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ings on request.

I FOLLOW A FAMOUS FATHER

I follow a famous father. His honor is mine to wear: He gave me a name that was free from A name he was proud to bear. He lived in the morning sunlight. And marched in the ranks of right.

He was always true to the best he knew. And the shield that he wore was bright. I follow a famous father,

And never a day goes by. But I feel that he looks down to me To carry his standard high. He stood to the sternest triple, As only a brave man can; Though the way be king. I must never " "WTOOK. "

The name of so good a man; I follow a famous father.

Not known to the printed page. Mor written down in the world's renown whole story. To start we'll have to As a prince of his little age. But never a stain attached him And never he stooped to shame: He was bold and brave, and to me he

The pride of an honest name. I follow-a famous father And him I must keep in mind: Though his form is gone, I must carry

The name that he left behind. It was mine on the day he gave it. It shone as a monarch's crown. And as fair to see as it came to me It must be when I pass it down.

Menu Hints

Recipes for New and Novel Dishes: Household Ideas and Suggestions

PINEAPPLE PUNCHES Pineapple-Rhubarb Punch 3 cups dired rhubarb

1 cup sugar. 1 cup pineapple juice I tablespoon lemon juice

3 cups water

114 cups ginger ale Simmer the rhubarb, water and suga until rhubarb is tender. Strain and cool Add the pineapple and lemon juice, and just before serving add the cracked lea and ginger ale. For 50 servings, multiply

> PINEAPPLE PUNCII 2 cups pineapple juice 14 cup grapefruit juice

I cup ginger ale . 1/2 cup raspberry syrup (If fresh raspberry juice is used

add 3 tablespoons sugar) Mix the ingredients well, put into lee silced orange and maraschino cherries, and crushed ice. For 50 servings, multiply recipe by 8.

ORANGE JUNKET CHARLOTTE

1 package of Orange Junket Powder 1 pint milk

Ludy fingers Raspberry jam

1 egg white 4 tublespoons sugar

Line sides of dessert glasses with lady Displye the Orange Junket Powder in lukewarm milk. Stir and nour into dessert glasses; let stand in warm room until firm. Chill in refrigerator. Serve with topping of meringue made by beating egg white until stiff and adding sugar. Put a little raspberry jam on top of the meringue.

HOME-MADE ECLAIRS-AN OLD PAVORITE

ioned chocolate eclair remains undimmed by the years. This Sunday dessert favo: ite of our childhood is a desserfavorite to-day-a golden brown crisp shell that melts in the mouth, filled with a luscious, creamy chocolate filling. Here it is-another triumph of home-made

CHOCOLATE ECLAIRS.

1 cup sifted cake flour 14 cup butter or other shortening

1 cup boiling water 3 eggs. unbeaten

Bift flour once; measure. Melt short ening in water. Stir flour into rapidly boiling water. Cook and stir constantly until mixture leaves sides of pan in smooth, compact mass. Remove at once from thre. Add eyes, one at a time. Southur only until amouth (20 to 4 seconds) after each. Shape on ungreasod baking sheet, using pastry bag or two bauspoints to make strips 5x1 inches. Bake in hot oven (450 degrees F.) 30 minutes; then reduce heat to moderate .(350 degrees P.) and bake 25 minutes longer. With sharp knife make slit in one alde; insert Creamy Chocolate Filling. Cover eclairs, if desired, with your favorite chocolate frosting. Makes 12.

CREAMY CHOCOLATE PILLING

3 Lauren unsweetened chocolate I cups milk

12 cup sugar 4 tablespoons cake flour

ly teaspoon salt

I egy yolks, slightly beaten I tablespoon butter

1 teaspoon vanilla

Add chocolate to milk and heat h double boller. When chocolate is melted best with rotary egg beater until blended. Combine sugar, flour, and salt; add "gradually to chocolate mixture and cook until thickened, stirring constantly; then continue cooking 10 minutes longer, stir-

ring constantly. Remove from boiling water; add butter and vanilla, and cool, Makes 21/2 cups filling.

Worms feed upon the vitality of children and endanger their lives. A simple and effective remedy is Mother Graves' Worm Exterminator.

It Happened Like

By VERNON DARE

TYHEN news spread around town W that Joo Albers and Peggy Rogers had been secretly married and had left town for a honeymoon that included Cedar Rapids, the whole town

WAS DEOR. What could have happened to Joe's engagement with Cella Winslow? Perhans Cella wasn't quite sure about the whole affair herself. But here's the go back a ways to a conversation between Peggy and Cella, who for many years had been close friends. It happened like this:

"Peggy, you're fost wasting your breath. I simply won't have anything

more to do with Joe." "Well, I think you are acting like a narrow, catty girl. You know very well how much Joe loves you or he

"Then he's got no right to make en-If she is married herself. Joe should or reckless drivers of men obviously wile he was setting with her he went phoning me to say he had made a date for us tonight and hoped I would appear my best to meet his old friend. Well, I won't, so that's that !"

"But, Cella, Marge's husband is nlong. It was just to be a pleasant

"Yes; with me pulmed off on hubby so that Marge and Joe can talk of the dear days gone by. Not for me." Peggy stood up and pulled on her chiffon scarf. "I'm sorry you couldn't have hidden your jeniousy," she said,

"and you've hurt Joe-plenty."--Peggy went home and tried to shake Joe's troubles from her mind and also tried to be fair and impartial as far as Cellu was concerned. She had scarcely arrived at her home before

do anything with her? Well, you've been a swell sport. But here's a question you must say yes to. Will you be Cella for me this evening?" Peggy gasped. "What good would

that do?" "As a matter of fact, Peggy, I don't want Marge to discover that I'm enraged to a girl that won't come around and meet her. She's one of the old gang and it hurts me like the dickthis. It would be spread all over the old home town and people who don't know Cella would have an awful im-

"O. K., Joe, I'll be glad to help you out," sald Peggy. "I'll look my prettlest and you can call for me at seven. I won't fall you."

Marge, and Marge's husband proved most charming and there was not the alightest doubt that they too found

and upturned. She was sincere and apparently much in love with Joe. Joe would have been only too pleased to have had greater possession of Peggy during the evening but Marge's husband saw to it that nothing like that happened. In fact Joe felt something like a thundercloud enveloping him as he watched Peggy and Margo's Amid all the new arrivals in recipe husband having dance after dance to- viduals, students and chauffeurs parti-

> troubled eyes. -"Yoe, Bill is just doing that to tense you and to give us plenty of time to chat. We love each other so much that we couldn't even think of anyone else seriously," Sho put a sisterly hand on his. "Don't be Jealous-Jealousy breaks up too many happy marriages. I think your flances is perfectly charming. And you kee Joo, she doesn't care how much time we spend together. She trusts you-

you must trust her. She's worth It." Joe smiled and returned the pressure of Murge's warm fingers. right. Margo, I'll take your advice and -try-not-to-be-lealous. And since you like her so much. Marge, maybe we'll stop off at Cedar Rapids on our honeymoon and visit you. How's that?"

"Peggy," kald Joe, an hour later

Once more Peggy gasped. "Cella "How will you explain it all? I'm sorry, as personally I think Marco and her husband are both charming company. I wish Diey lived here in the East so that I could see some more of them. I do think, Joe, you might have been a little more thoughtful of and asked her if she wanted to make Western Civilization," recently. the engagement, she might not have felt as she did. You must remember -Colla is a little Jealous but that by

"I suppose you're right, Peggy, but

I'm through with Celia now." "Why the now?" questioned Peggy. "Because, -dear, I love you. there any chance in the world you'll have me?" Joe spoke wistfully. "There must be a chance-I don't think I could live if you are in love with some one else. However," 'he laughed triumphantly as he folded Peggy in his arms, "I'm not going to kick in und I have already promised Murge-you

"Of course we couldn't disappoint Marge." Peggy said happily.

WHAT BOOSTS ACCIDENTS?

The rising tide of accidents that has followed the introduction of beverage rooms in the Province, and the very -direct connection which some of themhave had with beer drinking, is evidently giving some concern to those in authority.

The Hon. T. McQuesten, Minister of Highways, according to a press interstates the increase in fatalities cannot of human depravity should have hit the it country. in fact, the world, Just when a Sunday Pa dident spend a very plus. Succe of the home circle is stimulating. Liberal government has come to power sant Sunday today becur he kep thinking Pathers and mothers are anxious to have

or just nonsense? accurately and in its conventional sig- tomers. nificance. his statement has some basis in fact. The "drunken man" is a minor danger on the highways; the drinking man with one glass or more is a great wouldn't have asked you to marry danger. Presumably, he is busing his did and then she sed to tell whut statement on the number listed in our official records as "drunken drivers." thing that is Burning. If so, he as again a technical basis for in court and with the listing as negligent | the uther pite when the Puse blowed out under the influence of drink, every- and fixed the fuse. body knows that the officially "drunken drivers" represent only a small fraction p includeing me was a going to Prayer of those who endanger public safety on meeting tonite but I and pa diddent want the highways through drink. Speed to go and when pa cum in at support carelessness and self-assertion may each time he Winked at me and then he sed

A remarkable rise in accidents has went to prayer meeting. followed the releasing of liquor in the United Sates. A-marked increase has out if it is so Hard for a Rich man to attended the coming of our new beer enter the Kindom of heaven why it is laws in Ontario. Mr. McQuesten cites so easy for them to get on To the Bord a rise also in Britain. Well Britain of Trustees as with the lowering of the tax on beer ncrewied at once her consumption and her arrests for drunkenness. He ignores these coincidences of freer liquor and greater slaughter, and declares, "The increased fatalities cannot be attributed "Peggy, this is Joe again. You can't to this." This position is contradicted by the finding of the Grand Jury of the current' To:onto Assize which among the primary factors in manslaughter cases "the visiting of estab-Exhments late ut night where liquor is

Dr. Herman Helse, Pathologist of Columbia Hospital, Mllwaukee, ufter an extensive medical investigation has recently stated that ulcohol was a factor in more than 63 per cent. of the uccidents coming under his observation.

During the summer there was reported the results of a careful examination by blood tests of all victims of accidents received at a certain hospital in Stock-There were 283 persons brought and of these 115 showed alcohol in the blood. There were 113 victims of auto accidents and of these 50 or 44 per cent. had alcohol in their blood. While only half of those injured in auto uccidents showed alcohol in the blood, every individual injured by tram cars and every one who had fallen off a vehicle of any sort showed alcohol in

In Ontario industrial and general accidents are increasing. If we had an up-to-date law requiring a proper blood test it would clarify matters both in our courts and in the public mind.

Recently at the Psychotechnical Institute at Copenhagen, with 140 indieffects of a dose of whiskey and soda Marge glanced amusedly at Joe's with an alcoholic content equal to about a pint and a half of English light ale. Four types of tests were used. No. 1 was a test of speed reaction under the visual guidance. The reaction was retarded 0.7 per cent. No. 2 tested the rapidity of reaction following a sound. The increase of reaction time, i. c., the slowing of the movement was on the average 17.4 per cent. No 3 was a test continued concentration of attention. This fell off 35.3 per cent. No 4 involved a somewhat deficate and skillful "manual co-ordination" or hand and movement. The errors were in-

English ale is not very different in alcoholic content from Ontario beer. The beverage room has Inevitably mixed drinking with driving. It would be a miracle, the laws of chemistry and of physiology being what they are, if it could do so without disaster.

From the office of the Ontario Temprance Pederation, Toronto.

HOUSEWIVES SPEAK ARBIC

everyday conversation, said Dr. Henry Parmer when he lectured at Glasgow Celia. If you had telephoned her first. University on "Arabian Influence on wives, for instance, scarcely that when they talk of augur, cotton. damask, taffeta, orange, muslin, lozenge, and perhaps soap and the loofs, they are using Arabic words." he continued. "Men of learning use Arabic continually probably without knowing it. In medicine 'alcohol' and 'alembic' and hosts of other words are pure Arabic, and again, when astronomers speak of the 'zenith' and 'nadir,' and mathematicians of 'algebra' and 'cipher' they are using

> "It is not usually the really inferior people who suffer from an inferior complex. It is more frequently the superior people who are so troubled."-Havelock

SLATS DIARY BY ROSS PARQUHAR

Priday-ma and pa went to a party tonite and pa was very very mutch dis it within a year, the narrator declared pleased becur me made him go and take it would have been easier to succeed a bath and pa cays that when he has to take a Bath on Friday rite it unsets his question was determined to fail. That whole Batheing skediel.

ball with any entelligents. Pa has ben' reeding about the pitchers for the big teems this comeing Summer and Ant est kind of hard work. . be attributed to this." He was in- Emmy has got in her hed that the best clined to attilbute the rise in accidents pitcher in this county is Horace Lip- effort to get as had marks as they do. that have characterized the last year scott becux it seams like he can all ways They have good minds. It would be to "just human depravity.". Why a wave hit the bat with the ball when he throws easier to exercise Them in study than

he does not explain. Is it cause, or effect About the 'Add that was printed yester the young folk do well. In order to day in the paper, where he wirks at. It fail, these boys and girls must sacrifice When Mr. McQuesten speaks of was for a Constructor who wanted to their own ambition and pride and hurt "drunkenness," if he is using the term build a nice Worm house for his cus- those dearest to them, and yet they do

Munday-Little Eloise Hoskins witch teacher ast her to spell PAR and she means and Eloke sed Par means suro

Teusday-Mary Jenkins has quit keephis statement. But with all the quibbling ing Co. with Art Blutch becuz she sed

Wensday-ma enalsted that her and tigure in accidents. Liquor tends to to ma. It is raining, and ma replyed

Thirsday-Joe Hix is a trying to figur

VERY POLITE

Mother: "How do you like your new Prench music teacher, Lena?" Lena: "Oh, he's such a polite man,

mother. When I made a mistake yesterday he said: 'Pray, mademoiselle, why do you take such pains to improve on

DETERMINED TO FAIL

inherited a going business and amashed than to Tail, but the young man in is by no means an unusual case. Saterday-I gess we aint never going greater mistake cannot be made than to get Ant Emmy use to looking at Base to assume that all that is necessary to-

to let them loaf. Moreover, the in-

Some folk would have us think that wrongdoing is terribly easy and rightdoing an uphill climb. would be models.

In every town in every state, If patiently you will but walt, You'll hear the natives proudly say, "Mrs. Rocevelt was here one day."

MR. MICAWBER

and the beautiful budget

"My other piece of advice, Copperfield,"

said Mr. Micawber, "you know. Annual

income twenty pounds, annual expendi-

ture nineteen nineteen six, result happi-

nual expenditure twenty pounds, aught

and six, result misery. The blossom is

blighted, the leaf is withered, the god of

day goes down upon the dreary scene, and

--- and in short you are forever floored.

Take it from Mr. Micawber, or from any

one of thousands who know it for the

there's no way to be so certain of cash as to

Begin to-day! Say to yourself --- so much -

will go for food, so much for rent, so much

for fuel, so much or charity. Stick within

your budget and you'll find it bountiful

One of the very best ways to budget as you

go is to read the advertisements in this

newspaper. Often, as in a parade the good

values of the good stores march before

you. Roast beef or chops for Sunday

dinners, a special style in men's shirts,

the advertisements will help you choose

new drapes for the living-room

them all, and often at a saving!

enough to leave you something over!

truth, there's no friend like cash!

spend within your budget.

As I am!"

Annual income twenty pounds, an-

In a story of a young man who had life and those democratio conditions in

Brown's Drug Store cline. Frequently it calls for the hard-

Pallure is not forced on anybody.

WHITE HOUSE PRAYELLER

"All the English-speaking peoples are entering now upon a fight for their own which they believe."-Stanley Baldwin.

BACRACHES GONE after using RUMACAPS—they give guick



J. Cadesky

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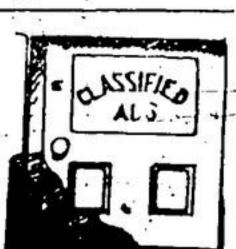
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