OH SPINACH!

Have you heard the latest news About our spinnch, friend? Discovered as the greatest ruse And some predict the end; Calbric value, emerald-hued Standard vegetable. This glorified health-giving food Now proved to be a fable.

That calcium and iron is there The analysts take issue. But small per cent, of this green fare Can penetrate the issue: They microscoped the vitamins Believe it-fresh and canned. But all the high-brow, clever minds Porgot to mention sandt

Mush and every "Just Kids" gang With Shirley Temple, too. Cheered and shouted as they sang "Good-bye Spinach Skidoo!" To-day its fame is on the blink, Below par and deflato. So ditch the spinach in the sink And stick to boiled potato.

Menu Hints Recipes for New and Nevel Dishes; Household Ideas and

GRADED BEEF

Suggestions

advantages over the housewife of decade or more ugo. At this time of the year, the return of cooler weather brings an increase in the consumption of meat and the extra concern of the housekeeper in the selection of the cuts or joints of meat. Beef is one of the best of meats. The careful housekeeper buys beef by grade. In the first place she knows that beef is not graded unless it is first inspected, certified, and marked "Canada Approved"- as-a-guarantee of freedom from disease. It is then graded A red rippled line running along both sides of the carcass, thereby insuring the marking of every cut, denotes, the "Choice" grade, while the "Good" grade is marked by a similar line in blue. The quality is in before the brand goes on. As to the cooking of beef, innumerable recipes are to be found in the bulletin, "Beef, How to Choose and Cook It," which may be obtained free on application to the Publicity and Exten-

Agriculture, Ottawa. ROUND STEAK, VIENNA STYLE Remove fat, gristle, and bone from round or shoulder steak, pass through meat chopper twice. There should be two cups. Add 12 cup soft bread crumbs season with salt, pepper, paprika, mid parsley. Add two tablespoons finely chopped bacon. With the hands mix thoroughly, adding two eggs (one ut a time) while mixing. Shape in oval Life is worth the living now; cutlets, dredge them with flour, dip in egg-and-crumbs,-fry-a-golden-brown-in deep, hot fat. Serve around a mound of mashed potatoes and pour over Spanish sauce.

sion Branch, Dominion Department of

SWISS STEAK

if gravy is too thin thicken with flour with our friends. before serving.

BRAISED SHORT RIBS

two cups of water and one teaspoonfu salt. Simmer for about three hours in covered vessel, turning meat at end of first hour. If necessary, add more water during cooking to prevent meat burning. At the end of the cooking, the most of the liquid should have been absorbed. Remove ribs, season, and brown in hot oven for about half an hour. Remove some of the fat from gravy, thicken, and serve with the ribs.

ESCALLOPED CORNED BEEF In one cup of medium white sauce cook one stalk of celery and two slices of onion which have been chopped fine. Place in shallow, well-greased baking dish two cups of cubed corned beef. Pour sauce over meat, and cover with bread erumbs dipped in melted butter. Brown in .hot oven.

GIVE IT A NAME

The farm with a name ceases to a farm and becomes a home with reputation to live up to. One takes pride in the farm with a name on the barn or on a neat sign over the gate, because no one with a bad-appearing farm wants to advertise who the owner is. This advertising value of the farm is evidently, appreciated by some , wideawake firms that will pay real money in order to be allowed to advertise their ./. wares in myly signs painted all over a good-looking barn. If it is worth real money to business firms to decorate the barn or fence, it is worth more to a furmer to advertise himself and his business in that space. If you have . furm you are proud of, give it a name and put the name up where everyone can see it.

NOT TAKING CHANCES

Lady-"You would stand more chance make yourself more presentable." Tramp-"Yes, lady. I found that out years ago."



Life is worth the living when We can earn our daily bread With the spade or with the pen. With the hand or with the head With one talent or with ten. Pollowing where truth has led.

Alas! how many live in vain, Aimless, cold and hard are they! No pity for another's pain. No kind, tender words to say, Sorrow pours her tears like rain. Not for them to wine away.

Life is worth the living here When our hearts for others feel, When we look beyond our sphere, When we seek our neighbor's weal, When we dry the falling tear, When the wounded heart we heal.

Yes, life is a blessed boon To him who to himself is true; Who lives not for himself alone, But with others good in view. He's a king upon his throne. Crowned with deeds bright as the dew

Human hands can reach so far: Where the stately steamships plow-Where calorie drives the car. Where the wire-trained lightnings flow Objects of love and pity are.

which occupied the lot just on the line dulcimer to Acton. It was examined and of Mr. John A. Mowat's fine residence, played, and somebody said, "There is a The Sunday night of the fire old Mrs. fortune in the manufacture of them." Lasby, mother of the late Joseph Lasby, The craze struck. Mr. Ebbage comand grandmother of Wallace and Mill menced to make dulcimers, with the Lasby, had tea with her friend, Mrs. help of Jimmie Switzer, a cabinet maker Ebbage. She walked up to the farm in of repute. John Speight also went into the evening, Mrs. Ebbage accompany- their manufacture. A few were sold, and ing her as far as the railroad. She had some of the young folks, with the little just reached home, the farm where Mr. hammers attached to flexible whaleand Mrs. Fred Denny now reside, when bone handles, became quite proficient in the glare of the big fire was seen at bringing sweet music from these primithe farm, and she walked back again, tive music boxes. Scores of years afterto offer her sympathy to her friend, wards, however, partly finished dulcim-Mrs. Ebbage, and family.

much energy Mr. Ebbage promptly re- und roof plate recesses of both the built the house and store-the double Ebbage and the Speight shops. house on Main Street, it having been! In the course of time Mr. Campbell. re-arranged for a double house later, who missed the directing head and They kept store again for a time and skilful hand of Thomas Ebbage, his then discontinued. George Morrow had former partner, and who gave more of a strug store there for several years. At his time to the winding up of the estate stores in Acton. Dr. Morrow had one in the store where Harold Wiles' confec-Englishman, had another; and the Milburn drug business, where A. T. Brown, chemist, is located, had not yet removed

Mr. Eobage's fire loss crippled him financially and he took Mr. D. W. Campbell, of E-quesing, into partnership in the planing mill and pump business. They, did a large business for a time, but finally Tom and Dan found they could not see eye-to-eye in their transactions. and Tom sold out to Dan, and removed to Gravenhurst, where lumber was cheap and plentiful, to recover his fortunes. Here he conducted a planing mill for He worked with his hands and thought five or six years, when the devouring element again visited hinf, and the ac- Occasionally John, who liked machinery cumulated savings of his years there in motion, got a nasty gash or lost the went up in smoke in an hour. That tip of a thumb or finger in a buzz-planer was fifty-seven years ago. The hearty-or jig saw, but he was soon on the job of Mr. and Mrs. Ebbage and the family again. He has to his credit a number of getting a job if you would shave and turned again to the old town, and July, of the best-built and most substantial 1879, found them back again, buy and residences and public buildings in town. buggage all that was left. Mr. Ebbage About thirty years ago, Mr. Cameron built a new planing mill beside the old decided to retire from business.

plow factory, at the foot of Willow gradually reduced his stock, disposed of Street, where the skating rink ran for his machinery, lore down the old planyears, but is now owned by Amos Mason ing mill, and utilized the site with the and partly occupied by his fine factory pretty, bungalow occupied by Mr. and building, concluding if he operated it Mrs. Robert MacArthur, and the comwith water power there available, there'd modique residence of Mr. Mowat and be no danger from fire. But this, ten family. Mr. Cameron passed on to the or twelve years later, was also destroy- great beyond three or four years ago. ed by fire, and with it Isaac Prancis' Next week we'll come to the site of of smoke against the snow-clad hills in that historic locality. the distance made a picture for an artist. A. T. Brown, who is an amateur photographer of note, got a photo of this fire which for scenio effect is still a favorite of his large collection.

Mr. Ebbage then rebuilt the factory in the rear of his residence, on Main Street, and there he reaped the truits of his skill and industry until death called him about twenty years ago.

I must not forget Charlle Weigars place. This was briginally a store, built by Capt, Ebbage, father of Thomas Ebbage, and operated by himself for some years. Charlle Welgar was a little German tinsmith. . He did his tinsmithing in the front, slept in a room in the rear, and kept his rags and other junk upstairs. Charlie was a good tinsmith, very industrious and lived very much to himself. The school boys tormented him a good deal. Some customers of all, the kids in are class what they thought he was not very cleanly when wanted worsen any thing & I cum last. they saw him empty the contents of the wash dish-the water which he had by quick. I brot down the house which used over and over again for his ablutions-into the coffee pot or tea kettle he was mending, to test the repaired a resterant last p. m. When the walterspot for leakages. After the fire kind- ess brot her the check the teecher sed hearted residents built him a shack so Take it back to yore desk and try it he could continue his work. But agen. Must of that she was taken-to Charlie's heart was broken. He'd lost Jane or Elsy. Which never get nothen tons of valuable rags, "Mine rags, mine rite.

business, and took passage for home. The boat on the German line on which rags were never heard of again.

had a busy history for many years. Old me. residents will remember the old sign. which was attractively executed by a his class, had an eye and a hand for flys! From Friday p.m. to Monday a.m. Ebbage Plaining Mill." Scores of pupils is thy stiner. of the school were permanently impressed with the correct way of spelling "planing mill," when Mr. Little called attention to the sign they passed every time they went to or from school. Para-Mr. Little's own early pupils who paint- bored Bill.

ed this attractive sign. My, how Mary and I did enjoy our- place for many years. Mr. Ebbage made out, but lots of knots were in Knott's selves at the Pair. It was such a de- sash and doors, and flooring and house netting. Pound as much flour as possible into lightful day to be out-of-doors, and I trim for the country side, and every If a shipshape ship shop stocks six round or flank steak with edge of plate met' so many of my old friends. Bill? carpenter or customer who got stuff shipshape shop-soiled ships, how many or back of cleaver; brown steak in small Frick never misses an opportunity to from Tom Ebbage always knew it would shipshape shop-soiled ships would six quantity of fat in hot skillet; add some come back home and I was glad to see be sure to fit and up to specifications, shipshape ship shops stock? cal ned tomatoes, chopped onion, pepper him stepping around as lively as ever. Tom always did his work with matheand salt, and sufficient hot water to There were many others, but some way mutical precision. He made pumps and hight energetic Englishmen eagerly cover. Cover dish and aimmer until the ranks seem to be thinning each these were as honest and reliable as his tender-about two hours. Add more year. That's why I feel we must make carpenter work. One time, before the water if necessary during cooking, and the most of every opportunity of visiting era of planos in every home, yes, long before organs were thought of for the ordinary home, or for the church The big fire which started in the either; yes, before melodians came into Adamis' store swept away that block, vogue, a wave of desire for some musical Ebbage's store and house. Charlle instrument in advance of the "Jews-Welgar's tinshop and old rags, and went, harp" or tin whistle went over this perilously near Ebbage's planing mill community. Some one had brought a

ers, by the score, might have been found The fire made a clean sweep. With quietly reposing on the collar beams

that time there were three other drug of the late Ransom Adams, of which he was executor, and other outside pursuits, than he did to his business of making tionery is now; Charlies Manders, the sashes and doors, found the business falling to pay and disposed of it.

Williamson Ramshaw and his son, Thomas, next came into possession. They were both practical carpenters, ran the business lively for a time, with a chopping mill on one corner, as a side issue and convenience to farmers.

Finally John Cameron bought the business and the property. He improved it, enlarged the premises, put in new machitery and did a thriving business. For years Mr. Cameron, in his triple capacity as architect, builder and manufacturer, was one of our busiest citizens, deep things, and fulfilled his contracts.

glove leather tannery and stock, which the first Presb; terlan Church built in occupied the second floor. This fire was Acton, the old school house and "God's in the day time and was one of the Acre" in the rear. If all's well I'll tell prettiest fires imaginable. The volumes you something about the first things in

> SLATS DIARY BY OLIVER N. WARREN

Sunday: Well I did not haft to get up carly but I had my trubbels enney how. Did haft to go to S. S. & even had to stay to preechen. Ma says all littel boys obto go to chirch & S. S. But me & Jake & Blisters has are douts. Monday: Jane & Elsy cum to skool with a cleen dress onto them & I burtended I that they was new & they was aparently pleesed. But Jake sed I new better & which he was kerrect.

Tuesday: The teecher wanted to no was are class.

Wednesday: The teecher et dinner at

rags," for which he had paid number-! Thursday: I writ- the folloing as a and dippers, in the fire, and his for- (the bankers kid witch I dont like no tune was gone. His lonely heart turned how) fell out & dissided to kiss & to the old home in Germany, and in a make up. Jane got kist & Percy makefew months he sold out his tools and upped. A lot of dum kids faled to see stock to Bob Pisher, who was starting the pointe. -Jane did & wont speek as we plus each other.

- Friday: The teecher sed to me sed Charlle shipped from New York went she What coarse do I want to grageate down in mid-ocean and Charlie and his in & I replide & sed coarse of time. The laff was on the teecher. Tomorro The old planing mill is gone, but it is Saturday & Sunday witch is okay by

Saturday: My cheef wurry today besides konciderabel work is that day after skilful local painter. He, like many of tomorro is another Monday. How time the artistic, but was short on spelling I mean. It doant look possibel. But I and punctuation. The sign read: "T. haft to conseed that it is. O'deth whatr

TONQUE TWISTERS

Bill had a bill-board, Bill also had board bill. The board bill bored Bill doxical-yes, I guess that's the word- so Bill sold the bill-board to pay his paradoxical as it may be, it was one of board bill. The board-bill no longer

Knott was not in: Knott was out As I said, the planing mill was a busy knotting knots in netting; Knott was

Say this very quickly three times:

43 OUNCES OF GOLD



across a nugget like this, proudly held by Carl Lykegard of Spruce Creek, near Atlin, B.C. He brought this precious find, believed to be the biggest in Canada, to Vancouver from his diggins in the north. The nugget weighs 43 ounces 3 pennyweight and is worth about \$1,200 in cash. As a specimen, however, it is considered worth even more, for it is as large as a goose egg and smooth as silk from the action of some forgotten glacier. Lykegard, who has been placer mining in the Yukon, for six years, came to Canada ten years a, o from Denmark -- Centrul Press Canadiar ynoo

A DESCRIPTION!

"How would you define a modern orlde, unyway?"

"A modern bride is a featherless biped who is willing to begin housekeeping with one skillet, one can opener, one kettle, and at least two bridge tables!" suppose I brought up wishing for?"

WHAT DO YOU THINK?

She-"If wishes came true, what would

He--"I would wish-ah, if I only dared to tell you!" She-"Go on, go on. What do you



British Newspaper Tycoon Chats Informally

BLACKMAILLD

APTER HE HAS

COMPLETED HIS

SENTENCE

PARAL STAMPS

HOT UNDER VATICAL

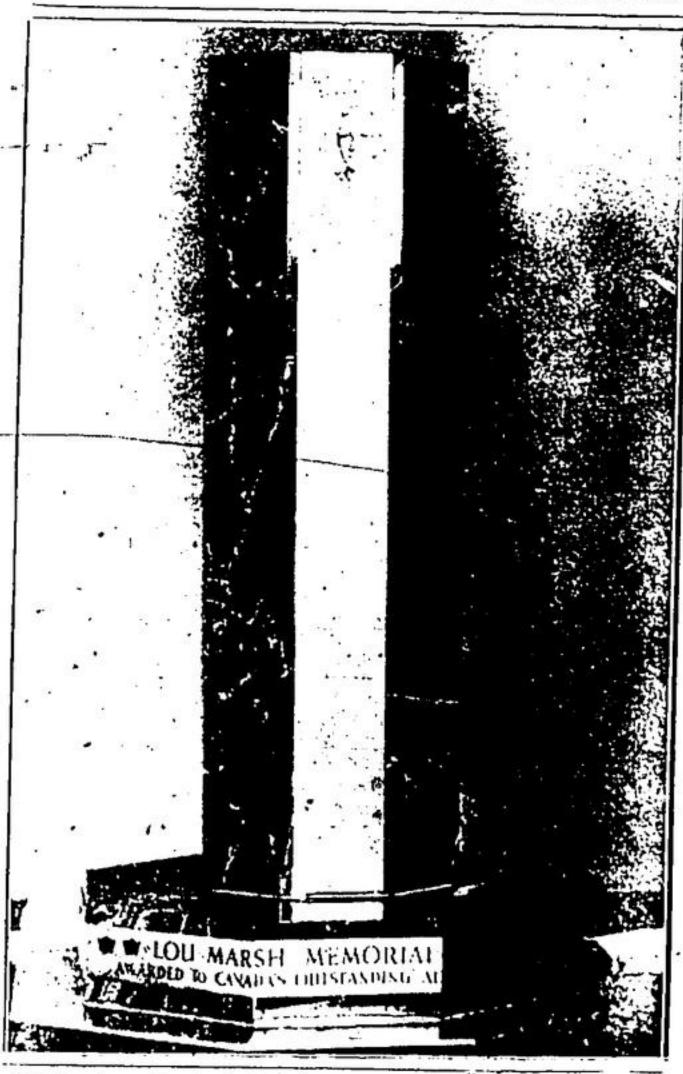
CITY, BUT ROHLGUL

AN EARLIER STATE



The candid camera caught Lord Rothermere, head of the Daily Mail and the British newspaper empire created by his brother, the late Lord Northeliffe, in an informal, but characteristic pose in Vancouver. Lord Rothermere was on his way to Japay, and plans to make a circuit of the world before returning to England.

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