

I KNOW SOMETHING GOOD ABOUT YOU

Wouldn't this old world be better if the folks we meet would say, I know something good about you...

Menu Hints

Recipes for New and Novel Dishes; Household Hints and Suggestions

FOR SHARPENED WINTER APPETITES

With cold weather at hand to sharpen appetites this is the season of the year when all the family will give a rousing welcome to the appearance of the muffins, waffles and griddle cakes on the breakfast menu.

Below is a convenient "three-in-one" recipe that will be as welcome to the busy housewife as the results of her efforts will be to father and the children.

THREE-IN-ONE RECIPE

- For Bran Muffins, Waffles and Griddle Cakes: 1 1/2 cups all-bran, 1 1/2 cups sour milk, 1/2 cup shortening, 1/2 cup sugar, 3 eggs (beaten well), 2 cups flour, 3 teaspoons baking powder, 1 teaspoon soda, 1 teaspoon salt.

Put all-bran to soak in the sour milk. Cream the shortening and sugar. Add eggs, sour milk and all bran and mix thoroughly. Sift flour with baking powder, soda and salt and add to first mixture...

A THIRTY DISH

Why not start that cold dinner with Duchess Soup—smooth, creamy and full of flavor. This soup has a satisfyingly substantial body, but so delicately is it thickened with tapioca that it makes an instant appeal to the appetite.

DUCHESS SOUP

- 2 tablespoons quick-cooking tapioca, 1 teaspoon salt, 1 teaspoon pepper, 1 tablespoon minced onion, 4 cups milk, 3 tablespoons butter, 1/2 cup grated cheese, 2 tablespoons chopped parsley. Combine quick-cooking tapioca, salt, pepper, onion, and milk in top of double boiler. Place over rapidly boiling water, bring to scalding point (allow 5 to 7 minutes), and cook 5 minutes, stirring frequently. Add butter, cheese, and parsley, and cook until cheese is melted. Served 4 to 6.

INEXPENSIVE AND LUSCIOUS

At this season of the year thrifty housewives, with an eye on the budget, are thankful to find dessert recipes which are kind to the pocketbook, but which aren't a come-down from the glories of Yuletide. Here is a dessert in which fruit-flavored gelatin raises the old reliable prune to unaccustomed heights. The family will call for an encore.

PRUNE MEDALLION PUDDING

- 1 package lemon or raspberry-flavored gelatin, 1 pint warm water and prune juice, 1/2 cup sugar, Dash of salt, Dash of cinnamon, 1/2 cup finely cut raisins, 1 cup finely cut cooked prunes, 1/2 cup broken nut meats. Dissolve gelatin in warm water and prune juice. Add sugar, salt, cinnamon, raisins and prunes. Chill. When slightly thickened, fold in nuts. Turn into small baking powder cans or mold. Chill until firm. Unmold. Serve in slices. Garnish each slice with whipped cream if desired. Serves 6.

SALT OF THE EARTH

The credit manager of an important Vancouver store writes: "Those who pay their bills promptly are the salt of the earth. They help us keep our business on an even keel—help us pay our bills and meet our payroll. I think it is most important that we express our appreciation of those who pay promptly. Those who are slow in payment receive plenty of letters, but those who pay—never a word. So this is just to tell you that we appreciate and thank you for the promptness with which you meet your obligations to us."

THE OLD MAN OF THE BIG CLOCK TOWER



John Hogg & Son advertised all wool gray flannels from 25c to 38c; Orinton flannels from 10c to 20c; all wool Canadian blankets from \$3.00 to \$6.00; men's shirts and drawers, from \$7.40 to \$8.00; men's felt hats, from \$6.00 to \$2.40; and ladies' Ulster cloths from \$6.00 to \$1.00.

For Rheumatic Pains.—The pains and aches of sciatica and rheumatism should be treated with Dr. Thomas' Eucalypti Oil. The soothing and healing properties of this famous remedy have been demonstrated for fifty years. Use it also for inflammatory pains, cuts, scratches, bruises and sprains, either in human beings or the lower animals.

CHOOSING THE BREEDERS It is by selecting for desired characteristics that real results in poultry breeding are obtained. There are numerous characteristics that poultry breeders desire, but the most important are health, egg production, egg size, and breed type.

DRUNKEN DRIVERS

It is admitted that the drunken driver constitutes one of the most dangerous hazards on the highways. The greatest difficulty in the courts is to estimate the degree of intoxication which must be noted before a man can be declared drunk.

Dr. William J. Mayo, of the famous Rochester clinic, has something to say about this. His contention is that the man who tries to drive a car with one or two cocktails in his system is even a greater menace to motorists than the man who is blind drunk.

"The drunken driver," says Dr. Mayo, "will crash into a pole before long and thereby take himself off the road, but the driver with only a couple of cocktails will keep on going. His slowed-up actions to danger and emergencies constitutes the real menace."

WATER GOING TO WASTE Over 8,000,000 gallons run to waste daily from a single spring in England. This is the Great Spring in the Seven Tunnel, whose flow has varied from 9,000,000 to 20,000,000 gallons a day, and is now about 10,500,000 gallons.

FAMILIAR SAYINGS BASED ON BIBLICAL EXPRESSIONS

So he that runs may read. Prisoners of hope. Unstable as water. Labor of love. At their wit's end. All things to all men. Put not your trust in princes. Filthy lucre. Apple of my eye. My name is Legion. A still small voice. In the twinkling of an eye. A man after his own heart. Rule with a rod of iron. Great men are not always wise. No respecter of persons. To the pure all things are pure. A good old age. The wings of the morning. At the parting of the ways. Nothing new under the sun. Under his vine and fig tree. A stranger in a strange land. There is no discharge in the war. Whined apostrophes. Clothed and in his right mind. Signs of the times. The sleep of the laboring man is sweet. Beat their swords into ploughshares. Charity covers a multitude of sins. Make light of it. A good man and a just one. Darkness that can be felt. There is no truth in him. The salt of the earth. Of the making of many books there is no end. Can a leopard change his spots? A living dog is better than a dead lion. I escaped with the skin of my teeth. Eat, drink, and be merry.

ACCIDENTS AND COMPENSATION UNDER THE WORKMEN'S COMPENSATION ACT

The summary of figures for the Workmen's Compensation Board of Ontario for the year 1934 shows a total of 54,730 accidents reported during the year, as compared with 38,042 during the prior year.

The total benefits awarded during the year amounted to \$4,499,707.23, as compared with \$3,699,068.95 during 1933, the 1934 figures being made up of \$3,637,968.82 compensation and \$861,738.41 medical aid.

Taking a basis of 300 working days, the average daily benefits awarded amounted to about \$15,000, requiring an average of 40 cheques per day. The average number of new claims reported daily increased from 127 in 1933 to 182 in 1934.

The accidents reported during December numbered 4,328, as compared with 4,849 during November, and 3,421 during December of 1933.

DIFFERENCE

Army doctor (examining recruit who has reported sick with a sore throat): "It's a swelling. But surely you would not come to me with a thing like this in civil life?" Recruit: "No, sir. I would send for you."

ATTACK THE CAUSE OF RHEUMATISM

Permanent relief from Rheumatism can only be effected by removing the cause of the trouble. RUMACAPS effectively cleanse the blood of uric acid and other impurities which poison the system, while giving immediate relief from pain. Start your treatment today.

RUMACAPS RHEUMATIC CAPSULES BROWN'S DRUG STORE

OUR TOWN

We think we have the best small town of any of its size. Although no better folks are here. Nor even yet more wise. For our good schools have all been built.

Of course some fellow now and then will come across the mat. And leave us feeling flat. But such small things are not allowed to mar our fair renown. For some such things are always found in every little town.

I've had almost a week now in practice of writing in 1935, but there's still a longing to place a four at the end. Queer, isn't it, how habits linger, but I notice I'm not the only one who has this difficulty. Even back in 1885, Ayer and further back, by a good deal than that, the change of the years have been difficult to get accustomed to.

The January thaw came a little previous in 1884-85, and landed along the last of December. "Thermometer 20 degrees below zero last week, and 50 about this week." Not much different from the winter of fifty years later.

The Week of Prayer was held from January 4th to January 11th, and included every night of the week. "A couple of toughs" occupied the cells on Monday night. They were desperate looking characters.

"Mr. James Moore has moved his purse and natchel business into the eastern wing of Storey old glove factory. He will commence operations in this course of a few weeks.

"On Sunday morning, Mr. Thomas Cook, Jr., of the sixth line, Esquesing, was leading a collie to water, when it became fractious and kicked him in the mouth, knocking out a couple of teeth and cutting his lip pretty badly.

"The subject of the establishment of a cheese factory in Acton or vicinity is being freely discussed here at present. "Special services are in progress this week in the Presbyterian, Methodist and Baptist Churches."

"Mr. James A. Lambert, who has for some time occupied the position of foreman of The Free Press, left last week for Mount Forest, for the purpose of establishing a new paper there. The Representative."

"Mrs. David Wren, of Nainanawya, fell on the ice near the door of her residence, and had the misfortune to break her arm."

Health is the most essential, because without it there can only be failure in all other respects. After culling out the less vigorous birds, the next step is the selection of birds that have the other required characteristics. Breeding from the highest producers each spring will not necessarily result in all the daughters being high producers, but the average will remain high if selection has been well done.

Research work is uncovering many truths to help the poultryman in the choice of his breeders. For instance, it has been found that small body weight at first egg and heavy body weight at the close of the 365-day period, or laying year, are associated with high laying persistency. The observant poultryman can use this knowledge to advantage.

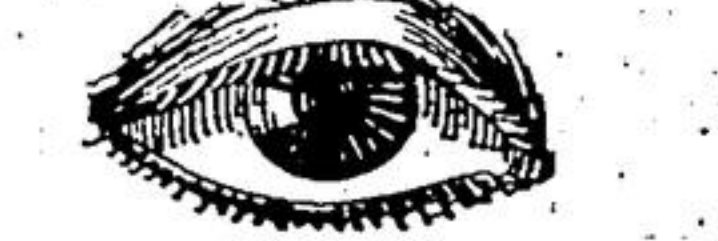
With the male—the member that constitutes half the flock—great care must be taken to see that he is from high-producing ancestry and that he shows the finest breed characteristics and egg type, such as, depth of body, length and width of back, smooth, well-shaped head, and prominent bright eye.

NOBODY'S BUSINESS BUT YOUR OWN If you cannot afford a new suit, you can keep the old one cleaned and pressed. If you have not the cash for new shoes, polish the old ones until you can see your face in them. If you have to economize, do not let it be on laundry bills.

Sometimes a fellow obtains a job because people are sorry for him; but those cases are exceptional. As a rule the man who is sorry for a youth gives him a quarter and saves the job for the young chap who does not appeal to his sympathies. For that reason it does not pay to advertise yourself as hard-up. If you are shabby and unkempt, you may touch the hearts of the sympathetic; but the average business man will not be moved to trust his interests in your hands.

When you are discouraged, uncertain about the future, it is dangerously easy to slump, to wear a spotted coat and a soiled collar, to stoop instead of stand erect, to look gloomy instead of cheerful. All this is against you. See that your personal appearance is not a "give away." Operate on the principle that your hard times are no body's business but your own.

NEIGHBORS Sunday School Teacher: "Can any of you little girls tell me who lived in the Garden of Eden?" "Yes, teacher; the Adamans."



Look At It This Way!

A retail store regards itself as being a public servant. Therefore, it is wholly fitting that it should try to be the best and most eager servant possible. A retail store which hides itself from those whom it wants to employ it becomes under-employed; and so its sales decline.

The public inclines in largest numbers toward those stores which seek its attention and custom. It takes the advertising store, at its own valuation. It likes to do business with those who manifest eagerness to serve it. It likes to buy at those stores which have to renew their stocks frequently.

Advertising is just communicating news and information about one's store and service. It is just a form of talking. It is those who talk who are listened to. Silent stores lose out to stores which carry on conversations—in the form of newspaper advertisements—with those whose custom they want.

Any retailer who wants to get more customers—for the replacement of customers who become lost to him and for the expansion of his business—can surely get them by making his store important in their eyes, and by putting in his advertisements the kind of information which will help buyers come to decisions.

Our newspaper's advertising department is ever willing to help retailers prepare the right kind of advertisements—free assistance, of course.

Business Directory

MEDICAL DR. J. A. McNIVEN Physician and Surgeon Office and Residence—Corner Bowe Avenue and Egin Street.

DR. E. J. NELSON Physician and Surgeon Electro Therapy Phone 88

LEGAL HAROLD NASH FARMER, M. A. Barrister, Solicitor, Notary Public, Conveyancer, Etc. Phone No. 22 P. O. Box 285

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