FROM AN OLD VALENTINE

She has no sweet a way with her. Tis peradise to stay with her, And oft like firefiles. Her words light all the duck for me-Though not for me the dreams I see Within her starry eyes.

think her voice has caught the hu And tender tone of bells of blue, That ring beneath a tree; Buhahine and color mingle there, Till Summer falls upon the air Though Winter it may bel

On week-days, and on holidays She walks along life's common ways; But wheresoe'er ahe goes, By market-place, or shady lane By dusty street, or greeting plain, I know some flower blows.

Ah, not by me will she grow old-Yet ageless charm one still will hold, To touch the days with joy. What Time steals from her he'll replace With some new beauty, some new grace, That nothing can destroy!

-Virna Sheard.

Menu Hints

Recipes for New and Nevel Dishes: Household Ideas and Suggestions

SCONES PROM BONNY SCOTLAND This is the land of hot breads, but in one or two instances we have gone across the water for our inspiration. To bonny Scotland we owe our recipe for scones. This perticular recipe for scones. however, might be called Scotch-American, for we make it with cake flour, twenty-seven times finer than ordinary flour, which helps to make Lemon Cream Scones so ready to "melt in the emouth."

LEMON CREAM SCONES "2 cups sifted cake flour

2 teaspoons double-acting baking pow-14 teaspoon salt 2. teaspoons sugar

4 tablespoons butter or other abortening '

L tempoon grated lemon rind 2 eggs

1/2 cup light cream

3 tablespoons sugar 14 teaspoon grated lemon rind

· Sift flour once, measure, add baking powder, salt, and sugar, and sift again. Cut in shortening and lemon rind. Reserve about 1/2 of one egg white for glaze. Beat remaining eggs well and add cream; add to flour mixture, and stir carefully until all flour is dampened. Then stir vigorously until mixture forms a soft dough and follows spoon around bowl. Turn out on slightly floured board and knead 30 seconds. Roll 1/2 inch thick and cut in triangles. Place on ungreased baking sheet. Brush tops tightly with reserved egg white, slightly beaten; sprinkle with mixture of sugar and grated lemon rind. Bake in hot oven (450 degrees P.) 13 minutes, or until browned. Makes 18 small scones. (Orange rind may be substituted for

BPICY PUDDING IN MODERN MAN

lemon rind in this recipe.)

NEIL IS EASY JOB FOR COOK Nowadays there's no need for spicy desserts to be a chore. Housewives used to chop and shave pounds of fruit peel and beef, apples, raisins and citron for mince ples and puddings. Here is modern recipe for a delicious pudding, made at a minimum of time and labor.

SPICY PEACH PIE

1 (4 oz.) package dry mince meat 114 cups peach juice and water 1 cup fresh or canned sliced peaches

drained 14 cup lemon juice

"Break mines meat into pieces. Add peach juice. Place over heat and atir until all lumps are thoroughly broken up Bring to brisk boll; continue boll ing for one minute Allow to cool. Lin a g-inch ple plate with pastry und fill with mince meat mixture. Place drained aliced peaches over top; sprinkle lemon juice over top. Place upper crust on filled lower one and press edges firmly together. Trim of surplus pastry. Bake 35 minutes in a hot oven (400 degrees P.).

Note: One cun peaches is sufficie for this recipe; however, 2 cups may used, making a large pie, serving eight.

STEAMED PRUIT PUDDING (0 oz.) package dry mince mest and

1 egg, slightly beaten 4 cup nut meats, finely chopped

14 cup orange julce

I teaspoon grated orange rind 14 cum dry cake crumbs.

Break mince meat into pieces. cold water. Place over heat and stir until all lumps are thoroughly broken up. Bring to brisk boll; continue bolling for three minutes or until mixture is practically dry. Allow to cool. Add slightly beaten egg, nut meats, orange julce and grated rind to cake crumb B'end thoroughly. Fold in cooled mine most. Four into groused pudding mole sight individual -molds, or baking powder can, filling two-thirds full. Cove tightly and ateam one hour having boil ing water half way up on molds. additional water is needed duri steaming, it must be bolling when udd ed. Serve warm with hard sauce or

whipped cream. Serves elght. . . .

"20 dègrees below sero; on Tuesday,

THE OLD MAN

POST OFFICE

THE PAPERS OVERLOOKED HIM

He never tried to rob a bank or take

And he wasn't very brilliant and he

So there was no real reason for the press

He never made a million, never wrote

And the more I think about him, It's

But the honest, normal, average man.

There are a lot of just ordinary folks

the paper their worth is none the less.

it concerns the work among ourselves.

vears ago were talked about in The Page

Pages of the ordinary and all folks in

Dr. W. H. Lowry was elected Chair-

man of the School Board at the first

W. H. Storey, Dr. Lowry, J. E. McGarvin,

"N. McMurray butcher of Rockwood

ment, and Isauc Francis, of the &id

training, running east on the O. T. R

blocked for twelve or fifteen hours."

in Hillsburg the other day."

man of the company."

finishing department."

and about Acton:

So there wasn't much about him

another's life .

didn't try for fame

to print his name.

never deep in debt,

all that he could get.

the editor could say.

strength of every clan.

gentus or the crook

the papers overlook.

the ordinary man

a modern play.

Pebruary 10th." "If Acton had a well supplied corporation stone yard, some benefit might be found by making the numerous tramps who daily visit this village, earn their -lödging and meals by breaking stone, instead of getting these free, as at

"There was quite an exodus of Actonans on Priday evening of last week to witness the five-mile skating race betwee: Mr. Dawson, of Scaforth, champlon long distance skater of Western Ontario, and Mr. W. H. Speight, champion of Halton, which took place on the Georgetown Skating Rink, .. Our boy took the lead at the start, and kept it throughout the entile race, winning by 10 yards."

"Mr. Alex. Brenner had his hand badly licerated while operating a roller at the Beardmore Co. tannery."

"The Bell Telephone Co. used 15,000 poles the past year in connecting exchanges, and the plans for the future include a rapid extension."

"Mr. H. P. Moore, editor of this journal, with his lady, left on Monday night with the Ontario" and Quebec Press Associations, on a visit to the World's Exposition at New Orleans, La. They will be away about two weeks."

I have recalled on previous occasions the swing toward the Scott Act at this time as a means of promoting temper- his voice that made Valerie raise her doin' sums." ance. We've had plenty of other acts head, that made her eyes look deep into since that time, but it seems that no his "my mother wore a white organdle sooner is a little ground gained in the dress when she was married! I've heard abolition of the stuff than it is lost Father say over and over again, how again, I'm getting on in years now, lovely she was in it. Not," the young and it looks as if my generation will man's voice was all at once strangely. never see the end of the liquor traffic. thrillingly sober, - not that she could I've been voting a good many years for have looked any more more dear and temperance measures and I'm a-going like an old-fushioned Valentine—than to keep on voting that way as long as you do." I am spared.

Well. I must bing this contribution to a close. Warmer weather just how is my chief desire, but Mary and I have put in a pretty good winter and so far escaped the colds that seem to be going

The papers overlooked him-he. was Exhausted from Asthma. Many who it in his pocket. read these words know the terrible drain He never slipped away from town with upon health and strength; which comes in the train of asthmatic troubles. Many that do not realize, however, that there is one true remedy which will usually stop this drain. Dr. J. D. Kellogg's Asthma Remedy is a wonderful check to this en-Who's the glory of the nation and the ervating allment. It has a countless record of relief to its credit. It is sold So I pay this tribute to him-not the almost everywhere. .

FEEDING HENS FOR FERTILITY AND HATCHABILITY

who seem to be overlooked by the papers Pertility and hatchability of eggs are They do the right thing all the time factors which greatly affect the profits are law abiding and meet their ohligato be derived from hatching operations; tions punctually. They are overlooked While certain suplementary feeds in by the papers but I often wonder what crease fertility and hatchability, tho would happen if there weren't a lot of general management of the nock has these ordinary folks.' After all, they much to do with the results. The breedare the backbone of the country. Ying stock should be in-a good vigorous take off my hat to these ordinary folks. condition and if maximum returns are It takes all kinds to make up a world to be obtained, production must be high! and while they are not mentioned in during the breeding season. pullets are used for breeding purposes, I often think that is where the weekly production should not be obtained at the newspaper fills a particular place in the expense of body weight at any time and world events. It carries these little items the birds should enter the breeding about so many individuals. Little per- season in a high state of vitality. When sonal items that perhaps look small in yearlings and older hens are used for the headlines of the daily press, but breeding, in order to enter the breeding certainly are not as foolish as many of season in a high state of vitality, they the items that secure prominence and must have completed their moult and ridicule in these papers. The home built up their bodies sufficiently to insure town-paper in any community scenus a high production of fertile eggs during bit more friendly and considerate. And the breeding season. High hatchability is also apparently inherited to some extent, so breeders should be selected from prolific families.

At the Dominion Experimental Station, Predericton, N. B., experiments' have been conducted to determine the value of suplementary feeds; such as, cod-liver oil, milk or milk powder and alfalfa leaf meal, when fed to breeding hens. While meeting. The Board was comprised of further investigations are necessary to determine definitely the merits of some W. P. Brown, Thos. C. Moore and Geo. of these suplements, it has been demonstrated that suplements rich in vitamines A and D, of which cod liver oil was knocked down and robbed of \$84 L an outstanding example, are necessary to secure best results. There is also "The O. T. R. authorities are again evidence to show that milk in some form, economizing. They have removed Don- and leafy vegetables or legumes, are ald McLennan from the position of mail beneficial. Besides feeding a properly Woup water bolled almost dry carrier, and added this duty to mose balanced fation, the addition of two per of Mr. S. Laird, the obliging baggage- cent. cod liver oil in the mach, or onequarter teaspoon per bird per day and "Mr. James Moore has disposed of a daily, supply of leafy vegetables or his glove leather manufactory, at the clover or alfalfa leaves, would appear to foot of Elgin Street, to Messrs. William be necessary for best results during the Ramsey, late foreman of the establish- hatching season.



THE VALENTINE PARTY DRESS

(Continued from Page Three)

telepathy that's all, the fact that you did wear it. See-" he was unwrapplng a tissue paper package "ace, I even bought flowers to match the dress!" He was holding out to her a little oldtashfoned Hosegay of moss rosebuds gardenias, and forget-me-nots, set in a

stiff paper frill and tied with narrow white ribbons. Her checks were more scarlet ever as Valerie reached for it. It was like a little old-fashioned wedding bouquet! Her eyes were filled with tears now, but they were not tears of elliberrassment. - She bent her head swiftly above the flowers to hide those tears. As the did so, she heard Roger's voice,

coming to her as out of a mist. "I told you," said Roger, "that I desperutely wanted you to come to this party. I told you that the party was being given for my father and my mother. Well this is my real reason for wanting you to come. Valentine Day happens to be my parents' wedding an- doing it?" niversary, and-" he checked suddenly with an emotion that 'might have been embarrassment, "and I thought it, would be rather wonderful if they met you on their own anniversary. And do you know, my mother-" there was a note in

THE SAMPLE

The golf novice prepared for his shot with the usual elaboration. He addressed the ball, swung with his club, brought it down smack upon the turf. The ball travelled three yards; the turf travelled ten. In no way dismayed; he strode forward and picked up the plece of turf he had displaced. This was as it should be. But everyone gasped when he put

"You mustn't do that, sir!" cried the caddle. "You must replace the turf!". "Nonsensel" replied the novice. "There is plenty left. I'm going to send this to a friend who wants to know what the

PEARLS

the oyster and the oyster goes to work to quarter.

place with the world's precious gems. achievements are due to something Christian a few minutes ago. I carted which you have, as by that which you Christian he is, handing that to a poor

NO PAY NECESSARY

Inquisitive Visitor-"What did father thrash you for just now?" Delected Boy-"He thrashed me for nothin'. Did you think I paid him for

VERY PAIR!

JUST BIDING HIS TIME

wrong, something out of place. An ir- one evening recently, hastily took back ritating intruder is in the anatomy of a coin which he started to give me as a

lessen the irritation by covering the "That's a puk," said he; "some kind of annoying particle with some peculiar a Dutch nickel that I'm stuck with." secretion, layer after layer of it. The I looked at it it, saw it was a half result is the pearl, which holds its own gulden, and gave it back.

"Baving them?" I inquired." . You see the same result in human "Not for long," he said, ominously. " life, very frequently. Some of its finest got that from a good, church-going wrong, comething out of place. Great, him to church, and that's what he ness is measured not so much by that worked off on me, the stiff. A swell overcome. Out of your mastery of that taxt driver when he might just as well which is difficult, come the really valu- dropped it in the collection plate and able results of experience, the pearls of | done no one no harm."-Baltimore Sun.

HOW'S THIS ONE?

his nails. One day in a bus he stared hard at a stout man sitting opposite. "Willie," said his mother, "if you continue to bite your nails you will grow as fat as the man opposite."

Shortly afterwards a very fat woman boarded the bus. Willie transferred his attention from the stout man to her and stared so hard that at last she sald: "You seem to know me, my dear."

"I don't," replied Wille, "but I know what you've been doing."

PALE PEPLESS GIRL BECAME PRETTY

-AND WASN'T SHE PLEASED!

Yt all happened in 30 days! In November the girl was pale, run-down and lacked vitality. Weight subnormal; only 91 1/2 lbs. Her blood, when tested, was found to be low in red corpuscles and lower still in hacmoglobin, the red substance in the red corpuscles.

She was given a 30-day treatment. And what a happy change took

health. Her face rounded out and she became positively pretty.

The treatment-as shown by a second blood test-had greatly in-

creased the red corpuscles and bacmoglobin in her blood, conse-

quently she felt and looked radiantly well. The preparation that

way. We know that the blood carries nourishment and vitality to every part of the body. But unless the blood has a sufficient number of red corpuscles and red colouring substance called haemoglobin.

it cannot carry on its vital work. It is here that Dr. Williams Pink

Pills produce constructive benefits. This remedy increases, in most cases, both the red corpuscles and the haemoglobin. Blood tests

ment with. If your feelings and your mirror tell you that you are

under-weight, nervous, sallow, easily tired out—take this tested remedy. Dr. Williams' Pink Pills, for 30 days, as the girl mentioned above did. Then check up on beauty and health you have gained.

worked these wonders was Dr. Williams' Pink Pills.

She gained nine pounds and her complexion glowed with rosy

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