

SOCIAL TOPICS

Things aren't always what they seem. Skim milk often sells for cream; Men on Sunday kneel in prayer; Then on Monday lie and swear!

THE OLD MAN OF THE BIG CLOCK TOWER



LITTLE THINGS

One step and then another. And the longest walk is ended; One stitch and then another; And the largest rent is mended;

Menu Hints

Recipes for New and Novel Dishes; Household Ideas and Suggestions

CHINESE IN THE MENU

At this season of the year busy housewives are checking over their recipes for meat substitutes. The primary purpose of any food which is to be used as an alternative of meat is to supply the necessary protein for the meal.

CHEESE SOUFFLE

- 1 1/2 cups milk; 1/4 cup granulated tapioca; 1 teaspoon salt; 1 1/2 cups grated cheese; 1/4 teaspoon mustard; 4 eggs

VEGETABLES AU GRATIN

Butter a casserole and line with cooked spinach. Add a layer of cooked rice, then a layer of string beans or peas, and cover with slices of tomato or onion.

TOMATO AND CHEESE RAREBIT

- 3 tablespoons butter; 3 tablespoons flour; 2 cups grated cheddar cheese; 2 cups canned tomatoes; 1 teaspoon Worcestershire sauce; Dash of cayenne; Salt and pepper

CELERY AND CHEESE CASSEROLE

- 1 tablespoon grated onion; 3 tablespoons butter; 3 tablespoons flour; 1 1/2 cups milk; Salt and pepper

CHALLENGE OF TO-MORROW

The most disturbing element in the present-day world is not the material burdens and dangers which confront us, but the defeatist attitude which says there is nothing the human race can do about them.

SEVED HIM RIGHT!

"I hear Rowley is getting married next week." "Good! I never liked the fellow."

carried on business here until about fifteen years ago, when they removed to the new store on Mill Street and retired just a few weeks ago from active business in Acton. William and John Kenney were, at the time of their retirement, the oldest business men in point of years of business in Acton.

Following Kenney Bros. in the store, J. W. Kennedy and his son, Mervin, of Georgetown, opened a hardware, plumbing, tin-smithing and electrical shop here, and the hardware business was later sold to W. D. Talbot, who had been a clerk under J. W. Kennedy & Son.

On a bitter cold night in February—the fifth, to be exact—the structure caught on fire and in spite of the good work of the Fire Brigade in the sub-zero weather, it was totally destroyed.

The smaller store on the lot, now occupied by the Model Dairy and Fred Davison's barber shop, was the location of a number of grocery and other businesses.

The way to ruin thus began. In the distant dark blue ocean; And the noblest undertakings; Men's wisdom hath conceived; By often-repeated effort; Have been patiently achieved.

THE OLD MAN

NEW LOW LEVEL FOR CANADA'S MEANEST MAN

A new low level for Canada's meanest man has been set. A traffic collector for the Canadian National Telegraphs reports that he was crossing the intersection of Yonge and St. Clair, Toronto, when he saw a wallet lying on the street car tracks.

THE CAUSE OF IT ALL

The weary magistrate said: "Can't this case be settled out of court?" "Yes, what we're trying to do, Your Honor, when the policeman interfered."

CONSTIPATION* MAY BE MORE SERIOUS THAN YOU THINK

It Causes Discomfort, May Even Lead to Disease

Constipation* is not a condition to be treated lightly. Continued neglect of regular habits of elimination tend to lower your resistance. Then there is the actual discomfort. For constipation* is one cause of headaches, poor appetite, listlessness.

Common constipation usually develops when you eat meals that lack sufficient "bulk." Your system fails to get needed internal exercise. Fortunately, today, you have a generous source of effective "bulk" in Kellogg's ALL-BRAN.

Within the body, the "bulk" in ALL-BRAN absorbs moisture, and forms a soft mass, which gently cleanses the system. This natural laxative food also supplies vitamin B and contains iron.

Serve ALL-BRAN as a cereal, with milk or cream, or cook into muffins, breads, etc. Two tablespoons daily are usually sufficient. Stubborn cases may require ALL-BRAN often. If not relieved this way, consult your doctor.

ALL-BRAN is guaranteed by the Kellogg Company as an effective laxative food for constipation.* Sold by all grocers. Made by Kellogg in London, Ontario.

Death-Bed Confession?



MRS. AMBEROSE J. SMALL. A new light on the unsolved disappearance, in 1919, of Amberose J. Small, Toronto millionaire, was emitted at Toronto in an action brought by Small's sister to restrain distribution of the estate of Small's wife, valued at about \$2,000,000.

IT'S GOOD POINTS

"Has your son's college education been of any value?" "Oh, yes; it cured his mother of bragging about him."

HER HEAD AGAIN

Baggs—"Well, and how's your wife keeping?" Rags—"Oh, her head's troubling her a lot." Baggs—"That's bad. Got neuralgia?" Rags—"No, wants a new hat."

ALL ARRANGED

Lola: "Will I have to give up my club when we are married, love?" Laura—"Oh, I'll have a little club at home for you, dear."

YES, SIR; MINING!

Rastus—"Sambo, what business is you-all in now?" Sambo—"I'm in de mine'n' business." Rastus—"Yo' don't say. What kind of mine'n'?" Sambo—"Kalsomnin'!"

HIS TURN

"I used to tell my son that if a good boy I'd take him to the c... 'Is he too old for that?'" "Rather. Now he intimates I succeed in keeping in his good, he may get me a ticket to see y' fogball."

SOME GIRL!

Visitor—"Your daughter plays Beethoven sonata very well." Proud Parent—"Doesn't about girl would make a success of it."

Governor-General and Mother



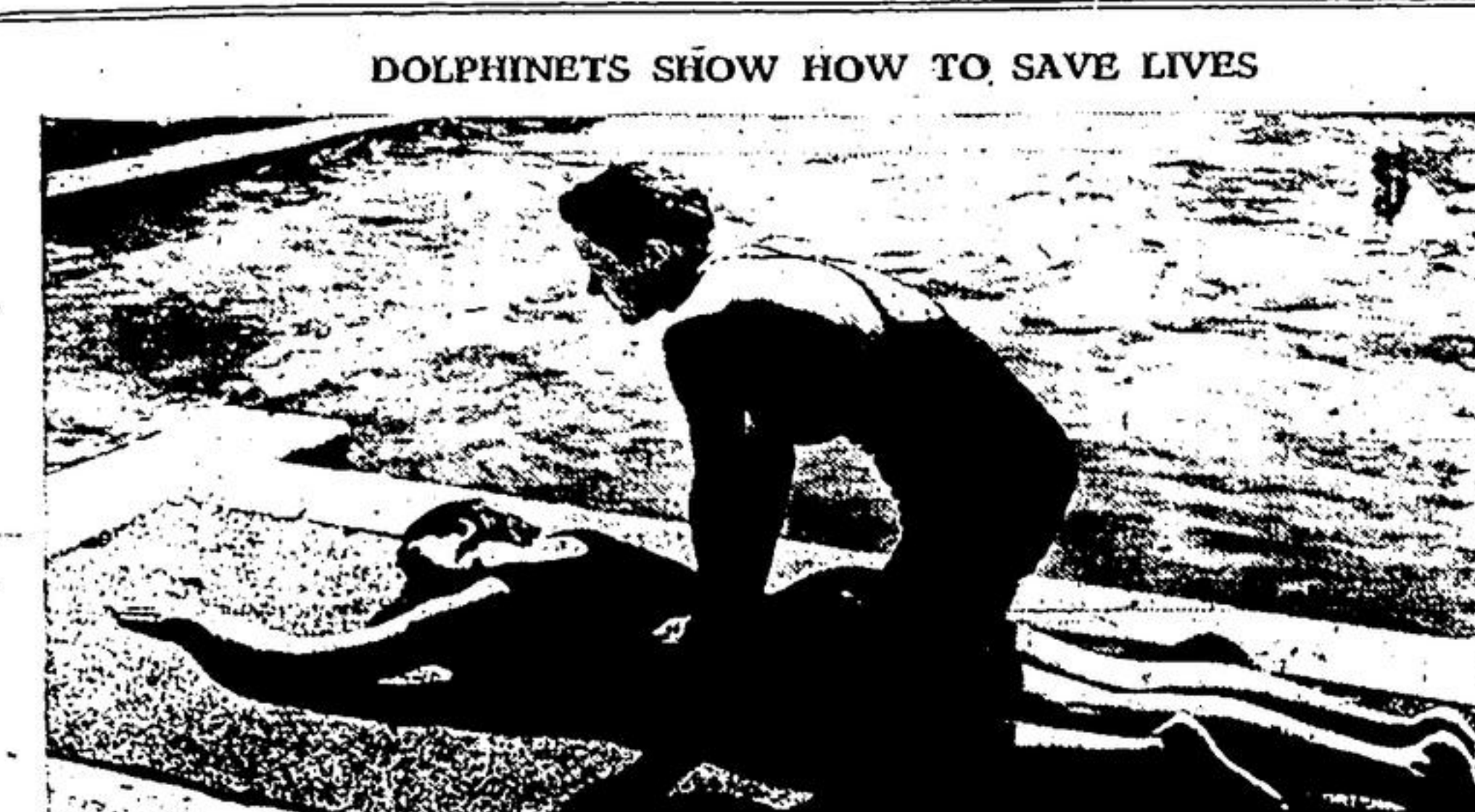
His excellency Lord Tweedsmuir is shown here with his mother, Mrs. John Buchanan, from a photo taken just prior to their departure for their summer residence in the vice-regal quarters at the citadel, Quebec. (Photo by Karsh, Ottawa.)

ETHIOPIAN EMPEROR SNUBBED BY DIPLOMATS IN LONDON



Forced to flee his nation, which was conquered by Italy's legions, Emperor Haile Selassie is pictured at the Ethiopian embassy in London, where he is seeking refuge. Here he will stay until he goes before the league council in Geneva to present his case, personally, against Italy. He is pictured with his family, who fled Ethiopia with government officials to a garden party, he was snubbed.

DOLPHINETS SHOW HOW TO SAVE LIVES



Now that balmy breezes and bright sunshine have started the annual pilgrimage to Ontario's lakes and rivers, the drowning hazard is again causing concern to many parents. Artificial respiration is being taught to young swimmers so that lives may be saved. Here are two comely Dolphinets, members of Canada's leading women's swimming club, showing just what to do with a person who has been pulled from the water in an unconscious condition.

As part of an intensive safety campaign, the Industrial Accident Prevention Associations have issued these instructions: "Place the palms of the hands on the small of the back with fingers resting on the ribs, the little finger just touching the lowest rib, with the thumb and fingers in a natural position and the tips of the fingers just out of sight. With arms held straight, swing forward slowly so that the weight of your body is gradually brought to bear upon the patient. The shoulder should directly over the heel of the foot at the end of the forward swing. Do not bend your elbows. This position should take about two seconds. Now immediately swing back so as completely to remove the weight from your elbows. This should take about two seconds. Repeat this movement of compression and release, a complete respiration in four or five seconds."

Business Directory

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