

CRIPPLED BY PAINS IN THE LEGS

Physical Instructor Loses Use of Limbs

If rheumatism is crippling your limbs, and making life miserable for you, read how this man obtained relief from the same trouble...

STYLE!

It will be a suit season, so they say, and with your suits you will wear every sort of blouse - tailored shirtwaists, crisp and frilly lingerie blouses, overblouses reaching to the hips...

AUCTION SALE

FARM STOCK AND IMPLEMENTS The undersigned has been instructed by STANLEY BEAM to sell by public auction at Lot 22, 10th Line, Esquimaux, at Glen Williams on MONDAY, MARCH 21st, 1938...

Butter Used by Romans

Butter has not always been used for nourishment. The Greeks and Romans used it most largely for medical purposes. Describing the making of butter in the Second century, one authority claimed that it was more satisfactory when used externally...

AUCTION SALE

FARM STOCK, IMPLEMENTS, HOUSEHOLD FURNITURE The undersigned has been instructed by JOHN STANDISH to sell by public auction at lot 14, concession 6, Esquimaux, on WEDNESDAY, MARCH 23rd, 1938...

Hair Nets Used by Women

Hair nets were used by women in Egypt some 1,600 years ago. This may be confirmed from an exhibit in the hall of Egyptian archeology at Field Museum of Natural History where a net of Roman type, estimated to have been made between the Third and Fifth centuries A. D., is shown in a collection of ancient textiles...

EARLIEST KNOWN ALCHEMIST

The earliest known alchemist, named Jofuku, lived in Japan 2,100 years ago, according to a study reported to the American Chemical Society. The Emperor Ch'in Shih Huang Ti of Japan, ruling about 225 B. C., is said to have sent Jofuku on an elaborate naval expedition to find three supernatural islands in the midst of the Eastern sea...

FIRST ACT OF CONGRESS

Owing to the lack of a quorum and the delay in organizing the new federal government, no bills were passed by the house and senate for nearly three months. The first law enacted was "an act to regulate the time and manner of administering certain oaths," and it was approved by President Washington on June 1, 1789.

THE SAYING "BRAND-NEW"

The saying "brand-new" is equivalent to "fire-new," meaning fresh from the fire, bright and new. "Brand" was originally from an Anglo-Saxon word which means "burn." Hence an article fresh from the forge was said to be "brand-new." The notion that "brand-new" originated from the practice of putting brands or trade-marks on manufactured articles is incorrect. The word is frequently but erroneously written and pronounced "brand-new."

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TESTED RECIPES

EGGS

Eggs can be served so tastily in the ordinary ways in which they are used, such as boiled, poached or fried, that many people may not realize the great adaptability of this food...

French Omelet

Beat the eggs with a fork, adding one tablespoonful of cream and one of water for each egg used. Into a heavy frying pan, put plenty of butter and let it get sizzling hot. Then pour in the eggs and lessen the heat. Immediately start shaking the pan back and forth, and roll the omelet as soon as the edge is firm and while it is still wet.

Poached Eggs Vienna

Take two fresh eggs and poach them in milk with a pinch of salt. Toast two thin slices of bread, and fry two strips of bacon crisp. Place the poached eggs on the toast with a strip of bacon on either side. Heat

three-quarters of a cup of cream, hot but not boiling, and pour it over the eggs, bacon and toast. Salt and pepper to taste.

Eggs au Beurre Noir

Toast one slice of bread nice and brown, butter and place on platter or plate. Fry two eggs in butter, covering during process of cooking in frying pan until the desired medium "soft," "medium" or "hard" is attained, then remove and place on buttered toast. Place in the pan in which the eggs have been fried 1/2 tablespoonful of thoroughly melted butter and when hot add 1/2 tablespoonful of Worcester sauce, toss in pan until thoroughly mixed, pour over eggs and serve.

Sesame Seed

Sesame seed, also known as "oil," "gingelly," and "beniseed," is an important source of edible oil in the countries of production, where it is also used as an article of food. India and China account for more than nine-tenths of the world production of sesame seed, other minor producers being the Anglo-Egyptian Sudan, Turkey, Mexico, Greece and the Soviet Union. A small quantity of sesame seed oil is imported by Canada for industrial purposes.

He Got It

Mother asked her 6-year old what loving kindness meant. "Well," he said, "when I ask you for a piece of bread and butter you give it to me, that's kindness, but when you put jam on it that's loving kindness."

WHY PAY MORE?



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