YOU

Wouldn't this old world be better If the folks we meet would say.
I know something good about you And to treat us just that way? Wouldn't it be fine and dandy. If each handclasp, warm and true, Carried with it this ensure, I killiw something good about you? Wouldn't things here be more pleasant? If the good that's in us all, Were the only thing about us That folks bothered to recall? Wouldn't life be lots more happy. If we'd praise the good we see, For there's such a lot of goodness In the worst of you and me. Wollidn't it be :ilce to practice. This fine way of things, too, . You know something good about me, I know something good about you.

Menu Hints

Dishes; Household Ideas and Suggestions

Rectues for New and Novel

POR 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 mufwaffles and griddle cakes on the breakfast menu.

Below is a convenient "three-in-one" recipe that will be as welcome to the busy housewife en-the results, of her efforts will be to father and the children. Since the recipe calls for bran, there will be the satisfaction of knowing that it will provide a real contribution to the health of the family, for the brazprovides the "bulk" every normal person needs to keep his system in good working



· Cakes 1% cups all-bran

135 sups sour milk W cup shortening

1/2 cup sugar 3 eggs (beaten well)

2 cups flour

I teaspoons baking powder 1 teaspoon soda

I teaspoon salt

Put ull-bran to soak in the cour milk Cream the shortening and sugar. Add cegs, sout milk and ull brun and mix thoroughly. Sift flour with baking powder, sods and sa't and add to first mixture-stirring only until flour disappears Bake in greased muffin tins in a moderute oven (425 degices P.) for 20 to 25 minutes or in a hot wafile iron. Some of the mixture may be thinned with water or milk and used for griddle cakes. Provides 16 small muiffus, 3 warfles or 8 griddle cakes.

A THRIPTY DISH

instant appeal to the appetite.

DUCHESS SOUP

2 tublespoons quick-cooking taploca

I tearpoon salt. i teaspoon pepper

I tablecpon mineed onlan

4 cups milk

3 tablespoons butter Licup grated cheese

2 tablespoons chopped parsley Combine quick-cooking taploca, salt pepper, onion, and milk in top of double boller. Place over rapidly bolling water

bring to scalding point (allow 5 to 7 minutes), and cook 5 minutes, stirring frequently. Add butter, cheese, and par sley, and cook until cheese is melted. Served 4 to 6.

MEXPENSIVE 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 Yuletide. Here is a dessert in which fruit-flavored gelatin raises the old re liable prune to unaccustomed heights. The family will call for an encore.

PRUNE MEDALLION PUDDING I package lemon or raspberry-flavored

gelatin

I pint warm water and prune juice " cut sugar

Dash of salt

Dush of cinnamon 1/2 cup finely cut raleins I out finely tut cooked brunes

W cup broken but meats Dissolve gelatin in warm water an

prune julce. Add sugar, salt, cinnamon, ly thickened, fold in nuts. Turn into late of lierrie." small baking powder cans or molds. Chill until firm. Unmold. Berve in Editor of The Park Parks, who has been you may touch the hearts of the sym cream if desired. Herves 6.

SALT OF THE EARTH

Vancouver store writes. "Those who pay of establishing a new paper there, The erect, to look gloomy instead of cheertheir bills promptly are the salt of the Representative." earth. They help us keep our business "Mrs. David Wren, of Natsagawaya, your personal appearance is not a "give on an even keel-help us pay our bills fell on the los near the door of her away." Operate on the principle that and meet our payroll. I think it is residence, and had the misfortune to your hard times are no body's business most important that we express our break her wrm." appreciation of those who pay promptly. Perhaps a few of the prices of goods Those who are slow in payment receive in the advertisements would prove 'aplenty of letters, but those who pay- teresting. Here are some from J. E. never a word. So this is just to tell Howson's ad of grocery burgains: Pickles, Sunday School Teacher: "Can any of you that we appreciate and thank you 20 quart; toilet soap, 20c per dosen; you little girls tell me who lived in the for the promptness with which you Globe wash board, 18c; 5 gallour coal oil, Garden of Eden?"

ba. Japan tea dust, \$1.00; 28 lb., box Valencia raisins for \$1.00; 16 lbs. granulated sugar for \$1.00; 4 lbs. Pearl taploca for 25c; can tomatoes, 19c; can corn.

John Hogg & Bon advertised all wool gray flannels from 250 to 380; Canton flannels from 10c to 20c; all wool Can- noted before a man can be declared edian blankets from \$3.00 to \$6.00; men's shirts and drawers, from \$7%0 to 800; ment's felt hats, from 800 to \$2.40; and Rochester clinic; has something to say indies' Ulater cloths from 50g to \$1.00. Nelson, McCrea. & Go. were qubting man who tries to drive a car with one men's suits at from \$14 to \$18; and or two cocktails in his system is even a overcoats, in the same range. These greater menace to motorists than the were for tailored clothes. Ready-made man which is blind drunk. suits and overcoats were quoted at \$5.90; checked chints was 12%c to 15c; Win- slow up the normal man's recreations & ceys, all colors, were 8c to 15c; white that it takes-him two to four times as cotton was 7c to 10c; layer raisins were long to react to an emergency as a man

\$1.35 per box. and 1935 bring demands for other things,

but old folks like to recall old times.

For Rheumatic Pains.-The pains and sches of Sciatics and Rheumstiam should be treated with Dr. Thomas' Eclectric oil. The soothing and healing properties of this famous remedy have been demonstrated for fifty years. Use it 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 boultry breeders desire, but the most important are health, .. egg production, egg size, and breed type .---

all other respects. After culling out the Tunnel, whose flow has varied from less vigorous birds, the next step is the 0,000,000 to 20,000,000 gallons a day, and required characteristics. Breeding from 1,000,000 gallons a day are supplied to the wet sheet lay a dry sheet of paper, the highest producers each spring will neighboring villages, and the rest is and with the hard point of a pencil age will remain high if selection has the Great Western Rallway Company lettering into the wet sheet beneath. When this goal has been reached, it will doing anything to utilize the water, but recipient has merely to soak the sheet be unnecessary to raise so many pulle's it would have proved very useful during again in water, and the seccret message each year, because it will be profitable to the recent dry spell; keep the yearlings for another year or so. With this in view, those yearlings

that have shown steady egg production over a biological, or laying year, close to, or if possible exceeding 365 days, should I've had almost a week now in prac- be retained for use as breeders. The the of writing it 1935, but there's still pullet that persists in laying along into a leaning to placing a four at the end. October or November at the end the Why not start that cold dinner with Queer, En't it, how habits linger, but I first laying year is the good producer. Of Duchess Soup-smooth, creamy and full notice I'm not the only one who has course, broadiness (an undesirable charof savor. This soup has a satisfyingly this difficulty. Even back in 1885. Ayes; acteristic), sickness, or the use of the

difficult to get accustomed to. My Research work is uncovering many gleanings this week are from the files of truths to help the poultryman in the January, 1885 Just fifty years ago this choice of his breeders. For instance, it menth. I find that the majority of my has been found that small body weight readers recall incidents about that time at first egg and heavy body weight at the best, and I've told most of the stories close of the 365-day period, or laying of days further back in my years of year, are associated with high laying persistency. The observant poultry-man

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

If you cannot afford a new suit, yo

"Mr. Junes A. Lambert, who has for When you are discouraged, uncertain foremen of The Park Parks, left last to slump, to wear a spotted coat and a The credit manager of an important week for Mount Porest, for the purpose solled collar, to stoop instead of stand ful. All this is usulnst you. See that

NEIGHBORS

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 intextcation which must be

about this. His contention is that the

A couple of cocktails, he says, will without any alcohol in his stomach. A But I must cease for this week. "1885 cold-sober driver, proceeding at 40 miles an hour, will travel about 25 feet before he can take action to meet a sudden danger; the man ballacted with a pair of cocktails will require 50 to 100

> "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 cock-

This is something to think about. A man is drunk when he is under the influence of liquor to such an extent that his judgment is adversely affected.

effected after a very few drinks: When a few more doctors make the same pronouncement es they no doubt will—the eafest course to adopt is to lion.

WATER GOING TO WASTE

Over 8,000,000 gallons run to waste house in This is the Great Spring in the Severe FAMILIAE 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 amall 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 respector 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. Whited sepulchres.

Clothed and in his right mind. Signs of the times. The sleep of the laboring man is sweet. Beat their swords into ploughahares. Charity covers a multitude of sins. Make light of it. A good man and a just one.

Darkness that can be felt. The salt of the earth. Of the making of many books there is this in civil life?"

Can a loopard change his spots? A living dog is better than a dear I escaped with the skin of my teeth.

Eat, drink and be merry.

SECRET WRITING. then lay it down that on any smooth surface, such as glass, a slate, or a hard, selection of birds that have the other is now about 10.500,000 gallons. About smooth plece of wood. Then on top of

not necessarily result in all the daugh- pumped into the Severn. The water must write on the dry sheet, pressing hard on ters being high producers, but the aver- be disposed of because of the tunnel and the pencil point so as to indent the been well done. It would seem that would be only too pleased if it could be When the writing is completed, the flock production averages have, in many utilized instead of being discharged to top sheet is no longer required, so it car cases, almost reached a peak. Atten- waste. It is pure spring water, and thus be destroyed. When the wet sheet dries, tion must now be turned to the problers eminently suitable to provide a water the characters indented thereon was of breeding birds with sufficient product supply. Questions of cost have hitherto then have disappeared, and the most tive persistency to continue their heavy prevented any of the public bodies which careful examination of it will not-reveal laying into the second and third year, have investigated the possibilities from the slightest sign of writing. Yet the

will reappear.

ACCIDENTS AND COMPENSATION UNDER THE WORKMEN'S COMPENSATION ACT

The summary of figures for 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 fatal accidents numbered 276, as

compared with 228 during 1933. 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 \$3,657,-968.82. compensation and \$841,738.41 medical aid.

Taking a basis of 300 working days, the average dally benefits awarded amounted to about \$15,000, requiring an average of 60 cheques per day. The average number of new claims reported daily increased from 127 in 1933 to 182 MILL STREET

The accidents reported during December numbered 4,328, as compared with 4.849 during November, and 3.421 during December of 1933.

Army doctor (examining recruit who has reported sick with a sore throat) 'H'm. Bit of a swelling. But surely you would not come to me with a thing like Recruit: "No. sir. I would send for

ATTACK THE CAUSE OF RHEUMATISM



be effected by removtrouble. RUMACAPS effectively cleanacs the blood of uric acid and other impurities which polson the system, while giving immediate relief from pain. Start

your treatment today. RUMACAPS RHEUMATIC CAPSULES BROWN'S DRUG STORE .

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MAIN STREET



The Door of Opportunity

These Small Ant WH O Door to Whatever

We think we have the best small town Of any of its size Although no better folks are hero Nor even yet more wise Por our good schools have all been

Since when we were young. Which may explain why our town's praise .

Is not more loudly sang.

Of course some fellow now and then Will come across the mat And hand to us such a raw deal As leaves us feeling flat. But such small things are not allowed To mar our fair renown, For same such things are always found

In every little town. But what we mean is simply this, The neighbors here are kind. And reckon less on things of earth. Than treasures of the mind. And in the upr and downs of life We do not find them prone To shut their doors, as many do,

To live their lives alone.

substantial body, but so delicately is it and further back, by a good deal than pullet us a hatching medium will have thickened with taploca that it makes an that the change of the years have been to be discounted.

writing this column.

last of December. "Thermometer 20 degrees below zer 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 cell

on Monday night. They were desperate looking characters." "Mr. James Moore has moved purse and satchel business into the east ern 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, loquesing, was leading a colt to water, when the became fractious and kicked him in the

mouth, knocking out a couple of teefa and cutting his lip protty, badly.

week in the Presbyterian, Methodist and bills. Haptist Churches."

Murray, Secretary. "The Milton News has been sold by young thap who does not appeal to his raising and prunes. Chill, When slight- Mr. T. J. Starrett, to Mr. W. J Watson, sympathics. For that reason it does

slices. Carnish each slice with whipped out of the newspaper business for a pathetic; but the average business man couple of yours, has purchased an his will not be moved to trust his interests terest in the Videtle, Wingham." some time occupied the position of about the future, it is dangerously easy

Dr. William J. Mayo, of the famous

talls will keep on going. His slowed-up actions to danger and emergencies constitutes the real menace."

Dr. Mayo says d man's judgment is

refuse to drive a car after one drink.

The January thaw came a little pre- can use this knowledge to advantage.

vious in 1884-85, and landed along the Egg size must not be neglected. If a small egg is set in the incubator, you are likely to get a pullet that will lay a small egg. There is usually a few cents difference between egg grades, so that the poultry-keeper who breeds his birds to by eggs that will grade "large" will be ahead of the one who, pays no

attention to this characteristic.

and prominent bright eve. NOBODY'S BUSINESS BUT YOUR

can keep the old one cleaned and pross-"The subject of the establishmeent of ed. If you have not the cash for new a cheese factory in Acton or vicinity is shoes, polish the old ones until you can being freely discussed here at present.' see your face in them. If you have to "Special services are in progress this economise, do not let it be on laundry

Bometimes a fellow obtains a job be-_ James Elliott was elected President cause people are very for him; but those of the Esquesing Agricultural. Society: cases are exceptional. As a rule the Alex. Waldle, Vice-President; and John man who is sorry for a youth gives him a quarter and saves the Job for th not pay to advertise yourself us hard-"Mr S. W. Galbraith, for some time up. If you are shabby and unkempt In your hands.

but your own.

Look At It

so its sales decline.

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-

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 munifest exgerness 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. Silont 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. 1

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