

THE WANDERER

Upon a mountain height, far from the sea, I found a shell, And to my listening ear the only thing that...

Flowery Language

By MERLE SINCLAIR

JIM BANNING ripped final copy for the Morning Sentinel from his typewriter and looked wearily at the clock. Midnight.

Menu Hints

Recipes for New and Novel Dishes; Household Ideas and Suggestions

CALL UPON THE LIMA BEAN

Dried Lima beans are now available in cans—so scores of beautiful and delicious Lima bean dishes may be prepared quickly and economically by the Canadian housewife.

CREAMED LIMAS AND ASPARAGUS TIPS

- 2 cups cooked, dried Limas
2 cups creamed asparagus tips
1/2 cup medium white sauce
1/2 cup grated cheese

Prepare white sauce in a double boiler. When cooked, add Limas, asparagus tips and cheese. Cook until thoroughly heated, about 15 minutes, then serve over...

LIMAS CALIFORNIA

- 2 cups cooked dried Limas
2 tablespoons butter
1 teaspoon salt
1 hard-boiled egg
1 cup hot water
1 teaspoon pepper
1 tablespoon chopped parsley
1 tablespoon lemon juice
1 egg, beaten

Heat Limas in a double boiler. Cream butter, add salt, pepper, parsley, lemon juice and beaten egg; mix well, add hot water until creamy. Turn into a hot vegetable dish and arrange sliced hard-boiled eggs over the top and sprinkle finely chopped parsley in a border around the dish.

COLD DRINKS AND DESSERTS

When unexpected company comes and you do not know what to serve for a dessert, purchase your favorite ice cream and your problem is solved.

If the guests are children they will be delighted with a home-made ice cream soda. Use ginger ale, root beer, cream soda or any similar beverage. Into each glass drop a liberal portion of ice cream. Stir thoroughly, and your soda is ready.

A VITAMIN SALAD

"Get your vitamins from fruits and greens," says the doctor. "Get them in dishes that appeal to the taste" is my honest advice. Here is a recipe well worth trying:

ORANGE VITAMIN SALAD

- 4 to 6 small oranges
Lettuce
1 cup grated coconut
1 cup grated carrots

COURAGE

Courage is a sort of armour to the mind and keeps an unwelcome impression from driving too deep into perception.

He that stands bold and strong, is not so easily pushed down. However, when the enemy strikes hard, and a man has a great deal to grapple with, something will be felt in spite of all the bravery imaginable. To bear pain decently is a good sign of inward strength, and an undoubted proof of a great mind.

Miller's Worm Powders attack worms in the stomach and intestines at once, and no worm can come in contact with them and live. They also correct the unhealthy conditions in the digestive organs that invite and encourage worms, setting up reactions that are most beneficial to the growth of the child.

SLATS DIARY

By BOB FARQUHAR

Friday — The Noospaper where Pa works at gave him a pass to a movie which was played in by Otne Harjo, Gretey Garboe and sum umther of the big ladle box offis attractahuns and Pa went to see the show last evening.

Saturday — To me this is the day of the week I like best. No school. No late to chop kindin and peck cole. Sleep till the breakfast dishes are wash and dried. Ft. ball in the p. m. Why not be Mary. Sunday skool is not so hot tho.

Sunday — I and Pa was lawking and Ant Emmy up and says, says she, what the world serius about. I diddent no it could be serius in these dese when wim-min and girls smook and drink like they do. No anser. But later Pa said so nobuddy but I could bere, dummers a noister. Sorta glanshen lord my ant.

Monday — Well, I may not I can bete Charle Grim, manningin a Big leag bowl team. When Hack Stanley hit that 3 bagger to start the ninth I wood of rite away of lifted out Jerkes and french and of insured some buddy to nook that tallie home. If the cuts want a reel manningid I mibe be endocced to let skool go.

Tuesday — Joe Hix dropt over to are house this a.m. and after Joe left Pa said he bleaves Joe is smartern he looks. He woodent halt to be so ofut smart to be that put in Ma. Pa seemed to of got his idee fru Joe remarkin that crime don't pay mebbey but he notises the theaves and robbers get sude for incum lack.

Wednesday — Went to the plicher show and seen the Hare Louis fle plicher. I was a spectatler and sed suchs show dont no place for yung children that dont no nutthin about ften. I replied sed mebbey I sint no Xpurt but I have leant that "hiten a guy on the fist with your face all the time doant bring hoam no chiampen ship.

Thursday — Old age penthens cum up for discehens as my famby was at befruct this a. m. today. Mebbey I got the rong chint but it seemed to me that Pa started it to get something on Ant Emmy. He not her wood the skeept hern-wid sed the wood if old enuf but she was still a spring chicken. Yes said Pa. Spring of sixty 6. Then he laffed and nudged me. I dident get it.

TOURIST TRAFFIC ON INCREASE

The growing movement of tourist travel between Canada and the United States reflects the friendly and understanding relationship existing between these two great countries.

Windsor Ontario, led all ports in the Dominion in the number of automobile tourists entering from the United States, last year. Here they come by bridge, tunnel and ferry, and the present tourist season is proving the busiest ever experienced at this port.

At the port of Niagara Falls traffic over the three international bridges continues to show a steady increase. During the period July 1 to August 15 foreign cars entered 20,815, under travellers' vehicle permits 1,515, and for periods up to 48 hours 350,681.

IMPULSES

Each of us has his generous impulses. Just having them, and giving them little encouragement, simply as impulses perhaps ought sometimes to be counted unto us for righteousness. It is quite conceivable, at any rate, that if we didn't have them at all we would be poorer specimens of humanity than we are.

NOTE

Customer—I wish to buy an appropriate gift for a bride—something timely and striking.

Merchant—"How about a clock?"

THE CRATE FEEDING OF POULTRY

Modern methods of production have so simplified poultry raising that it has become an every day article of diet. That it has not become so lies mainly at the door of the producer.

There are two principal methods of finishing, pen feeding and crate feeding. The former method is generally used for turkeys and waterfowl, the latter for chickens of all ages, although some feeders follow the practice of pen feeding for a couple of weeks and then "finish" in crates. Batteries are commonly used in intensive plants, but for ordinary farm use crates are equally satisfactory and are inexpensive, as they can be readily constructed by anyone who is handy with saw and hammer.

The quarters where the birds are to be "finished" should be dry, cool and well ventilated, and the birds should have quiet and freedom from excitement. The general purpose of crate feeding is to produce the best quality of meat.

How the birds are fed is equally as important as what they are fed. Heavy feeding at the start will often result in the birds going "off their feed."

Our markets demand a light colored skin, consequently, these feeds that tend to produce this should be favored. Fortunately our home grown grains are just what are needed.

For full information on the making of fattening crates, and the feeding, killing, dressing and grading of poultry write to the Publicity and Extension Branch, Department of Agriculture, Ottawa, for a copy of the bulletin "Preparing Poultry Produce for Market," or write to your nearest Experimental Farm for information on specific questions.

SCOTCH VACATION

Hank—"Going on a motor vacation this Summer?"

Frank—"No, I'm going to take a Scotchman's vacation—stay at home and let my mind wander."

PLAYING SAFE

Prisoner—"There goes my hat. Shall I run after it?"

P. O. Casey—"And not come back! No. You stay here and I'll run after the hat!"

THE PLOUGHSHARE OF PEACE

Following the trail of Canadian-made farm implements and machinery exported from the Dominion constitutes a generous lesson in geography. At the present moment, the one geographical spot to which all eyes are turned is Ethiopia, and although little thought is being given to Isaiah's vision of the time when "they shall beat their swords into ploughshares and their spears into pruning hooks," that is exactly what is being done.

A study of the map will show that Ethiopia is surrounded by Canada's barrows, seeders, and ploughs, even as far as the confines of the vast continent of Africa, from Morocco in the extreme north-west to Port Said in the north-east, down to the farthest south in Cape Town. While munitions of war are being piled up around Ethiopia, the latest consignments of Canadian-made agricultural implements are making their peaceful and beneficent entrance into contiguous countries.

France, Egypt, and the Anglo-Egyptian Sudan on the north and north-west; into British Somaliland on the east, while in the south virtually a solid phalanx of Canadian ploughshares studs the continent throughout Kenya Colony, once called British East Africa; the Belgian Congo, Rhodesia, Portuguese South Africa, and British South Africa. Not only in the countries of Africa but in those of Europe Asia, North and South America, and in the outlying outposts of the world whose shores are laved by the waves of the seven seas, Canadian farm implements and machinery find their way.

SUCCESS

He has achieved success who has lived well, laughed often, and loved much; who has gained the respect of intelligent men and the love of little children; who has filled his niche and accomplished his task; who has left the world better than he found it, whether by an improved penny, a perfect poem, or a rational soul; who has never lacked appreciation of earth's beauty; or failed to express it; who has always looked for the best in others and given the best he had; whose life was an inspiration, whose memory a benediction.

BEETLES PRODUCED FROM AIR

That he can produce beetles, birds, flowers, snakes and liquids from the air is the claim of Lajos Pap, a Hungarian carpenter, whose uncanny powers have puzzled doctors and scientists throughout Europe. He recently underwent a series of experiments at the International Institute for Physical Research, South Kensington, England.

"Which is a strange thing," he said, "many of the animals I have produced from the air are living in various museums in Budapest." Dr. Vándor Fordor, honorary research officer of the Institute, said he had seen Lajos Pap produce 32 live beetles from the air at a meeting in Budapest. "He has to be in a complete trance to do it. He produces the beetles by snatching at the air. Every precaution was taken to see that there was not the slightest possibility of the exhibit being a fake."

NOT GOING TO HELP

Son—"Say Dad, that apple I just ate had a worm in it, and I ate that too." Parent—"What? Here, drink this water and wash it down." But Junior shook his head. "Aw, let 'em walk down."

ORDER ROOFING NOW

Advertisement for Eastern Steel Products Limited, featuring RIB ROLL and GABLE LAP roofing materials. Includes contact information for Preston Ont., Montreal, and Toronto.

J. Cadesky

Advertisement for J. Cadesky, Optometrist, offering eye examinations and contact lenses. Located at 135 Mill Street, Acton.



The Shortest Thing in the World

No, not a gnat's eyelash, nor a mosquito's whisker—PUBLIC MEMORY.

You may have been in business for fifty years and the people know about it. But they forget—new customers are being born every minute and they grow up and have to be told.

A Note to Merchants

Unless you keep telling them by Advertising what you have to offer them, the fellow who has only been in business fifty weeks, and who advertises intelligently will prove to you the truth of it.

You Must Tell Them to Sell Them

Wise mothers who know the virtues of Mother Graves' Worm Extirminator always have it at hand because it proves its value.

Business Directory

Medical directory listing Dr. J. A. McNiven, Dr. E. J. Nelson, and Dr. W. M. G. Cullen, L. M. C. C.

LEGAL

Legal directory listing Harold Nash Farmer, M. A., and Kenneth M. Langdon.

DENTAL

Dental directory listing A. J. Buchanan, D. D. S., and P. W. Pearen, D. D. S., L. D. S.

VETERINARY

Veterinary directory listing Dr. A. G. M. Bruyns and Dr. E. N. Harrop, B. V. Sc.

MISCELLANEOUS

Miscellaneous directory listing Francis Nunan and F. M. Eagleson.

GENERAL INSURANCE

General Insurance advertisement listing services like Life, Fire, Health, and Accident insurance.

Fred L. Wright

Advertisement for Fred L. Wright, Acton.

CLASSIFIED ADS

Advertisement for The Door of Opportunity.

The Door of Opportunity!

These Small Ads will Open the Door to Whatever You Are Seeking