

COURTESY

How sweet and gracious, even, in common speech, is that fine sense which men call courtesy...

Menu Hints

Recipes for New and Novel Dishes; Household Hints and Suggestions

SURE AND THEY'RE IRISH, TOO

By Barbara B. Brooks

March 17th is the day when all good Irishmen tell the world just how Irish they are...

Those of us who must be thinking about food on great days as well as on others throughout the year...

In Ireland potatoes saved the race from famine; on early sailing vessels raw potatoes kept crews from dying with scurvy...

What is it in potatoes that makes them such an important food? First of all they are tubers or root vegetables...

It is through the foods of vegetables that minerals are absorbed from the earth, and potatoes, like all root vegetables...

These elusive vitamins in food which we now know as vitamins are present in potatoes, as in all growing things...

A stuffed baked potato is not necessarily, but adding sliced cooked vegetables to the stuffing will be news and the welcome change for many people...

Old fashioned stewed potatoes with salt pork do not make a party dish but the recipe is worth reviving along with other favorites of the oldsters...

For some of our very best recipes we start with cooked meat but plain left-overs when made into patties, hot potato balls are banquet fare...

Your Home Medicine Chest—Among the standard household remedies that should always be on hand in your home medicine chest, none is more important than Dr. Thomas' Electric Oil...

ONE ANSWER

The kindergarten teacher was telling her class about the canary bird. "Can any little boy tell me what a canary can do that I can't?" she asked.

THE OLD MAN OF THE BIG CLOCK TOWER



BE UP AND DOING

Wants not time in idle pling, In life's hive, be thou no drone; From the sluggish take thou warning...

Life is short, be up and doing, Sow the seeds of thrift and care; Watchful be, also alert, pursuing, Steal from these thy harvest fair...

And now to resume my memories of Mill Street incidents of "yo olde days." The store next Brown's drug store, now occupied by Harry Mainprize for a barber shop...

Some old residents will remember Charlie Manders and his drug store. Charlie was one of the kind that "know it all." He was quite a dandy in the matter of his dress...

The next building, now occupied by B. D. Rachlin, was erected by the late W. H. Storey, Acton's first Reeve, and the founder of the Canada Glove Works...

By industry and the manufacture of first-class goods he built up a large trade. In 1888 he commenced making sheepskin harvest mitts as an adjunct to his business...

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great sorrow to the head of the business that Fred died six years later. Over fifty years ago the present commodious factory on Bower Avenue was built...

After the glove business left the original premises the harness business was resumed there. J. F. Matthews, H. Matthews and W. H. Gordon were in that business there. Later bakery businesses were conducted by C. Simons and Hurford & Chisholm...

The store now occupied by Carroll's grocery was originally the rear addition of the glove factory moved to the front. This was done after John Arthur bought the property. He kept store for a time, and John P. Worden had a barber shop upstairs...

The corner lot occupied by the Johnstone block has a history. This was the home of Ransom Adams, a bachelor descendant of the original Adams. He was a sharp business man keen in making money and some used to say, "Not overly scrupulous" as to how he did it...

The Old Man

Wife and experienced mothers know when their children are troubled with worms and lice no time in applying Miller's Worm Powders...

ITS PURPOSE

Roomer: "I like this room, but the view from the window is rather monotonous." Landlady: "Well, of course, this is a rooming house, and not a nightseeing bus."

Canadians Smoking More Cigarettes | Fewer Cigars—Drinking More Beer

Advertisement for Kelllogg's All-Bran cereal, featuring a cartoon illustration of a man eating cereal and a woman talking to him.

Tastes of the Canadian public change with the times. Old habits fade as others are revived. Such indulgence in the chewing tobacco and smoking pipe are on the decline...

By WILFRED EGLESTON, General Press Canadian Writer, Ottawa, Feb. —Canadians are drinking more beer, are consuming more whiskey and brandy and other spirits...

and the tobacco grower are benefitting by the larger sale. 500 Days a Year for Everyone The withdrawal of cigarettes from bond for consumption was 14 per cent greater in 1934 than in 1933...

These trends and changes in the social habits of Canadians are revealed in the excise taxes collected on these commodities, gathered up by production figures obtained by the Dominion Bureau of Statistics.

Canadian use of cigarettes appears to be increasing quite sensationally, although it is difficult to say whether or not that of the apparent gain is not due to the fact that fewer cigarettes are being smuggled from the United States...

Two tablespoonfuls daily are usually sufficient. ALL-BRAN is much more effective than part-bran products. Avoid disappointment—get Kelllogg's ALL-BRAN at your grocer's...

"Constipation due to insufficient 'bulk.'" Kelllogg's ALL-BRAN supplies gently acting "bulk" which corrects the cause of common constipation. This "bulk" takes up moisture, forming a soft mass which helps to cleanse the system.

ALL-BRAN gives your body the regular internal exercise it needs to prevent sluggishness. ALL-BRAN also furnishes vitamin B and iron. Careful studies on men and women have shown that this delicious cereal is perfectly satisfactory. Serve ALL-BRAN regularly for regularity, with milk or cream—or use in cooking.

Two tablespoonfuls daily are usually sufficient. ALL-BRAN is much more effective than part-bran products. Avoid disappointment—get Kelllogg's ALL-BRAN at your grocer's...

Any Time is Tea Time "SALADA" TEA

CROSS WORD PUZZLE

Crossword puzzle grid with numbers and some filled-in letters.

ACROSS 1—Using few words 2—An Italian monk invent. ed present musical notation 11—Appearing as if gnawed 12—Swedish coin 13—Skinned 14—Flesh of a calf 15—Functious timber 16—A body of trained churchmen

DOWN 1—Since 2—Fulshood 3—Synod for cabal 4—Feminine name 5—Macculine 6—Coquetish 7—A color 10—A canton in Switzerland 11—Compass point 14—Feminine name 15—Useless 16—"To go astray" 17—A dead 18—Oath 19—Soft part of any fruit

Word search puzzle with words like TOSS, DRAW, STONE, etc.

Business Directory

DR. J. A. McNIVEN Physician and Surgeon Office and Residence—Corner Bower Avenue and Kigin Street.

DR. E. J. NELSON Physician and Surgeon Electro Therapy Phone 21

DR. WM. G. CULLEN, L. M. C. C. Physician and Surgeon Office Hours—1-4 and 7-9 p. m.

KENNETH M. LANGDON Barrister, Solicitor, Notary Public

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The Acton Free Press PHONE 174

