MARCH

In the dark silence of her chambers low, March works cut sweeter things than mortals know. Her noiseless looms ply on with busy Weaving the fine cloth that the flowers Cut of a bit of aky's delicious blue She fashions hyacinths, and harebells, And from a sunboam makes a cowslip

Or spins a gown for daffolids to wear. She pulls the covers from the cirus beds, And bids the sleepers lift their drowsy She marshals the close armies of the And polishes their green blades as they

And all the bloss ms of the fruit trees Are plied in rosy shells about her feet. -Within the great alembis she distils The dainty odor with each flower fills. Nor does she err, and give to mignonette The perfume which belongs to violet

What matter, then, that wild the Marchwinds blow? Bear patiently her lingering frost and For all the sweet beginnings of the spring Beneath her cold brown breast lie flut-

Menu Hints

Recipes for New and Nevel Dishos: Household Ideas and

IF MARCH COMES IN LIKE A LION By BARBARA B. BROOKS

Whether it's in like a lion and out like a lamb, or the other way about, there is still March weather to contend with. Old Man Winter may be retreating but he keeps up a fighting front and we can expect repeated attacks

during March. We must, therefore, be wary and look to our defences. Our front line is the physical state that is frequently called "abundant good health." It implies good health with a reserve for maintain-

ing It. This reserve is built with an adequate dlet, exercise, fresh air, rest. These essential; are easily obtained in summer time but can be secured winter only with careful planning. Toward the end of winter our lapses begin to show up and March may find us with a lowered resistance for winter's last sallies. This is no time to relax in meal planning. Essentials can't be left to chance, we must know that each day's menu supplies. .

1. At least 1 pint for each adult and I quart for children. 2. Citrus fruit tomato juice or generous servings of other fresh raw fruit

or vegetables. 3. Two vegetables in addition to pota-

4. Meat, rish, fowl, eggs or cheese. 5. Yaxative foods such as bran or whole grain cereals, leafy vegetables and

6. Cereak, starches and sweets to complete the energy requirement for the She just makes 'em over for Bill. Here are two Murch menus balanced

by the rules for an adequate diet. BREAKPAST

Prunes with Orange Blices Corn Plakes Whole Milk · Crisp Bacon Cinnamon Coffee Cake Milk or Cooos for Children

Baked Sweet Potatoes Bran Muffins

TANCHEON

Apple and Celery Balad - DENNER Tomato Julos.

Beel Heart with Cornbread Stuffing Mashed Potatoes and Gravy String Beans Bread

. -- Raw Carrot and Cabbage Salad Butterscotch Pla Milk for Children Coffee

BREAKFAST Bran Flakes Whole Milk

Pinnan Haddle in Cream Milk or Cocoa for Children LUNCHEON

Bean Chowder Paprika Crackers Mixed Green Salad Hot Blacuits Baked Apples Cream . Milk . ..

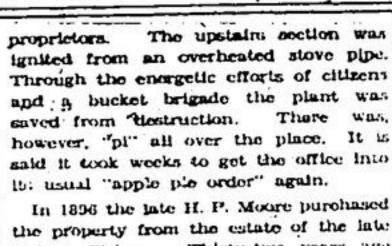
DINNER Pickled Melon Rin Cubed Steak Mached Turnips and P. tatoes Haked Onlone Butter perty Six years later, William Gran'. Refrigerator Bran Rolls Bread and Jelly Puddln.:

(made with bread which has been

tpread with butter and jelly) Fisher, of Erin. Mr. Fisher moved Mr. Milk for Children Grant's shop from the John Street side When a mother detects from the writh- of the lot to the Mill Street frontage. ings and fretting of a child that worms Here he opened a tinware and stove are troubling it, she can procure no ship, with Sam Clarke as apprentice. better remedy than Miller's Worm Pow- He conducted it two or three year; and ders, which are guaranteed to totally then sold the business to Thomas Stewart

expel worms from the system. They and James Hill. They removed the may cause vomiting, but this need cause business in the winter of 1870 to the the unxiety, because it is but a manifes, store new occupied by Thomas Waston tation of their thorough work. No worms, as a bakery. In 1870 The Park Parks can long exist where these Powders are plant was removed to this building from

even if you never open them or read a It was rather incipient, though the damsingle word."-Sydney Smith.



THE OLD MAN

HEST OFFICE

FAMILY FINANCIERING

They tell me you work for a dollar

such pay?"

tunks to out.

him to get on.

grown out of date.

My wife makes 'em over and gives

"And when little Joseph can wear 'em

"And when for Young Bill they no longer

She just makes 'em over for Ned, who is

"So, you see, if get enough clothing for

The family is furnished with clothing

He has thrown it aside, what do you do

And begin to use it for patches for Petc."

to properties on the north side of Mill

Street, we'll take a jump across to the

south side again. The lot at the corner

of Mill and John Streets was first sold

out of the Adams' subdivision by Ruth

Adams, widow, to Ann McKenzie, widow.

The same year the property came into

the possession of John Hogate, who was

a merchant on Main Street in those early

The following members were interested

in the dispute: Charles F. Adams; Wil-

tham Glass and Mary Glass, his wife;

Joseph F. Adams, Lucinda R. Adams

Charlotte Adams, Wilbur F. Adams,

Harriet E. Adams, Agnes M. Adams and

Abigail E. Adams. In 1868, the tiff-

widow of John Scott, purchased the pro-

wagon maker, and Acton's first constable

after ine riporation, baight the property.

the old Post Office building.

In 1874, Mr., Grant sold to Robert

The next year this paper had the

age was serious enough to the young

having been confirmed, Emily Sc.tt.

days. In 1852 he sold this lot to Angu-

Kennedy, who was a carpenter here.

-Prom an old copy of "Christian at

Petc.

is four.

the clothing, and when

with it then?"

In 1896 the late H. P. Moore purchased Robert Picher. Thirty-two years ago THE PREE PRESS plant was removed to the old Baptist Church, on Elgin Street, for the summer, while the present fine home of Acton's Local paper was erected. An addition was added twenty-five years ago.

It was from the old Pure Parss build ing that Rev. Dr. Moore went to enter the ministry. He had been the editor for several years, and has since occupied the highest positions in the church.

Nine years ago this month the late H. P. Moore retired from THE PRES PRESS and his interests were purchased by the present editor, Arlof Dills, and about a year ago he purchased the build-

The next two lots are occupied by the Methodist Church. It has been a common saying for years that Tire Park Press has naturally taken a high moral position because "It lives under the caves of the sanctuary."

cessful special services in the old frame church on Church Street, where a large | ways. With the extensive municipal the officials and postor of the church Scotland, there should continue to be a came to the conclusion that a new churen. good demand for timber in this market. was sorely needed. The congregation Glasgow has a program of 4,000 houses endorsed the proposal and these two lots a year for some years to come; Edinwere purchased. Plans for the new church were promptly prepared. On the 17th September of that year the corner stone was laid by the late David Plewes. of Brantford, who was one of the early members when he operated the flour mill at the foot of the street. Ell Enyder

was the contractor. He was a member of the church and made a fine job of the church bulding. Rev. J. C. Stevenson was the paster at the inception of How is it you clothe your six boys on the movement to build the new ediffice. Rev. Geo. W. Cavert was pastor when "I know you will think it concelled and the opening took pace on July 1st, 1876. Rev. Dr. Ives, of New York, who was But I do it because I'm a good financier.

famous divine for opening churches in all parts of the continent, was engaged There's Petc. John, Jim and Joe, and half-dozen boys to be clothed up and to preach the opening sermons and solicit subscriptions toward the debt. preached eloquent sermons, people had "And I buy for them all good plain vic- crowded the church, and he succeeded so it was reported, in raising the entire But clothing-I only buy clothing for amount of the debt-in promises. It is said to be a fact, however, that it was When Pete's clothed are too small for not until about forty years ago that the last mortgage was discharged. This was not the only church in Acton opened by Dr. Iva: "with the debt all provided for." "When for John, who is ten, they have but with eath debt the trustees struggled She just makes 'em over for Jim, who is for years. Sixty years ago this coming June this church was opened for divine worship. Its history of pastors, members When for Jim they become too ragged and God-honoring experiences would fill u volume. Rev. Dr. E. Milton Morrow 15 She just makes 'em over for Joe, who is the present pastor, and is as greatly be-

loved as any of his predecessors. A butcher shop occupied the easterly corner of the lot, with Bob Dickey as the proprietor, in 1875. The corner lob barned by Miss Mamle Masales, was the home of her parents, Mr. and Mrs. William Massles. There they were both called home. This house was: think built by a Mr. Graham, a teacher. Ho had a little store in front. It had a number of tenants in the early days. oyster perfor in the front rooms. This was the first place where cysters were Bladder Weakness publicly served in Acton. The late Prin-"Why, once more we go round, the circle cipal and Mrs. Stewart and their two eldest children, Marguerite and Elsie lived here when they first came to town. Mr. N. P. Moore and family also lived here for some time. Miss Masales and After spending several weeks in re- Mr. and Mrs. Thomas Halley now reside

counting reminiscences of events related there. Next week we'll move farther east on this somewhat notable thoroughfare, and continue to call up events of auld lang URATABS formula at once!



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He liked showing off, and thought that the occasion of his dining with some friends at a restaurant would be a suitable one for exhibiting his talent. "Waltah," he called, in a swaggering voice, "bring me some verulam and

The waiter departed to execute tha order, but there was algulficant gleam About 15 minutes later he returned

with a plate of ham and eggs. "Bacon and eggs, sir!" he exclaimed. "In orderinary English it would be shilling, but in classical language it costs half a crown. 'Let the punishment no the crime,' as we used to say at Oxford! Anything else, alr?"

SCOTLAND USES MUCH LUMBER

The largest single contract ever placed in Canada for timber for Scotland was that in connection with the Lennox Castle Mental Institution of the Clasgow Corporation, now nearing completion. The Institution comprises between fifty and sixty buildings in which more than half of the "carcassing" is made up of British Columbia Douglas Pir. Pifty edge-grain, has been used for flooring thousand square yards of the same wood, in addition to 30,000 yards of Canadian In the year 1875, after a series of suc- birch, according to the Industrial Department of the Canadian National Railmber of new members were received, housing schemes that are under way in burgh, 1,060 and other cities in propor-

SUSPICIOUS

Gentleman rider ut village store: "I want some shorts for my horse." Country girl: "Oh, you do, do you? Next thing I suppose you'll want a brasshere for your cow."

DINNER STORIES

THEY'RE EDUCATED Tourist (in Yellowstone park): Those Indians have a blood-curdling



WHAT, NO SUGAE? Tramp: Could you spare me something for a cup of coffee? Scotsman: Hoots mon! D'e think I carry lumps of sugar around ...

Druggist Tells "But when Ned has got through with Y am cure, George Stoddard opened an Easy Way To End

my pockets?

Quickly Rolloves Daily Preliation and Gotting-Up-Nights No matter what your age may be, how long you have been troubled or how many medicines you have tried without success -if you are a victim of Bladder Weakness and Urethral Irritation, causing days of troublesome annoyance and nights of broken rest—you should try the splendid value of the Dr. Southworth

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NOW! NOW!

Eloping Bride-Here's a telegram from

Eloping Groom-What does he say? Eloping Bride-Don't come home, and all will be forgiven.

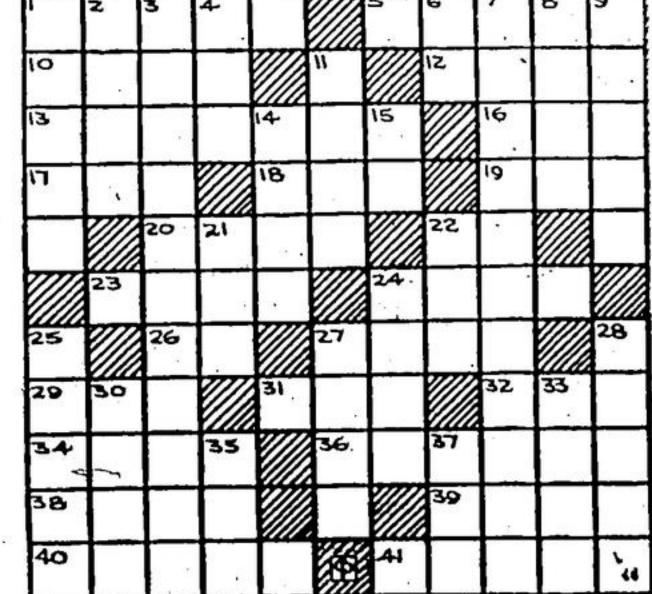
It Bids Pain Begone.-When neuralgia racks the nerves or lumbago cripples the back is the time to test the virtues of Dr. Thomas, Eclectric Oil. Well rubbed in it will still the pain and produce : sensition of case and rest. A trial of it will establish faith in it.

HIGH COMMISSIONER VISITS MINES



Canada's high commissioner in England, Hon. Vincent Massey, is shown above with Mrs. Massey as they prepared to descend a coal mine near Cardiff. Wales, where the Masseys have been visiting.

, CROSS WORD PUZZLE



ACROSS 1-Tilts the 26-Personal 'bronoun TT-Political K-A firearm convention (Rust)

10-A scent 13-A car for carrying coal 20-Lyric Boem to pit mouth \$1-Soft cushion on an ani-18-Threatened 16-Employ 13-Bind

17-Yand Man A saucy girl messured 36-Capital of 18-Bushy Japa. heed plant 13-Veminine

pronoun 20-Abates 13-Near 11-Water

34-A telegram (colleg)

40-Wide awake 41-Prickly pears DOWN

1-Btates of un. consciousness .- Nouter 8-River in 7-Dofoat Germany whip-1-Hesult

\$5-Heavy staff To notch an

tion mark

of West

Indias

15-Performs

25-Azalat

24-Walk

11-Omnibus

BONFIRE BUILTYYOURE

Malay Pen. 9-Emir 4-Peninsula 11-Marrice connecting

Baskatche-

wan, Ont

14-Largest island 28-Pails to bold

30-The face of a

\$3-Chief of Pers

during Span-

ish Conquest

bining form

87-Booth African

antelope

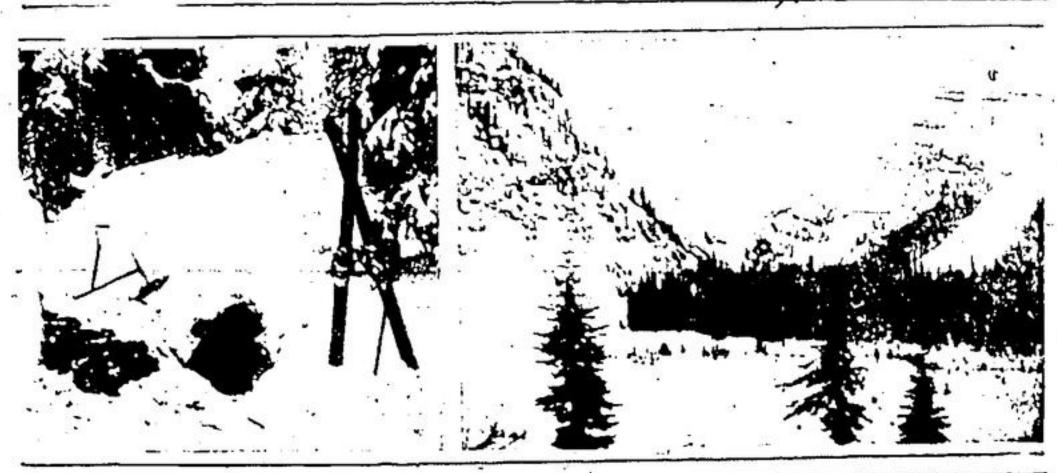
cleck

BS-Dry-com-

ANTEATERS

Grizzly Gulch Scene of New Gold Rush

Blam and



eastern British Columbia are alert For a year prospectors have been There is a good trail from Waterthis spring as news drifts out of operating in the region, and while ton to Wall Lake and a fair pack the Grizzly Gulch country of a solid veins of quartz have not been trail over the divide and into the discovery of gold. In fact, Grizzly found, some good-looking samples Flathead, However, the now-fangled Gulch promises to be a new Eldo- of gold-bearing quartz have recent- operator who travels by aeroplane rado as prospectors prepare to pack ly been brought from the Gulch will be out of luck, for it is reinto the region which lies in the Assays are reported reassuring, ported there are no landing places Flathead region of B.C., just across Eighty or more claims have been in Grizzly Gulch, shown ABOVE.

the border from Wall Lake in staked and filed at the mines RIGHT. At LEFT is prospector's

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