

MARCH

In the dark silence of her chambers low, March works out sweeter things than mortals know...

THE OLD MAN OF THE BIG CLOCKTOWER



Menu Hints

Recipes for New and Novel Dishes; Household Hints and Suggestions

IF MARCH COMES IN LIKE A LION

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...

We must, therefore, be wary and look to our defenses. Our front line is the physical state that is frequently called "abundant good health."

This reserve is built with an adequate diet, exercise, fresh air, rest. These essentials are easily obtained in the summer time but can be secured in winter only with careful planning.

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

Here are two March menus balanced by the rules for an adequate diet.

BREAKFAST

- Prunes with Orange Slices, Corn Flakes, Whole Milk, Crisp Bacon, Cinnamon Coffee Cake, Milk or Cocoa for Children.

LUNCHEON

- Baked Sweet Potatoes, Scrambled Eggs, Bran Muffins, Butter, Apple and Celery Salad, Milk.

DINNER

- Tomato Juice, Beef Heart with Cornbread Stuffing, Mashed Potatoes and Gravy, String Beans.

BREAKFAST

- Orange Juice, Bran Flakes, Whole Milk, Toast, Finnan Haddock in Cream, Milk or Cocoa for Children.

LUNCHEON

- Bean Chowder, Paprika Crackers, Mixed Green Salad, Hot Biscuits, Honey, Baked Apples, Cream, Milk.

DINNER

- Pickled Meats, Beef, Cubed Steak, Mashed Turnips and Potatoes, Baked Onions, Refrigerator Bran Rolls, Butter, Bread and Jelly Patties.

When a mother detects from the writhing and fretting of a child that worms are troubling it, she can procure no better remedy than Miller's Worm Powders...

"No furniture is so charming as books, even if you never open them or read a single word."—Sydney Smith.

proprietors. The upstairs section was ignited from an overheated stove pipe. Through the emergency efforts of citizens and a bucket brigade the plant was saved from destruction.

In 1896 the late H. P. Moore purchased the property from the estate of the late Robert Fisher. Thirty-two years ago the Free Press plant was removed to the old Baptist Church, on Elgin Street.

Nine years ago this month the late H. P. Moore retired from the Free Press and his interests were purchased by the present editor, Arlof Dills, and about a year ago he purchased the building.

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

In the year 1875, after a series of successful special services in the old frame church on Church Street, where a number of new members were received, the officials and pastor of the church came to the conclusion that a new church was sorely needed.

When the lot was 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.

Rev. Dr. Ives, of New York, who was a famous divine for opening churches in all parts of the continent, was engaged to preach the opening sermon and solicit subscriptions toward the debt.

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AS ORDERED

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.

"Waitah," he called, in a swaggering voice, "bring me some verulam and ova."

The waiter departed to execute the order, but there was significant gleam in his eye.

About 15 minutes later he returned with a plate of ham and eggs.

"Bacon and eggs, sir!" he exclaimed. "In ordinary English it would be a shilling, but in classical language it costs half a crown. Let the punishment fit the crime, as we used to say at Oxford. Anything else, sir?"

SCOTLAND USES MUCH LUMBER

The largest single contract ever placed in Canada for lumber for Scotland was that in connection with the Lennox Castle Mental Institution of the Glasgow Corporation, now nearing completion.

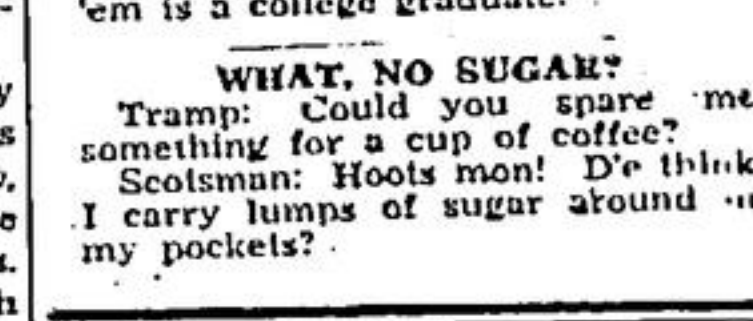
SUSPICIOUS

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

DINNER STORIES

THEY'RE EDUCATED "Spirit in Yellowstone park: 'Those Indians have a blood-curdling yell.'"

WHAT NO SUGAR? Tramp: "Could you spare me something for a cup of coffee?" Scotsman: "Hoos mon! D'ye think I carry lumps of sugar around in my pockets?"



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Urinary Irritations, Backaches, Bladder Weakness and Getting-Up-Nights. Safe, Pleasant, Inexpensive—and supplied by all good druggists on a definite promise of money back on very first package if not fully satisfied.

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NOW! NOW!

Eloping Bride—Here's a telegram from father. Eloping Groom—What does he say? Eloping Bride—Don't come home, and all will be forgiven.

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

Grid for a crossword puzzle with numbers 1 through 40 indicating starting points for words.

ACROSS

- 1-Trits the lead 2-Personal pronoun 3-A fireman 4-Political convention (Rust) 5-A car for carrying coal 6-Lytic poem to pit mouth 7-Threatened 8-Employ 9-Land measured 10-Bushy Jama. new plant 11-Yucatanian pronoun 12-Abates 13-Near 14-Water 15-A telegram (collog.)

DOWN

- 1-States of unconsciousness 2-River in Germany 3-Result 4-Peninsula connecting Siam and Malay Pen. 5-Nouter pronoun 6-Dafest 7-Whip 8-Emir 9-Marries

Grizzly Gulch Scene of New Gold Rush



Southwestern Alberta and southeastern British Columbia are alert for a year prospectors have been operating in the region, and while solid veins of quartz have not been found, some good-looking samples of gold-bearing quartz have recently been brought from the Gulch. Assays are reported reassuring. Eighty or more claims have been staked and filed at the mines.

It Bids Pain Begone.—When neuralgia racks the nerves or lumbago cripples the back is the time to test the virtues of Dr. Thomas' Electric Oil. Well rubbed in it will still the pain and produce a sensation of ease and rest. A trial of it will establish faith in it.

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SALES?

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The Acton Free Press PHONE 134

