A VALENTINE

What can I send you, for old Winter's Snowflakes are flying past my window Bare the friendly wildwood, i gone the nodding blossoms: Sad the empty meadows and the winding lane.

Yet are mem'ries fadeless, precious bevond telling. Priendship links together days of shade and shine. Bome of May's soft laughter and the Bummer's glory, These I offer; take them, for a Valen-

-Alex. Thorn.

Menu Hints

Sectors for New and Novel Dishes; Household Ideas and

Buggestions

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 healthful habit of using more of this high quality dairy product in the home. After having the merits of cheese brought to their attention, no doubt, many Canadian homemakers are already planning to serve more cheese during these winter months, particularly in hot lungheon and supper dishes, such as the following recommended by the Milk Utilization Service of the Dominion Department of Agriculture.

VEGETABLES WITH CHEESE SAUCE

·3 tabhapoons butter 3 tablespoons flour

Salt and pepper 14 cups milk and vegetable water

114 or 1/2 cup grated cheese

1 No. 2 can vegetable or 214 cups cooked vegetable

Make sauce of butter, flour, seasonings, milk and vegetable water. When thickened add grated cheese and allow to melt in sauce.

SUGGESTIONS FOR SERVING VEGE-TABLES WITH CHEESE SAUCE

Arrange asparagus on buttered toast in individual veryings. Pour cheese sauce over the asparagus and toastleaving the tips of the asparagus uncov-

Cauliflower Break cooked cauliflower into flowerlets. Arrange on toast in individual servings. Add 3 tablespoons chopped green pepper to cheese sauce. Pour over cauliflower.

When choose sauce is cooked add pers and beat thoroughly. Serve on buttered Bpinach

Add 2 hard cooked eggs, chopped in medium sized pieces to spinach. Mix with choese sauce and serve on toast or plie apinach on toast and pour cheese that thoroughfare of nearly nity years sauce over the vegetable. ago. In those days the local doctors Brussel Sprouts were the dentists for the community as

Place cooked sprouts on buttered toast.

Pour cheese sauce over the sprouts and serve bot

CORN AND CHEESE CASSEROLE

I cup bread or cracker crumbs I cup grated choese

14 tempoon salt I tablespoon melted butter

1 teaspoon Worcesbershire Sauce I tablespoons chopped green pepper

2 eggs

Combine all ingredients except eggs across the street, looking on, declared and milk. Beat egg yolks and add with it was "as good as a circus" for them. the milk. Fold in stiffly beaten egg whites. Place in a buttered baking dish and oven-poach in a moderate oven (350 which Mrs. Wilds and her two boys lived. bed'." degrees P.) until firm-about 40 minutes. On Saturdays Jim and George had wood

POTATO CHEESE BOUPPLE 2 cups mashed potatoes

1 cup grated cheese

2 tablespoons melted butter

15 cup milk

3 eggs 14 teaspoon salt

11 teaspoon white pepper 16 teaspoon mustard with boys so well, cut a new loaf into generous Mix grated chease thoroughly notate. Add milk and melted butter slices buttered it with gilt-edged dairy and seasonings and beat with a slotted butter, and distributed the slices among

spoon until smooth. Add yolks of eggs the lads. In a trice Ward Lightheart's well beaten (until thick und lemon portion had diappeared. He sidled up colored) and fold in whites beaten until to the open-kitchen door and exclaimed. stiff. Turn into a well buttered baking | "Mrs. Wilds, that new bread and butter dish and bake 40 minutes. Serve with a was bully," I believe I could eat anvegetable, such as peas, beets, or as- other piece." Needless to say another supply was promptly forthcoming for all. MACARONI. TOMATO AND OHEESE

I cup macaroni, spaghetti or rice

2 cuns canned tomtages

I alice onion 3 tablespoons butter

3 tablespoons flour ·Salt and pepper

1 teaspoon Worcestershire cauce 1 cup grated cheese

old-time whiskey went into the celiar Cook macaroni, spaghetti or rice in of what was, in those early days, called bolling salted water until tender. Drain | "The Glasgow House," in company with through a sleve or colander. Pour water barrels_of molasses and vinegar. Back through the cooked cereal to separate in the sixtles Charles and James Symon .

bought the Beazle property and bust-Simmer tomatoes with the onion for ness. Mr. Charles Symon was the father 10 to 15 minutes. Strain. Melt butter, of the late James Symon, who conducted add flour and seasonings. Add strained a hardware store in Acton for some tomato and cook, stirring constantly, years, and passed away about a year ago. until sauce thickens. Place a layer of They did a large business. 'Acton was cooked macuroni, spaghatti or rice in then the centre of a big lumbering bustbuttered baking dish. Cover with sauce ness, and the Symons store supplied and aprinkle with gritted choose. Repeat groceries, etc. In those days sugar came until dish is full, finishing with a layer in great hogsheads, holding half a ton or grated choose or equal parts of grated gr, more. 'The, hogshead was opened in cheese and bread crumbs. Bake in a the warehouse and the daily supply carmoderate oven (378 degrees Publichhelt) ried to the augar box behind the grocery until cheese is melted or crumbs are counter in the store. Often when the boys and girls were returning home from browned.

the warehouse getting supplies of sugar. The sweetness was tempting and many a good-sized lump of that splendid muscavado went from the big hogshead to they have built a nest in the pocket of the hand of a blue-eyed Acton malden, or into the pocket of a venturesome boy of half a century ago, by the medium of Joe Dickson, or Jack McRae or some other of the Symon's store boys. Naturally the route past the open warehouse

THE OLD MAN

POST OFFICE

THERE IS ROOM AT THE TOP

They say the professions are crowded

But be not discouraged my brother.

There is plenty of room at the top.

Be true to thy love and thy country-

The dastard wins never a prize;

But the earnest are ever the victors:

Who wins the good guerdon by labor-

That there's room enough at the top

Will garner sweet rest as his crop, And find, as the hills sink below him,

Make pure thine own conscience.

In sanctum, or office, or shop,

appropriate new as when penned.

Nor mind what the rest are about

But there's always room at the top.

Proceeding up Mill Street the other

day I was reminded of an incident of

far as the aching molars were concerned.

The only treatment given was to extract

them. On the occasion in question a

lad-who is now one of the prominent

citizens of Acton-called upon Dr. Mc-

Garvin at his drug store to have an

aching tooth "out". It was a dull after-

hoon and the Dr. took the lad to the

open door, the better to see which tooth.

The forceps were placed and with a

mighty yank the boy standing there was

relieved of the molar and an agonized

yell simultaneously. Three or four lads

In the place where Tony Seynuck's

cafe now stands there was a house in

to cut and of course it was easier to cut

it with the other fellows to help. One

day, the story goes, they had Al. Nicklin,

George Hynds, Henry Moore and Ward

Lightheart, all of whom have since pass-

ed on, helping with the wood. It was

"haking day" for Mrs. Wilds, and in

the middle of the forencon the batch of

newly-baked bread came from the oven.

Generously this mother, who understood

The lot now occupied by Elliott Bros'.

general store, Kenney 'Bros', shoe store

and Hinton's store, was originally bought

from the Adams' estate by Mr. Benzle-

He built a store on the corner and a

warehouse where the Hinton store is,

In those days the stores kept both dry

goods and wet goods. Many a barrel of

Nor suffer exertion to stop.

And he on justice relies-

Oh! let not evil disturb you.

. By seekers for fame and for bread;

As close as their footsteps can tread:

school the store's errand boy would be in

door was popular with the school kiddles. The two lots opposite, now occupied by the vacant Beardmore store and ware house and Mr. Norman McLaod's residence and H. N. Parmer's law office and residence, were occupied in those days with a beautiful flower and vegetable garden, presided over by Mrs. Symon, in which much of the work was done by "Uncle Jimmie" in his leisure moments. Mrs. Secord and Mrs. Symon constantly vied with each other as to who could produce the most attractive results in their beds of flowers.

In 1872 the Symon's business was purchased by D. D. Christic and David Henderson, of Milton, and continued in McRae and Henderson & Co. When Mill | polding, in Upper Bavarla, and flew ago, the Messra. Henderson rebuilt and family meeting it later at the destinimproved the premises. It was gutted ation. by fire from burning rubbish in the yard, twenty years ugo, and rebuilt again. In 1917 Conway & McLean purchased the business. Mr. Conway retired after two tears, and Mr. Cecll Mills took his interest and Messrs, McLean & Mills conducted the business until Mr. Mills' death, when Mr. Malcolm McLean con-Unued, as McLean & Co., until his death. about four years ago. In October of that year, Messrs. Elliott Brod., of Comber. purchased the old established business and conduct there, a splendld general

The building across the street was erected by the late James W. Mann a former clerk of the Symons'. He con-That the members are pushing each ducted 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 pro-Though thousands are precising around perty 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. Several Jowish store keepers also did business here. A couple of years later the Robert Noble estate purchased the property; then Beardmore & Co. purchased the building and conducted a co-operative procesy store. When this store discontinued business, Jas. Symon There's good if you but march it out, moved his hardware store there and conducted it until his death, and this year the Symon store was moved to the fine And whether your work may have fallen new building further up the street.

Well, I am driving up Mill Street Remember the low grounds are crowded, rather slowly, but really when I get thinking of the old days, events of great-Just another poem from an old scrap er or less importance crowd upon me. book. Written years ago, but just as 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 woodburning "Bullgines" .crossing Mill Street on the newly completed line, over eighty

AFTER EFFECTS

Mable-"Were there any unpleasant after effects to your wife's operation?" Jasper-"Ill say so. She's still talking

A GOOD SYNONYM

Professor of Botany-"Give me a more eloquent rendering of the sentence: "The

Student-"Sure. "The boob gets out of

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Two tablespoonfuls of this deliclous cereal, served with milk or cream, are usually sufficient. Enjoy it also in cooked dishes. "

Help your family keep well. Serve ALL-BRAN regularly for regularity. Sold by all grocers. Made by Kel-

logg in London, Onturio. "Constitution due to insufficient "bulk"

STRANGE NESTING PLACES

Two starlings hold pride of place at present in plucky bird nesting. Together a scarécrow erected recently to frighten birds from a cherry orchard in Surrey.

Yet a naturalist told a Press Assocattion reporter that in his opinion crows held the record for audacity. crow chose the crows' nest of a tramp steamer, St. Grangemouth, for its home." he said. "Now the pied crows in South Africa have taken to use wire for tving their nests to the tops of electric poles, eccording to a discovery by Ernest Warreff of the Natal Museum. This is because of the shortage of trees."

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

Swallows on the other hand, showed the family with occasional changes for their habitual wanderlast even in the 45 years. During that time various firm choice of strange nesting places. One names prevalled: Christle & Henderson, pair built their nest in the railway post Nelson, McRue & Co., Henderson & office van between Traunstein and Ruh-Street was widened, over thirty years ahead of the train to collect food for the

A sparrow, after boldly building its went for a voyage to Hamburg.

But the plucklest of all it a Willy Wagtall, which built a nest at the end of a sleeper on the track over which the Plying Scokman thundered daily.

TEMPTATION

To resist temptation once is not sufficient proof of honesty. If a servant, indeed, were to resist the continued temptation of allver lying in a window as some people let it lay, when he is sure his master does not know how man. You know, humanly speaking,

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 there is a degree of temptation which will overcome any virtue. Now, in so far as you approach temptation to a man, you do him an injury, and, if he is overcome, you share his gullt.-Dr.

PLEASANT DEED

Friend-"Well, Junior, what good deed inve you done to-day?' Junior-"Mother only had castor oil for one of us children and Y let sister take It."

EASY MONEY

Two young Irishmen in a Canadian for the first time, and their captain promised \$1 for every one of the enemy

Pat lay down to rest while Mike watched. Pat had not lain long when he was wakened by Mike, shouting, "They're

coming! They're coming!" "Who's comin'?" Shouts Pat.

"The enemy," replies Mike. "How many are there?" shouts Put. "About 50,000, says Mike. "Begorra," shouts Pat, jumping up and

grabbing his rifle, "our fortune's made."

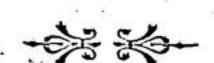
JUST CURIOUS

-----"Heg 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 enough you see my algusture there?" "Y do," answered the clerk. "That is what aroused my curiosity."



You can't be careless with colds. They can quickly develop into something much more serious. At the first sign of a cold take Grove's Brome Quining Grove's has what it takes to stop that cold quickly and effectively. At all Drugglas, Ask for Grove's They're

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

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.

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