#### COURTESY

How sweet and gracious, even, in common Is that fine sense which men call court-Wholesome as air and genial as the light, Welcome in every clime as breath of flowers.

It transmutes aliens into trusting friends, And gives its owner passport around -James T. Fields.

#### Menu Hints

Recipes for New and Novel Dishes; Household Ideas and Buggestions

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 and one great-great grandmother from Erin makes an Irishman even though all the rest of the ancestors came from other lands.

Those of us who must be thinking about food on great days as well as on others throughout the year, can at least approach our meal planning with a holiday spirit. With the legend of Saint Patrick and the problem of food in mind at the same time it is natural to think of potatoes. There is something Irish for you and something we can well give attention.

In Ireland potatoes sayed the race from famine; on early sailing vessels raw potatoes kept crews from dying scurvy; in the ploneer diet of meat, potatoes and bread, potatoes were the balanc-

What is it in potntoes that makes them such an important food? Pirst of they are tubers or rock vegetables in which nature stores the food for new plants that will sprout from them. That means that starches are present because growing plants (just like growing boys and girls) need plenty of starchy energy foods. The young plants need little protein too for building new cells and this is provided in the potatoes.

It is through the roots of vegetables that minerals are absorbed from th earth, and potatoes, like all root vegetables, are rich in these dictary essentiaus. When we eat potatoes, these minerals form combinations which are alkaline ufter they get into the blood. That is why potatoes help to keep the system in balance in the meat, potato and bread dlet in which meat and bread break down into acid and potatoes into alkaline com-

we now know as vitamins are present in shop, is one of the oldest stores in town potatoes, as in all growing things. The It has been tenanted by many business important vitamin is B although there men and many businesses. My memory is some G and a little A. There is a goes back to the time when William good amount of vitamin C but this L Pirstbrook, the futher of the Pirstbrook easily destroyed by heat and we lose Brothers, who have large business innearly all of it when we cook potatoes. terests in Toronto, kept store there. us that in honor of St. Patrick we shall a skie-line of ground bone for fertilizsay nothing about why we should cook ing. The bones were gathered largely potatoes with the skins on or in some by the boys in town. I recall over sixtyway so as not to lose the liquids in which live years ago gathering bones on a Satthey are cooked. Let's save that for an- urday and taking them in pails to Mr other time and just enjoy ourselves by Pirstbrook and receiving my pay our Yrigh potatoes.

certainly, but adding diced cooked vego- the average lad. It was perhaps fortuntables to the stuffing will be news and a ute that there were no movies and ice welcome change for many people, Diced cream cones tempting us. Mr. Pirstcarrols and freshly cooked green peas brook ground the bones with a plant he mixed with mashed baked potato and had installed ingen old saw mill at the stuffed into the shells for a final heating mill dam just below where the waste in the St. Patrick's Day dinner. You lumbering interests and made his office can use other combinations for other in the store. Later Mr. McBain kept store

occasions. pork do not make a party dish but the Charlie was one of the kind that "knew recipe is worth reviving along with other it all." He was quite a dandy in the favorites of the oldtimers. Use about one matter of his dress, and his springservings. Brown the salt pork in the that his toes just peeped out. Kelly bacon is substituted for salt pork in the Acton Citizen's Band and erstwhile baserecipe add a little more sait.

start with cooked potatoes. Yesterday's Robb. Milligan. About fifteen years ago mathed potatoes may be just plain left- the property was purchased by Jas overs when made into pattice, but potato Pairbanks, who conducted his bakery balls are banquet fare. Chop a few nut business there. He remodelled the premmeats such as blanched almonds or brazil ises completely and later sold his businuts. Mix with scattened mashed pota- ness to Thos. Watton, of Grand Valley. toes. Form into small balls and dip first The next building, now occupied by into beaten egg and water and then into B. D. Rachlin, was erected by the late potatoes or other casserole recipes.

scalds, cuts, brukes and sprains.

#### ONE ANSWEE

her class about the camery bird. cahary can do that I can't?" she asked. A hand went up.

"All right, Marvin." "He can take a bath in a saucer."



BE UP AND DOING

Prom the sluggard take thou warning Or his fate may prove thine own. Opportunities once wasted Muy not come to thee again; and a lifetime spent bewalling · Pill the measures of thy pain.

Life is short, be-up and doing, Sow the seeds of thrift and care; Watchful be, else sloth, pursuing, Steal from thee thy harvest fair. Hide not in the earth thy talent, Add unto it day by day;

Gainst the fatal hour that cometh When the reckoning thou must pay And now to resume my memories Mill Street incidents of "ye olde days." The store next Brown's drug store, now. occupied-by Harry Mainprize for a barber Those clusive properties in food which shop, and Thos. Watson for a bakery Speaking of cooking polatoes reminds was a sort of general store but he ran planning some interesting ways to serve candles from u-jar on the shelving on the east side of the store. Money for A stuffed baked potato is not news candles was scarce in those days with

here. Some old residents will remember Old fashioned stewed potatoes with sait Charlie Manders and his drug store. quarter cup of diced sait pork for four bottomed trousers covered his boots so bottom of a stew pan. Pare and cut Bros. conducted a big dry goods and potatoes in thick slices. To the fried general business here and so did Gurney pork and the fat add the potatoes and Bros. Before their day, however, Stewart just barely cover with water. Simmer & Hill had a tin and stove business until the potatoes are tender and until there. Charlle Dean ran a harness busithe water has nearly dissippeared. If note as did also Jake Domptoy (he of

ball fame). T. H. Rolston ran a meat For some of our very best recipes we business, as well as E. W. Grace and

crushed corn flakes. Pry in deep hot fat W. H. Storey; Acton's first Reeve, and (about 380 degrees P.) until brown. The the founder of the Canada Glove Works. corn flakes give a fluffy appearance and He came to Acton about 1866 and opened a rich toasted flavor to the balls. For a saddlery and harness business here. these same reasons crushed corn flakes By industry and the manufacture of are perfect as a topping Yor au gratin first-class goods he built up a large trade. \ In 1868 he commenced making sheepakin harvest mitts as an adjunct to his Your Home Medicine Chest .- Among business. The demand grew to great the standard household remedies that that he soon disposed of the harness should always be on hand in your home business and give his whole attention to medicine chest, none & more important gloves and mitti. He made a specialty of than Dr. Thomas' Eclectric Oil. Its buckskin gloves and his staff of employees manifold usefulness in relieving pain and grew to a considerable number. It was healing sickness is known by many thou- about this time that the glove shop was sands throughout the land. Always use popularly called "The Buckskin Acad-Dr. Thomas' Eclectric Oil for relieving emy" by the young folks, and the Public rhemuatic and sciatic pains, treating School "Little Tahnery." After a few sore throats and chests, coughs, burns, years Mr. Storey took in the late Jus. Moore us a partner and the firm name was W. H. Storey & Co. Addition after addition was made to accommodate the growing business; the Storey residence The kindergarten teacher was telling was built in the next block, and the former residence utilized for offices and "Can any little boy tell me what a storerooms. In 1875 Mr. Moore retired and went into glove leather tanning and Mr. Bitorey's oldest son, Pred was ad-

mitted to partnership, and the firm hame

became W, M. Storey & Son. It was a

great sorrow to the head of the business came down on a special train, with a that Pred died six years later. Over hand fire engine. This was, the day fifty years ago the present commodious .Quelph celebrated it's inauguration as a factory on Bower Avenue was built, and city. Mayor Chase was also chief or to now one of Acton's major industries, the fire brigade. The chief and his men and conducted by Mr. H. T. Arnold and had been celebrating all day and natur-

original premises the harness business An Acton bucket brigade succeeded in goods and millinery store here, and then considerably. when B. D. Rachlin took over the prem-

The store now occupied by Carroll's Esquesing, bought this property and it grocery was originally the rear addition was here that Dr. A. C. Elliott, of Edof the glove factory moved to the front, monton commenced his career. Dr. P. This was done after John Arthurs bought J. R. Porster, of Stratford, also practhe property. He kept store for a time, ticed with the Ransom Adams house as and John P. Worden had a barber shop his residence. For years it was a locular upitairs. Noble's flour and feed store saying among the people of Acton when followed, with Frank Harris and W. J. making a purchase on credit of any Humphries as managers. E. S. Rice then commodity, "Oh, just charge it to Ranhad a grocery store and John R. Liv- som." The late William Johnstone finingstone and Mrs. Jennie McDougall, ally purchased the property and erected feed store in these premises for a time, houses the furniture and undertaking The building also became the property business of Johnstone & Rumley and the of Mr. Starkman, who remodelled it and fancy goods store of Miss K. Roszell and made a modern store, with apartment, a commodious residence unstairs. The was erected last summer and is a fine outgrown the quarters on Mill Street modern hardware store. It was on this in the Beardmore store. site that Acton's first movie was built! Next week I will give some reminisby the late Wm. Johnstone and operated cences concerning the next block or by Morris Saxe and later H. S. Holmes. Mill Street, in which one of the tracic Here came the illustrated songs and events of Acton's history was enacted. the shows that could be seen for a nickle. R. L. Gregory was the operator of the movie there until he had the fine new

further. The corner lot occupied by the Johnstone block has a history. This was the home of Ransom Adams, a bachelog when their children are troubled with descendant of the original Adams'. He worms and lose no time in applying was a sharp business man keen in mak- Miller's Worm Powders, the most effecing money and some used to say, "Not tive vermifuge that can be used. It is overly scrupulous" as to how he did. He absolute in clearing the system of worms bought wood, made contracts with the and restoring those healthy conditions G.T.R. for fuel, bought and sold horses, without which there can be no comfort ran a livery, "shaved" notes and loaned for the child, or hope of robust growth. money to anyone who wanted it if the It is the most trustworthy of worm exterinterest or discount offered was at a minators. sufficiently high rate. He had not much of generosity in his make-up. The story is related that when a comparatively young man he boarded in a certain home in town at \$5.00 per month. The eldest child of the home attracted him, and he often took him upon his knee when in the house. One day a streak of liberallty came over him. He looked at the little lad on his knee; took a penny from. his pocket; looked again at the child, but finally replaced the coin in his vost pocket. The miserly unirit was thus early

implanted and prevailed. His blg barn, which was later removed to Mr. Jas. R. Ramshaw's farm on Main Street, was an attractive centre for horsemen and traders in junk, old harness, buggles and wagons. Some said a bly gallon whiskey jug in the granary. -ulways kept well filled-was a peculiar attraction to a certain class of visitors.

In those days there was usually plied on-the commons where the shoe factory, Gibbons' house and north of Mill Street back of Bell's tavern; and south of Church Street, where the Williamson, McBain, Kirkness, Mooney and Masters properties are, the year round, two to three thousand cords of hardwood. On the night of April 12th, 4879, fire broke out in the piles south of Church Street, It made an immense conflagration and threatened to spread into the town. Guelph's fire brigade was wired for and

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in cooking. Two tablespoonfuls daily are usually sufficient. ALL-BUAN is much more effective than part-bran products. Avoid disappointmentget Kellogg's ALI-BRAN at your grocer's. Made by Kellogy in Lon-

don. Ontario. "Constitution due to insufficient "bulk."

ally in those days were hardly in condi-After the glove business left the tion for effective fire-fighting. ....

was resumed there. J. H. Matthews, H. mastering the fire, after some 500 cords Matthews and W. H. Gordon were in of dry beech and maple had been conthat business there. Later bakery busi- sumed. Ransom's loss of over a thousand nesses were conducted by C. Simons and dollars was complete for he never wasted Hurford & Chisholm. L. Starkman then money on insurance. The last days of commenced a general store here, with the old man were pathetic and terribly marked success. He remodelled the painful. He died of cancer at the root whole building during his occupancy and of his tongue. W. H. Storey and D. W. made a modern store of it. It was first Campbell were his executors. His assets operated as two stores. Mr. Starkman were over \$60,000, a considerable sum at sold his clothing store to Mr. A. Reesor, that time but over \$40,000 of this was in and later M. Swartz conducted a store notes, many of which were outlawed or here. Miss Galbraith conducted a fancy disputed, so that the estate shrunk very

The late Donald Mann succeeded him ises, he made the store into one large and inherited quite a block of his proestablishment and conducts a clothing perty. He had been a faithful employee for years. The late John T. Elliott, of H. Lindsay conducted a flour and the attractive Johnstone block, which The Symon store, next, is the latest building was erected by Mr. Johnstone pullding to be added on Mill Street. It to accommodate the business, which had

theatre constructed down the street

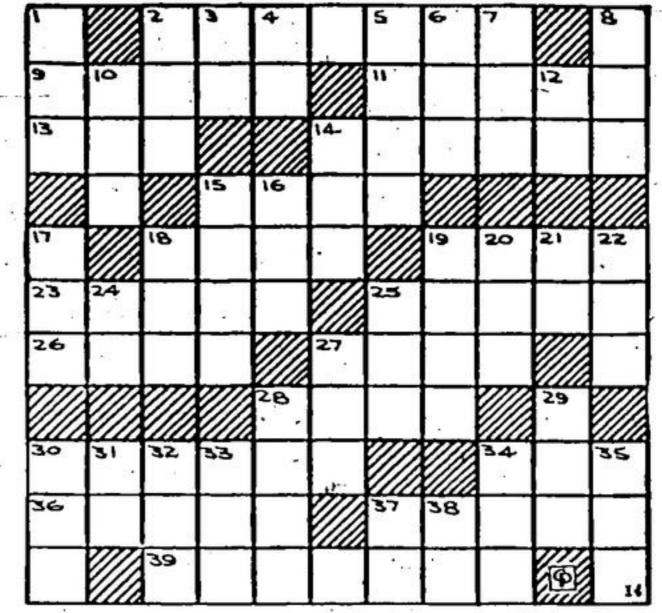
Wise and experienced mothers know

#### ITS PURPOSE

Roomer: "I like this room, but the view Landlady: "Well, of counce, this is a rooming house, and not a sightseeing

# Any Time is Tea Time

#### CROSS WORD PUZZLE



**ACROSS** 

1-Using few 25-Rage 26-A subdivision 27-Brick bak-

notation 28-Profound 30-An Island at 11-Appearing as if gnawed of New York 13-Swedish coin 14-Skinned 15-Flesh of a calf 34-Wing-like 18-Fluctuate

19-Vegetable ham Young college. Utah timber 37-Constructs 22-A body of trained church 39-A beginner

#### DOWN

1-Since 2-Fulschood 1-To-prefix 12-Compass 4-Symbol for

· · · nama 6-Masculine name 7-Coquettish

16-Unoless Doob A-YI 18-An oath 19-Soft part of any truit

20-A vake 21-Negative reply 22-Connecting

und Slam 24-Expression · to attract attention 25-Expression of disgust

10-A canton in Switzerland 14-Fomining cobalt 5-Feminine

hame 16-To go matray 28-A tooth of a IS-A kind of m

30-Cunning isthmus be-31-In the direction toward \$2-Mature 13-To treat bld 34-Skill 35-Solicit 37-Fourth note

of the scale \$8-Upon



## 27-Know (Scot.)

### Canadians Smoking More Cigarettes Fewer Cigars—Drinking More Beer

More liquor consumed, less chewing tobacco and snuff



Tastes of the Canadian public change with the times. Old habits fade as others are revived. Such indulgences as "chawing" tobacco and dipping souff are on the decline. Even eard playing is losing its appeal. On the other hand, people are smoking more rigarettes and drinking more beer. The trend of these hubits is gauged through tax figures revealed by the Dominion Bureau of Statistics.

My WILFRID EGGLESTON . Central Press Canadian Writer

Ollaws, Feb. -Canadlans are smoking more clyarottes, are drinkwhiskey and brandy and other spirits. But they are tirinking less They are consuming less snuff and at a remarkably level figure, alcomplete recovery.

These, trends and changes in the

social habits of Canadians are revealed in the excise taxed collected on these commodities, belstered up by production figures obtained by in early 1932 the government used the Dominion bureau of statistics. Canadian use of cigarettes appears to be increasing quite sonentionally, although it is difficult to say whether or not part of the apparent gain-is not due to the amuggled from the United States. In 1937 the sale fell off so seciously that the proposal was made that the excise tux should be cut, to make civarettes cheaper. Instead of 20 for 25 cents they were made availsult, to-day, the sale has increased spirits, or the use of bootleggers' able at a cent a piece. As a veso much that in spite of a tax of products has been curtailed sharply \$4 per thousand instead of \$6 per or both. The department of nathousand, the government is making more from cigarette revenue now than they were then. And

, and the tobacco grower are benefit-1 radically changed in the past two ting by the larger sale.

800 Fags a Year for Everyone cent. greater than in 1933. To come to exact figures, Canadians smoked

Canada is also on the rise. Back on spirits. This was reduced to \$7 a gallon in October of that year ther reduced to \$4 a gallon. The alm was to circumvent the bootlegger, by making legitimate whiskey and other spirits cheaper. So well did it succeed that the government is collecting as much revenue on the \$4 a gallon basis as they did three or four years ago when it was \$9 a gallon. Either tional revenue is not able to say exactly.

Cigars Less Popular of course, the tobacco manufacturer! The tax on beer has been so some areas.

years that an exact comparison of The withdrawal of cigarettes lowered, and that the gross revenue But from the fact that the tax was ing more beer, are consuming more from bond for consumption was received from taxes is as high as 14 per cent. greater in 1934 than it was before, the excise departin 1933. In 1935 it was 21 per ment concludes that the consumption of beer has gone up.

There is no doubt about the replaying cards in Canada remains about 4,822,200,000 cigarettes in 1934 duction in the smoking of cigara and last year this was stepped up Being a sort of prosperity baromto a total of 5,304,800,000 cigarettes, eter, the government expected that three years ago followed by almost This works out, the statisticians as times improved the revenue say, to about 500 cigarettes for from this item would advance. But every man, woman, child and new- they fell off very sharply in the born baby in the-country every years leading up to 1932, and they have never recovered to anything like their old levels. The consumption of spirits in

As for playing cards, the government collected taxes in 1931-32 to collect \$9 a gallon excise tax on about 2.010,000 packs of card-The following year this fell with a thump to 2.070,000. The next yes: In March, 1935, this was still fur- to 2,480,000 and this year the figures to date suggest that that about 2,600,000 packs will be withdrawn throughout the country. These figures are for fiscal years, which end

wines has been declining. Las. the people are consuming more year it collected about a quarter of a million dollars from its excise taxes on this product. This fiscal year the tigures to date indicate not more than \$200,000. The official explanation is that with chear :: beer and cheaper spirits, the cae of wine has gone out of favor in

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