you neighbors true,
The songs of birds at morning and blossoms sweet with dew.
A dog to be your comrade; a life that's good to live
A playground for your children the city cannot give."

I've had my fling at fortune and now I've faced about
Through lonely hours and idle I've sat and thought things out.
I'm done with light of splendor; I'm sick of rush and strain.
I'm going to live and neighbor with wholesome folk again!
I've heard the home town call me and going back I am
Where there is more contentment and less of pride and sham!
I'm heading for the home town, my life to start anew
Where there is less of heartache and more of friendship true.

—Eagar A. Guest.

UNUSUAL SOUPS FOR WINTER AND SPRING

By Betty Barclay

More food is needed in winter, and the soup, which has been neglected in hot weather, is again in order. We always order soup at hotel, club or restaurant, so it seems fitting that it should be part of our home dining. I have a few suggestions for soups that are as delicious as they are good. Both contain a touch of sugar, which accounts for their being so palatable and gives the soup an added zest.

Corra Blague

Drain a can of corn and chop fine. Simmer for one half hour in a quart of salted water. Rub through a colander the corn to the soup with the same water. Add a teaspoon of sugar, and pour slowly over two tablespoons flour which have been thoroughly mixed with two tablespoons butter. Stir until smooth and add gradually a pint of heated milk. Try moment before serving, season with salt and pepper, and pour slowly upon two well-beaten eggs.

Carrot Soup

Wash, scrape and slice thin, twelve medium size carrots. Place in saucepan with two tablespoons butter. Season with salt and one teaspoon sugar. Cook slowly, turning constantly until the carrots begin to color. Add two cups good broth and let carrots boil slowly to a glass. Remove carrots and press through a strainer. Return to the broth in the saucepan. Simmer until very hot, and serve.

A PIECE OF BREAD AND SUGAR

Do you remember your childhood and the piece of bread, butter and sugar for which you asked daily? If so, don't forget that your childhood will appreciate this favorite mid-afternoon snack of all ages.

Sugar-bread is one of the cheapest sources of quick-energy. An ordinary slice of buttered bread, well sprinkled with sugar will cost only a trifle, yet it contains the calories and the quick energy of many a bulkier dish.

Give the children their "bread and sugar"—especially when the day is chill and little bodies need something that will produce heat and energy quickly.

COULDN'T COMB HAIR

Gripped by Rheumatism

"I had been suffering with rheumatism for about 3 years, and about this time last year was laid up for 10 weeks. My hands and arms and legs were the worst affected. I could not get about at all. I could not wash my face or comb my hair. All that had to be done for me. At the beginning of this year I started taking Kruschen Salts every day and I am pleased to say I am quite well now and able to see to my home and can go out in all kinds of weather without it affecting me."—Mrs. P. K.

Rheumatism is associated with an excess of Uric Acid in the system. Two of the ingredients of Kruschen Salts have the power of dissolving uric acid so as to render it capable of being easily washed out of the system. Other ingredients of Kruschen assist Nature to flush out this dissolved uric acid through the bowels and the kidneys. Other ingredients still, prevent food from accumulating in the intestines, and thereby check the formation not only of uric acid but of other impurities which poison the blood and pave the way to ill-health.

FREE TRIAL OFFER

If you have never tried Kruschen Salts you are missing a great opportunity. We are now offering a special "GIANT" package which makes it easy for you to prove the value of Kruschen Salts for the new "GIANT" 75c package.

This consists of one regular 75c bottle together with a special trial bottle—sufficient for one week. Open the trial bottle first, put it to the test, and see. If you are really convinced that Kruschen does everything we claim it to do, the regular bottle is yours. If not, return the trial bottle. Your drug-store is authorized to return you 75c. Your drug-store is authorized to return you 75c. Your drug-store is authorized to return you 75c.

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News and Information for the Busy Farmer

Crop Rotation Benefits

The chief advantages of crop rotation consist in maintaining the productivity of the land at a higher level, in distributing the farm labour more uniformly throughout the season, and in controlling more effectively weeds, insects and diseases. Crop rotation is the growing of different crops upon the same land in a definite order recurring successively.

For Potato Growers

"If Marketing conditions had been consistent with the high quality of the 1931 potato crop, last year could be designated as outstanding in the history of potato growing in Ontario," said C. E. Broughton, Ontario Marketing Board, and a practical grower himself. "Actual conditions, however, were anything but reassuring," he continued, "so there should remain, in the minds of potato growers, just two thoughts, namely, benefit from experience, and intelligently plan for the 1932 crop."

On being asked for his opinion in this connection, Mr. Broughton replied: "Potatoes, raised and sold at a high content of humus, and one that is rich in plant food. Acreage should be held at a normal figure, say 100 acres per farmer, and the amount of acreage set aside for the growing of potatoes, should be limited to the number of acres actually fitted to producing this particular type of crop."

Concluding the interview, Mr. Broughton said: "Grading of potatoes has made wonderful progress in Ontario during the past three years, and it is now possible to get samples of this product properly graded and in excellent condition. Consequently the grades are not necessary to import potatoes to answer their requirements for a high class product this winter."

Alfalfa Acreage Increases

Alfalfa now stands sixth in area among all field crops grown in the Province of Ontario, and occupies about 650,000 acres. According to James Laughland, O.A.C., Guelph the great increase in this crop during the last twenty years has been due to the development of hardy strains along with the outstanding merits of alfalfa as a forage crop. Being a hardy deep rooted perennial legume, alfalfa improves the texture of the soil, adds humus and nitrogen to the soil, and begins to grow early in Spring, helps to control weeds and remains green throughout the season. The yield is greater than from Red Clover and Timothy and the hay has a much higher feeding value. The total acreage of alfalfa in Ontario during recent years is one of the best reasons for further expansion. The total acreage of alfalfa in Ontario is about six million acres. There was a fine crop of alfalfa in 1931, and it is now available at reasonable prices. It offers a splendid opportunity to increase the acreage of this most valuable crop.

Controlling Black Root

Root-rot of black-root is a fairly common disease of strawberry plants. Apparently plants of any age may be attacked but they are most susceptible at two periods, shortly after being set out and at fruiting time. In some patches little or no evidence of the disease is seen in other plants in the same patch. The disease has been found useful are:

1. Practice a fairly long crop rotation. Strawberries should not follow themselves in the same patch for more than five years, if possible.
2. Avoid introducing the disease. When setting out a patch, secure plants from a field which was free from root-rot the previous year. Then discard from this year's plants which have blackened roots.
3. Protect the plants during the winter by means of a suitable mulch. As soon as the ground becomes frozen, hard, cover the rows with two or three inches of clean straw.

Facts About Eggs

Two tons of grain will produce 48 dozen eggs. Sold as grain at a price of \$1 per cwt. it would be worth \$40. Sold as eggs at 25c per dozen it would be worth \$120.

One egg contains 66 per cent. water, 13 per cent. protein, 10 per cent. fat and 11 per cent. lime or ash.

In an egg 90 per cent. is white, 30 per cent. yolk and 10 per cent. shell. The best eggs of the year are those laid in the months of April, May and June.

An egg eaten between September and March is worth more to the average person in a northern climate than one eaten between April and August. The egg is aptly termed "bottled sunshine." It is rich in proteins, vitamins and minerals.

Of the five vitamins the egg supplies vitamin A, B, D and E. It is particularly rich in D, the sunshine vitamin.

Can you do THIS in YOUR AUTOMOBILE?

CAN you motor with perfect peace of mind, derived from the knowledge that a nation-wide service organization with more than 1,000 authorized stations reinforces your car's reliability and enforces the broad and generous provisions of the General Motors Owner Service Policy?


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TRANS-CANADA ALL-EXPENSE TOURS ARRANGED FOR TOURISTS

Rail, Steamer, Automobile and Air-Liner Combine to Supply Innovations in Travel

Four separate forms of public transport will be utilized by the Canadian National Railways this summer in conducting two special "Trans-Canada all-expense tours" leaving Montreal and Toronto in July. Of the 8,000 miles which will be traversed by both tours, about 6,000 miles will be covered by rail, 1,400 miles by steamer, approximately 500 miles by automobile and some 90 miles by air. This is the first year in which a journey by air has been included in such a tour, arrangements having been made with the Canadian Airways Limited for a flight on the return journey from Victoria to Vancouver. This flight will be optional and is being offered at a slight additional charge.

Three flying boats, each capable of carrying six passengers, will be employed in the service, taking off from Victoria early in the afternoon of July 20th and August 3rd and landing at Vancouver harbor at the foot of the Canadian National Steamships pier about an hour later.

Through the provision of this supplementary service, tourists will be afforded the novel opportunity of viewing the beauties of the Pacific Coast and pressed flesh.

A safe containing \$200 worth of stamps, money orders and postal orders was stolen from the sub-post-office in Alburgh Rd., Crosswade, Liverpool.

Large enough to deal with one hundred coaches an hour, the largest motor-coach station in the world is being built at Victoria, London.

A. ROSE

Opposite O'Neil's Georgetown

Spring will be here soon. Start by having your clothes pressed clean and neat, for very small cost. Repairing, remodeling, pressing and cleaning done. Suits and "Spring Coats" French made and pressed \$1.50.

Trousers pressed and refreshed 50c.

BABY CHICKS

S. C. WHITE LEGHORNS

O.A.C. BARRING ROCKS

From stock bred for the highest standard in production, egg size and colour, body size and uniformity, and disease free vitality.

From eggs averaging at least 24 ounces to the dozen and no egg weighing less than 23 ounces to the dozen.

CHICK PRICES—Eggs—Last half of March and all April 16c each, May 12c each; Leghorns—April 12 1/2c each, May 9th to end 10c each.

STARTED CHICKS—3 1/2c per chick per week more than above prices.

QUESTION HATCHING—From 3 1/2c an egg in lots of 150 or less to 2 1/2c an egg in lots of 1000 or more. It will be well to place your order early. Business with us is still good!

Phone Cooksville 62 or 11 or write Britannia Poultry Farm J. Sandusky & Sons R. R. No. 6 - Brampton, Ont.

THE New Way TO Buy Coal 'Blue Coal'

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Standard Anthracite in All Sizes

Select Lump, Smthing and Cannel

John McDonald

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Cheer Up! Things Cost Less at CARROLL'S

Johnson's Wax [New Regular] 11-lb. tin 48c [Price 55c]

Strawberries [Aylmer, Regular] No. 2 21c [Price 25c]

Mushrooms [Parson, Regular] 2 lbs 25c [Price 20c]

Special—Fray Besson Corned Beef tin 14c

Special—Aylmer Jumbo Sweet Peas 3 40c

Special—Upton's Crawford Peach Jam 40-oz. jar 29c

Special—Ed Moore ASPARAGUS 3 lbs. the \$1

Special—H. O. AMMONIA 1 lb. the 5c

Special—Jiffy BACON 1 lb. the 16c

Special—Jiffy JIFF large pk. 19c

SHOP AT CARROLL'S AND SAVE

LEMONS, per doz. 23c LETTUCE, 2 for 15c
GRAPEFRUIT 4 for 19c PEANUTS 3 lb. 20c

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ILLUSTRATED LECTURE

Under auspices of Esqueusing Agricultural Society

"A Trip To The Old Land"

—BY—

Hon. Duncan Marshall

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Town Hall, Georgetown

Mon. March 14th

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J. W. NICKELL, Old Time Fiddler

and others will take part in the program

ADMISSION 25 Cents

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