

A VALENTINE

What can I send you, for old Winter's reign? Snowflakes are flying past my window pane; Bare the friendly wildwood, gone the budding blossom; Sad the empty meadows and the winding lane.

Yet are memories fadeless, pretious beyond telling; Friendship links together days of shade and shine; Some of May's soft laughter and the Summer's glory; These I offer, take them, for a Valentine.

—Alex. Thorn.

Menu Hints

Recipes for New and Novel Dishes; Household Ideas and Suggestions

NUTRITIOUS CHEESE FOR LUNCHEON OR SUPPER

During National Cheese Week an appeal was made to the people of Canada to take a personal interest in the great cheese industry as developed in the Dominion and to form the habit of using more of this high quality dairy product in the home.

VEGETABLES WITH CHEESE SAUCE 3 tablespoons butter 3 tablespoons flour Salt and pepper 1 1/2 cups milk and vegetable water 1/2 or 3/4 cup grated cheese

SUGGESTIONS FOR SERVING VEGETABLES WITH CHEESE SAUCE

Asparagus Arrange asparagus on buttered toast in individual servings. Pour cheese sauce over the asparagus and toast, leaving the tips of the asparagus uncovered.

Peas When cheese sauce is cooked add peas and beat thoroughly. Serve on buttered toast.

Spinach Add 2 hard cooked eggs, chopped in medium sized pieces to spinach. Mix with cheese sauce and serve on toast or pile spinach on toast and pour cheese sauce over the vegetable.

Brussels Sprouts Place cooked sprouts on buttered toast. Pour cheese sauce over the sprouts and serve hot.

CORN AND CHEESE CASSEROLE

1 cup corn 1 cup bread or cracker crumbs 1 cup grated cheese 1/2 teaspoon salt 1/2 tablespoon melted butter 1 teaspoon Worcestershire Sauce 2 tablespoons chopped green pepper or pimento 2 eggs 2 cups scalded milk

POTATO CHEESE SOUP

2 cups mashed potatoes 1 cup grated cheese 2 tablespoons melted butter 1/2 cup milk 2 eggs 1/2 teaspoon salt 1/2 teaspoon white pepper 1/2 teaspoon mustard

MACARONI, TOMATO AND CHEESE

1 cup macaroni, spaghetti or rice 2 cups canned tomatoes 1 slice onion 3 tablespoons butter 3 tablespoons flour Salt and pepper 1 teaspoon Worcestershire sauce 1 cup grated cheese

THE OLD MAN OF THE BIG CLOCK TOWER



THERE IS ROOM AT THE TOP

They say the professions are crowded. By seekers, or offered, or bread. That the members are pushing each other.

As close as their footsteps can tread; But he not discouraged my brother, Nor suffer exertion to stop. Though thousands are pressing around you.

Be true to thy love and thy country— The dearest who never a prize; But the earnest are ever the victors; And he on justice relies— Who wins the good question by labor— Will garner sweet rest as his crop.

Just another poem from an old scrap book. Written years ago, but just as appropriate now as when penned.

Proceeding up Mill Street the other day I was reminded of an incident of that thoroughfare of nearly fifty years ago. In those days the local doctors were the dentists for the community as far as the aching molars were concerned.

On the occasion in question a lad—who is now one of the prominent citizens of Acton—called upon Dr. McGarvin at his drug store to have an aching tooth "out". It was a dull afternoon and the Dr. took the lad to the open door, the better to see which tooth.

In the place where Tony Seynuck's cafe now stands there was a house in which Mrs. Wilds and her two boys lived. On Saturdays Jim and George had wood to cut and of course it was easier to cut it with the other fellows to help.

Common constipation is largely due to insufficient "bulk" in meals. You fail to get your internal exercise. Millions of people have found that Kellogg's ALL-BRAN supplies soft "bulk" with satisfactory results.

Tents in nutrition laboratories demonstrate that the "bulk" in ALL-BRAN can be used with the utmost confidence. Naturally, those few individuals with diseased or highly sensitive intestines should not take "bulk" in any form—either in leafy vegetables or in bran.

school the store's errand boy would be in the warehouse getting supplies of sugar. The sweetness was tempting and many a good-sized lump of that splendid muscavado went from the big hoghead to the hand of a blue-eyed Acton maiden.

In 1872 the Symon's business was purchased by D. D. Christie and David Henderson, of Milton, and continued in the family with occasional changes for 45 years. During that time various firm names prevailed: Christie & Henderson, Nelson, McTao & Co., Henderson & McTao and Henderson & Co.

The building across the street was erected by the late James W. Mann a former clerk of the Symons'. He conducted business there for a number of years and then removed to Guelph. Various business men followed and then the late J. B. Pearson bought the property and improved it. He was followed by Johnstone & Co. and later Morris Saxe opened a store there, had a fire and then veneered the building with brick.

Well, I am driving up Mill Street rather slowly, but really when I get thinking of the old days, events of great or less importance crowd upon me. It looks as if it may take me a month or two to get up to the Grand Trunk Railway, where I first saw the old wood-burning "Bullfinch" crossing Mill Street on the newly completed line, over eighty years ago.

After Effects Mable—"Were there any unpleasant after effects to your wife's operation?" Jasper—"I'll say so. She's still talking about it."

A GOOD SYNONYM Professor of Botany—"Give me a more eloquent rendering of the sentence: 'The sap rises.'" Student—"Sure. 'The boob gets out of bed.'"

PREVENT DANGERS OF CONSTIPATION\*

"Bulk" in ALL-BRAN Is Gentle in Action Common constipation is largely due to insufficient "bulk" in meals. You fail to get your internal exercise. Millions of people have found that Kellogg's ALL-BRAN supplies soft "bulk" with satisfactory results.

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Unlike cathartics, ALL-BRAN is natural in its action—nor does this food lose its effectiveness with continued use. Within the body, it absorbs moisture and cleanses the intestines, promoting normal and healthful elimination.

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STRANGE NESTING PLACES

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Yet a naturalist told a Press Association reporter that in his opinion crows hid the record for audacity. "One crow chose the crows' nest of a tramp steamer, St. Grangemoath, for its home," he said.

Next to crow the naturalist gave the rook second place. "Two years ago," he said, "I remember seeing a rook's nest at the top of the spire of the Congregational Church at Edgimouth, South Devon, the nest of twigs poised perilously on a slender ornament at the peak of the spire."

Swallows on the other hand, showed their habitual wanderlust even in the choice of strange nesting places. One pair built their nest in the railway post office van between Traunstein and Ruhpolding, in Upper Bavaria, and flew ahead of the train to collect food for the family meeting it later at the destination.

A sparrow, after boldly building its nest on a ship's mast at Yarmouth, then went for a voyage to Hamburg. But the pluckiest of all it a Willy Wagtail, which built a nest at the end of a sleeper on the track over which the flying Scotman thundered daily.

TEMPTATION

To resist temptation once is not a sufficient proof of honesty. If a servant, indeed, were to resist the continued temptation of silver lying in a window as some people let it lay, when he is sure his master does not know how much there is of it, he would give strong proof of honesty. But this is a proof to which you have no right to put a man. You know, humanly speaking, there is a degree of temptation which will overcome any virtue.

PLEASANT DEED

Friend—"Well, Junior, what good deed have you done to-day?" Junior—"Mother only had enough cash for one of us children and I let sister take it."

EASY MONEY

Two young Irishmen in a Canadian regiment were going into the trenches for the first time, and their captain promised \$1 for every one of the enemy they killed.

Pat lay down to rest while Mike watched. Pat had not lain long when he was awakened by Mike, shouting, "They're coming! They're coming!" "Who's coming?" shouts Pat. "The enemy," replies Mike. "How many are there?" shouts Pat. "About 50,000," says Mike. "Begorra," shouts Pat, jumping up and grabbing his rifle, "our fortune's made."

JUST CURIOUS

"Beg your pardon, but what is your name, sir?" the hotel clerk asked. "Name?" echoed the indignant guest who had just signed the register. "Don't you see my signature there?" "I do," answered the clerk. "That is what aroused my curiosity."

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BEHOLD the stranger! A stranger moves to your neighborhood. You observe him tolerantly, but with no immediate display of interest. You are an established resident, getting along very nicely before he came. But you do not avoid him. For reasons not entirely unselfish you wait for him to reveal himself. Possibly he may add something to your social and business life. Possibly he will take a highly respected place in the community. He may even become one of your intimates. It is up to him. So you note his manners, talk with him, and form an opinion. If he comes up to your requirements, you accept him, and often he proves a welcome addition to your group of friends. It is with exactly the same attitude that the intelligent newspaper reader regards the advertisements of products new to him. These strangers may add something to his civilized enjoyment. They may contribute to his comfort, safety -- even his success. In many ways they may prove valuable. Certainly it is wise to give them careful consideration. Read the advertisements in this newspaper. They may be the means of introducing you to products that will take important places in your life. And every day they will give you information that enables you to buy intelligently and make your money go farther.

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