

CHRISTMAS PARCELS

I love the look of parcels
Before the strings are untied.
Before the paper is opened.

THE OLD MAN OF THE BIG CLOCK TOWER



THE ENCHANTED SEASON

The season of enchantment comes again.
When we may to that mystic realm
Where childhood dreams immortally remain.

That time of year is at hand when the young folks are so jubilant and the older folks glory in seeing their enjoyments recall the by-gone Christmas seasons they have enjoyed.

Crossing over the little creek north of River Street we find ourselves on the High School grounds but this has only been school grounds for the past nine or ten years.

It was built by the late Sidney Smith, Sr., between seventy or seventy-five years ago. The lawns, gardens, terraces, orchard, rockery, lily pond and groves of evergreens and other trees covered over four acres.

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POULTRY FEEDING IS A HIGH ART

The compounding of suitable rations for the various purposes required in poultry feeding is a matter necessitating on intimate knowledge of the feeding values of different feeds, the main feature of which are set forth among other important subjects in the 40-page illustrated bulletin "Poultry Feeds and Feeding" recently issued by the Dominion Department of Agriculture.

I think it was in 1885 that Charles Sidney Smith passed away, after a brief illness. It was this year also that Robt. Little, that prince of educationists, died. Isn't it a difficult matter for us old fellows to realize that it is over fifty years since those two prominent citizens were called hence?

More specifically, a balanced ration is one that contains proteins, carbohydrates, fat, ash (mineral), fibre, and the necessary supplementary feeds (vitamins) in the proportion required for the maintenance, activity, and production of the animal to which the ration is fed.

It is one mark of a good friend that he makes you wish to be at your best while you are with him. The blessed persons who have this influence are made in the likeness of that heavenly friend—whose presence is at once a stimulus and a help to purity of heart and nobleness of demeanor.—Henry Van Dyke.

ALL IN SAME ARMY
Are not all true men that live, or that ever lived, soldiers of the same army, enlisted under heavens captaincy, to do battle against the same enemy—the empire of darkness and wrong? Why should we mislead one another, fight not against the enemy, but against ourselves, from mere difference of uniform?—Carlyle.

TRIFLES COUNT
I remember in the physics class-room in the university where I was trained, we found one day an iron beam hanging from the ceiling, held there perfectly passive. And our professor, Professor Tate, took little paper pellets and threw them at the iron beam. It seemed like child's work, but at first nothing happened. But he kept on throwing these little paper pellets, these little things, and the iron beam until we saw it begin to vibrate, then to thrill, then to move, and at last to swing. Now what created that movement of the iron beam? Accumulative trifles! Every trifle contributed its little quota and helped to make the movement.—J. H. Jowett.

X-RAY ENDS "EVIL EYE"
Treatment by X-rays has freed an abdominal woman from the "curse of the evil eye" in Bolton, New South Wales. Missing parts of her scanty clothing after a dispute she was certain that her enemy had taken them, little by little, the mountains, perfect incarnations over them to the south, and thus brought a curse on her. She became very ill, and a white man persuaded her to visit Bolton hospital rather than a trial medicine man. As part of a prearranged plan she was subjected to X-rays, and told that had "debilitated" been at work on her, and the rays would reveal it, but the "magic machine" showed no trace. The woman recovered quickly. The treatment, doctors say, undoubtedly saved her from death.

PHILANTHROPIST
First Tramp: "What would you do if you had a lot of money?"
Second Tramp: "I'd have the bloating dark benches upholstered."

Menu Hints

Recipes for New and Novel Dishes, Household Ideas and Suggestions

FOR THE CHRISTMAS COOKIE JAR

One ingredient given particular attention in the following recipes is the shortening, for on it every good cook knows that the color and flavor of cakes and cookies largely depends.

SHORTBREAD

- 1 cup butter
1/2 cup fruit sugar
3/4 cups flour
Pinch of salt

Cream butter thoroughly and add sugar and salt, gradually. Add flour and work mixture with hands until dough can be shaped.

ALMOND SHORTBREAD

Put 1 cup unblanched almonds through food chopper. Dredge with part of flour. Finish as "Shortbread."

ORANGE SHORTBREAD

Add 2 tablespoons grated orange rind and 1 tablespoon grated lemon rind to the flour. Finish as "Shortbread."

VANILLA WAFFLES

1/2 cup brown sugar
1/2 cup melted butter
1 egg
1 1/2 cups flour
1/4 teaspoon cream of tartar
1/4 teaspoon baking soda
1/4 teaspoon vanilla

Add butter to brown sugar. Add unbeaten egg and beat well. Then add sifted dry ingredients and vanilla. Drop by spoonfuls on buttered baking sheet. Bake 4 to 5 minutes at 350 degrees F.

TOTTI-FRUITI COOKIES

1/2 cup butter
1 cup brown sugar
1 egg
3/4 cups flour
1/4 teaspoon baking soda
1/4 teaspoon almond extract
1/2 cup candied cherries, chopped
1/4 cup blanched almonds, chopped

Cream butter. Add sugar gradually and cream well together. Add well beaten egg, beat well. Add flavoring and soda and salt sifted with part of flour. Lastly add cherries and almonds well dredged with remainder of flour. Pour into roll. Chill in refrigerator for several hours. Cut off in thin slices and bake on buttered baking sheet in moderate oven (375 degrees F.) for 8 to 10 minutes.

BROWNIES

1/2 cup butter
2 eggs
1/2 cup sugar
3 squares (ounces) unsweetened chocolate
1/2 cup flour
1/4 teaspoon baking powder
1/4 teaspoon salt
1 teaspoon vanilla
1 cup chopped walnuts

Cream butter. Add sugar gradually and cream well together. Add well beaten eggs, chocolate melted over hot water, flour, baking powder, salt, vanilla and walnuts. Spread in well buttered pan one inch thick. Bake in moderate oven (350 degrees F.) 20 to 25 minutes. Cut in squares while warm.

ORIGIN OF OLYMPICS

It is very popular to apply the word Olympic to any great celebration of sport. The word is derived from the name of the plain, Olympia, where the ancient Greek games were held.

In these pagan days the ancients credited the gods with being human, and accordingly did all they could to please them. One of the ideas of their games and entertainments was to entertain the deities who dwelt on Mount Olympus.

The most famous of the games were those specially arranged for that purpose, and they were named Olympic. A period of four years elapsed between the games. That period was called the Olympiad, and from the year 776 B.C. was used to measure time. The Olympic games thus denoted a very special exhibition, and that is why the word applies to the greater festivals of sport.

Christmas Gift Suggestions!

TOILETRIES
For Men and Women in Yardley's - Three Secrets - Colgate and Palmolive - From 35c to \$10.00
Cutex and Mouglow Set: 35c to \$2.50 - Bath Salts and Powders 50c to \$1.50
PARKER'S and WATERMAN'S FOUNTAIN PENS and SETS From \$1.00 to \$12.50
BEAUTIFULLY BOXED CHRISTMAS STATIONERY 25c to \$2.00
CHRISTMAS CARDS (Nicer Than Ever Before) See Our 25c and 99c Boxes for Extra Value
SPECIAL - Christmas Cards with Your Own Snapshots \$1.50 per dozen Colored \$2.50
Also CALENDARS from Your Own Personal Negatives 10c each - 2 for 25c
LADIES' and GENTLEMEN'S DRESSING CASES In Chromium, Enamel and French Ivory - From \$4.50 up
RAZORS - All Kinds Gillette, with 10 Blades, 59c - Schick Injector \$1.69 - Rolls \$6.95 Schick Electric, \$16.50 - Call in for a Demonstration
Military Sets - Bibles - Hymn Books - Dolls - Children's Books - Tree Ornaments, Ribbon and Cord, Etc.

A. T. BROWN

Select ANY PROGRAM YOU WANT

TO-NIGHT'S BEST
8:30 P.M. - CRCT and WEAY - Margaret Speake, soprano, with mixed chorus and William Daley's symphonic string orchestra.
9:00 P.M. - CFRB and WABC - Radio Theatre - Claudette Colbert and Walter Huston, movie, stars and guest artists in "The Barker."
9:30 P.M. - CRCT and CHML - Tribute to Sam - Musical Dramatization of "Life Begins When You're Born" - "Life Begins When You're Born" - "Life Begins When You're Born"

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Westinghouse has broken through the limitations of ordinary radio. Now the exclusive Air-Pilot control makes it possible for you to select the programs you want and to bring them in with scientific certainty. Without fumbling. Without guesswork. Now "single channel" tuning enables you to cut right through a powerful local broadcast to bring in a distant program on the very next wave-length. . . . Now a new Curvilinear Speaker gives new realism and clarity on stations far or near. Come in and hear for yourself how these modern advancements add to the pleasure of radio.

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REACHING THE GOAL

Consumption, as tuberculosis of the lungs is commonly called, is a wasting ailment, stubborn to master, requiring treatment and care over a long period of time. It is a communicable disease, especially dangerous to young children.

This was fully realized by the founders of the National Bantingian Association, when forty years ago they selected the first hospital in Canada for the treatment of this disease.

However, it was not long before the regimen of this small hospital began to show results - people were actually being cured - going home and talking about it.

Such was the small beginning of the Bantingian, the Toronto and the Queen Mary Hospitals for Consumption, which now provide for more than one thousand patients.