

A LETTER

Dear Mother Nature: I write to ask some things I would like to know: Do we always find the Cal-tails where the Pussy-willows grow? Do the Butter-cups and Milk-weed live together, side by side? Do the Blue-bells ring for the fairies when they waddle, far and wide? Do the trumpets blow on the 'Trumpet-vine'?

Menu Hints

Recipes for New and Novel Dishes; Household Ideas and Suggestions

STEAKS AND SALADS PLEASE THE MALES

Many women think of natural pineapple juice as a refreshing beverage or something with which delicious desserts may be made. However, the juice of this luscious fruit is rapidly gaining favor in meat and vegetable cookery.

DEVILED STEAK (6 servings)

- 1 flanked steak
1 large onion
2 tablespoons butter
2 tablespoons flour
1 teaspoon salt
1 teaspoon mixed dry herbs
1/2 teaspoon pepper

Melt butter in oven and brown the sliced onion and powdered herb. Remove onion and brown the steak, which has been cut into pieces 3 by 3 inches and rolled in flour. Add remaining flour, pineapple juice. Cover closely and simmer for several hours, or until steak is tender.

MOULDED MAYONNAISE SALAD

- 1 1/2 cups boiling pineapple juice
1 package lemon flavored gelatin
1 teaspoon salt
1 dash cayenne
1/2 teaspoon Worcestershire sauce
1 cup grated cheese
1/2 cup mayonnaise dressing, real thick

To Asthma Sufferers. Dr. J. D. Kellogg's Asthma Remedy comes like a helping hand to a sinking swimmer. It gives new life and hope—something he has come to believe impossible. Its benefits are too evident to be questioned—it is his own best argument—its own best advertisement. If you suffer from asthma get this time-tried remedy and find help like thousands of others.

ITS BENEFITS UNIVERSAL

Many people have not learned to look upon advertising in the light of the realistic rhymester of an olden-time who penned this famous verse on advertising: Go forth in haste; with bills and paste, Proclaim, to all creation, That men—use who who advertises.

MAYBE NOT!

Office Boy: "Please, sir, I think somebody wants you on the telephone." Chief: "Now, what is the use of saying you think I am wanted? Am I wanted or not?" Boy: "Well, sir, somebody rang up and said, 'Is that you, you old idiot?'"

Old Man Burdett's Daughter

By LUCY FOX

IT WAS an unwritten law in the Burdett family that male college students were not to be considered as possible husbands—at least in Luke Burdett's office where Doctor Burdett had held office as president for twenty years.

June had for some time ignored all the college students. She figured that if they were not eligible for her to marry, there was no good reason why she should waste time getting to know them. Of course she couldn't avoid seeing them at college functions. And she was forced to meet and talk with some of them at the informal receptions which took place regularly as a matter of form at the president's home once or twice each month.

Naturally June's tact pleased Old Man Burdett, as the president, June's father, was commonly known around the campus.

It was when she was having a day dream of that variety one fall evening that she heard a lot of noise and commotion outside the house. These were male voices—students' voices she knew. In the window she could see the reflection of red torches of some sort. Then she could make out what the gang was yelling. It was: "Down with Old Man Burdett, down with Prexy Burdett. We're here to kick him out!"

June didn't know what to do. What made the situation so complex for her was that her father was out of town giving a lecture in Boston.

Fortunately the housekeeper, Mrs. Dodds, was quite deaf and she lived in the back of the house so that she wouldn't hear the disturbance. It was up to June to do something besides watch what was going on from an upstairs window.

Suddenly she went downstairs, turned the porch lights on and then went outside to see what could be done to quiet the howling mob. Facing her were about fifty or sixty young men. When they saw what a good-looking girl was before them, they ceased their clamor to see what the Old Man's daughter had to say for herself.

"My father is out of town," she told them. "I don't know what you want or what all the excitement means, but I'm glad my father isn't here to feel the humiliation that you have made me feel."

There was a continued silence from the crowd. Then Benny, Hayland, a good-looking, red-headed fellow, captain of the football team, jumped up on the top step of the veranda.

"Fellow, I think we've gone a little too far," he said. He was supported by others from the throng. "I think it's up to us to apologize to Miss Burdett and then clear out. We can put our case before Prexy when he gets back and in a more orderly fashion. Am I right?"

The loud chorus of male voices seemed unanimous in sanctioning his suggestions. Almost immediately the crowd began to disperse and within ten minutes June and Benny were left on the porch looking at each other. Benny was explaining the situation the best he could. He found it easy, yet quite difficult, to keep his thoughts on the subject when he looked at June.

The trouble was President Burdett had expelled four of the best athletes in the college on some lame excuse. In a mass meeting the students had appealed to the president to reinstate the four expelled men. Doctor Burdett had ignored their appeal except that he barred some of the outstanding men who had signed a petition from participating in any form of outside activities whatever for the duration of the first semester. This had created a furor.

June had known none of the details but she realized now that perhaps they were the cause for her father's sudden departure for Boston where most of the members of the board of trustees of Luke resided.

June thanked Benny for his apology and said that she would exert any influence possible to try and get things straightened out. So when her father returned the next day, before requesting him to reinstate the expelled men, she waited until she heard what he had been doing in Boston.

Eventually he talked outright to his daughter and told her what had happened and why he had deemed it wise to go to Boston so suddenly. He had seen the chairman of the trustees and a couple of members of the board. They had advised him to reinstate the fellows and to reverse his harsh decision for the petitioners. June held her peace and didn't mention the unbecoming of the previous night.

But anyway the first meeting of June and Benny had been an event of importance. It started a romance that old Man Burdett was ignorant of so he couldn't slip it in the bud. When spring rolled around and Benny graduated, June had to confess to her father that she was engaged. But Doctor Burdett, annoyed as he may have been, had no protest to make even though Benny was a Luke graduate.

THE QUEEN'S PARK ARENA

By the Watchman

Toronto—Compared with past weeks, the last five days of the Legislature have provided fewer lively episodes than at any time since the House opened, but it has been more productive in the way of actual accomplishments in regard to legislation. Approximately one hundred government and private bills have received either first or second reading at the time of writing and every effort will be made by the Government to speed it up in order to clear the decks for the Budget.

As far as Government legislation is concerned, Premier Hepburn and his colleagues are in somewhat of a quandary. A great deal of importance is attached to the Federal program of social legislation and until Ontario learns definitely just what Premier Bennett has in mind, nothing much can be done provincially. It is well known that the Unemployment Insurance Act, as proposed by the Ontario government, is not acceptable to the Hepburn Government.

As soon as the Dominion plans are announced, Ontario will swing into its own legislative program and there are said to be several measures pending of unusual interest. Attorney-General Ross's labor legislation has been given first reading and the Attorney-General will speak to the measure he is sponsoring when it comes up for second reading. Charges made by Opposition members that the Government has failed in its election promise to bring down legislation dealing with the unemployment and relief will soon be answered by the Government in a practical way.

Legislation along constructive lines will be the Premier's answer to criticism that pledges have been broken. But Ottawa, with its greater scope and authority, must move first. Premier Hepburn and his Cabinet Ministers have done something that no other government in Ontario's history ever did; and that is carry out to the full the electors' mandate when the support of the electors was sought. And one promise was to bring all the resources of the Government to bear on unemployment and relief and labor problems generally.

It is no secret that Premier Hepburn hopes to accomplish a great deal in the event of a Liberal Government taking over the reins of office at Ottawa. When Premier Hepburn takes the stump on behalf of the Liberal party in the coming Dominion election, he will advocate the right of the Province to impose a tax on gold mines, a right which he asserts has been usurped by the Dominion authorities. It is dangerous to predict future political events, but if the next Government of Canada is a Liberal one, then it is certain that Ontario will receive a large slice of revenue from the gold producing industry. And the money from this source will go a long way towards rehabilitating the financial status of the Province. Not only this, but it will ease the burden of unemployment relief which at present is tremendous.

Conclusion of the Throne debate marks another step forward in the progress of the session. The House will shortly get down to business on the estimates and it is expected there will be more spectacular scenes in the Chamber when the Henry-led forces clash with the Government.

RECIPE FOR LAMB ROAST

The most popular roast is a leg. With less money, however, a shoulder roast, rib roast, loin roast or even a breast roast may be purchased. The shoulder roast is usually boned and rolled and in this form is the easiest roast to carve. Rib, loin and breast roasts are usually stuffed and when served with dressing are most delightful.

Now to get down to the details of roasting lamb. The meat should always be wiped with a damp cloth, then rub the surface with 1/2 of a teaspoon of salt and 1/2 teaspoon of pepper. Dust with flour and lay on a rack in the pan, fat side up. The oven should be 350 degrees F. for the first half hour, then lower the heat to a moderate temperature, say 300 degrees F., and cook slowly until finished. Lamb usually requires a half hour of cooking for each pound of meat. Do not add water to the pan and do not baste. If using a coal or wood oven, cook at a moderate temperature of 350 degrees F. till cooked.

When the roast is cooked remove it from the pan. To make gravy use about two tablespoons of flour and one and a half cup of boiling water. Stir until thick and cook two minutes. Season with salt, finely cut mint leaves or water-cress and a little lemon juice.

Potatoes to be served with lamb may be parboiled for 10 minutes and then placed in the roasting pan till cooked. Green peas or young carrots may be served with any roast of lamb.

In closing let us again remind you of the many advantages of using lamb at this season of the year. Besides being young and tender, you will find it reasonable in price and roasts, chops or steaks will be pleasing dishes for all members of the family.

One day in the month of May when everybody in the world will have enjoyed food all the time.—Benard W. Harbich.

SCIATICA RUMACAPS CLEANSE YOUR SYSTEM OF URIC ACID... BROWN'S DRUG STORE

BIGGEST FISHING FLEET GETS READY FOR SEASON

The approach of the Spring fishing season sees a great revival of activity among the fishing fleet of Lunenburg, the largest in North America. Schooners are being overhauled and gear replaced preparatory to getting ready to sail for the fishing grounds on the Grand Banks. The doughty "Bluenose," international fishing schooner champion, which was exhibited at the Chicago World's Fair and the Canadian National Exhibition, at Toronto, last year will make a barnstorming tour of the British Isles according to present plans, with a possible race across the ocean from Boston, Mass., to Plymouth, England, in May, with her hardy rival—the "Gertude L. Thobaud" of the Gloucester, Mass. fishing fleet. One of the interesting ideas of Lunenburg, states the Tourist Department of the Canadian National Railways, is to use the great fishing fleet sailing for the fishing grounds, or returning from the banks with their catch, when the waterfront presents a busy scene as the schooners unload their fish. All along this section of the Nova Scotia coast, known as the South Shore are picturesque fishing villages and towns.

When spring is in the air, housewives and others responsible for the purchase and cooking of meats are face to face with the desire for a change in the meat diet. Too much meat of the same kind is apt to become distasteful at this time of the year. Fortunately no other country than Canada offers a greater variety of choice meats. Lamb in the springtime solves the problem of variety in the selection of meats.

LAMB A SPRINGTIME MEAT

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HORSES IN VANCOUVER

According to reports to the Dominion Department of Agriculture, the horse business on Vancouver Island is brisk, with a demand in every district for horses from 1400 to 1600 pounds for farm and logging purposes. At a sale south of Nanaimo on February 20th, yearling colts sold for \$75 each. Farmers on the Island do not prefer horses from the interior, as these animals are not usually quiet enough for the small farmers who have tree stumps to contend with.

The old gentleman tumbled over a five-barred gate just in time to save himself from the angry bull. "You brags," he spluttered, shaking his fist at the animal, "and I've been a vegetarian all my life."

Edwardsburg CROWN BRAND CORN SYRUP The Leading ENERGY FOOD A product of The CANADA STARCH CO., Limited

CANADIAN POULTRY IN FRANCE

A further indication of the appreciation of Canadian poultry breeding stock in France is still another order received from A. Cheron, of the Ferme de Villiers, Eure, France, for 4,000 hatching eggs one-half White Plymouth Rocks and the balance Barred Rocks to be shipped for the present hatching season. This shipment will be secured in so far as possible in the Maritime Provinces in order to eliminate rail transportation. M. Cheron reports that the Canadian birds sent over last fall are giving every satisfaction.

"I do not prize the word 'cheap.' It is not a word of hope, not a word of cheer. It is the badge of poverty, the signal of distress. Cheap merchandise means cheap men and cheap men a cheap country."—William McKinley.

Business Directory

Medical: DR. J. A. McNIVEN, DR. E. J. NELSON; Legal: HAROLD NASH FARMER, M. A.; Dental: A. J. BUCHANAN, D. D. S.; Veterinary: DR. A. G. M. BRUYNS; Miscellaneous: FRANCIS NUNAN; General Insurance: FREDERICK L. WRIGHT

BABES IN THE WOODS

We never grow so old that we do not recall our childhood concern as we thought of what might have happened to the two story-book children who wandered aimlessly into the forest and became lost.

We never grow so wise that we can walk blindly into the marts of trade and straightway find the shoes, car, ham, cleaner, rug, antiseptic or what-not that best fits our individual need, fancy or pocketbook.

Without a dependable buying guide we are all Babes in the Woods... lost when it comes to judging qualities, values or styles. "Know the reputation of the store," is one rule. "Know the reputation of the product and its manufacturer," is another. The two together make wise selection doubly certain.

You can form a very reliable estimate of the stores which advertise consistently. So also of manufacturers.

Only sound merchandise, attractively priced, can continue to repay the retailer or the manufacturer for this advertising outlay. If he can risk the money it costs him to tell you about his goods, you can be reasonably sure that your path through the woods will lead to the best values for your buying dollars.

The Advertising Columns of the Free Press are the pathway to Highest Quality and Lowest Prices

NEW Customers The Acton Free Press