MARCH WINDS DOTH BLOW!

I Martius am! Once first, and now the third!
To lead the year was my appointed place:
A mortal dispossessed me by a word,
And set there Janus with the double face.

Hence I make war on all the human race;
I shake the cities with my hurricanes;
I flood the rivers and their banks efface,
And drown the farms and hamlets with my rains.
—Henry Wadsworth Longfellow.

Menu Hints

Recipes for New and Novel Dishes; Household Ideas and Suggestions

LAMB STEW

At this season of the year when many persons may be convalescing from colds, soups and broths are highly desirable, while the invalids are confined to bed. Stews are also easily digested during the stages of convalescence. Lamb is a particularly healthful meat both for invalids and for persons who are well and active. The following recipes may prove to be timely:

LAMB STEW (FRENCH STYLE)

Cut meat into two-inch squares. Roll in seasoned flour, and brown in a hot frying pan or kettle. Add boiling water to cover, and simmer until partly cooked. Add turnips, carrots and onions sliced, peas and beans. Simmer until the vegetables are tender.

LAMB STEW (IRISH STYLE)

4 lbs. meat
12 lbs. potatoes
5 onions (medium size)
5 carrots (medium size)

Cut meat in two-inch squares. Place in cold water and bring gradually to boiling point. Simmer for one hour, then add vegetables (cut in any desired size) and seasonings. Simmer until cooked; remove meat and vegetables; thicken liquid and serve. To make dumplings for the stew, sift together 2 cups flour, 4 teaspoons baking powder, ½ teaspoon salt. Add gradually ⅔ cup milk to make soft dough, and drop by spoonfuls on top of hot stew. Cover and cook 15 minutes.

LAMB BROTH

Buy 2 to 4 pounds of neck and shank pieces. Have butcher cut into small sections. Add two quarts of water, 1 teaspoon salt, 3 tablespoons rice or barley. Put into pot, heat gradually to boiling point; season with salt and pepper, and simmer until meat is tender. Strain and remove fat, heat to boiling point, and add rice or barley. Diced vegetables may be added when meat is partly cooked. The addition of potatoes, onions, peas, and beans will make a more strengthening broth.

POTATOES IN THE MENU

The potato is pre-eminent among the vegetables used for food. Not only does the potato furnish considerable nutriment but supplies it in an easily digestible form, because the starch in potatoes is more readily digested than the starch of some other starch-producing foods. The mineral contained in potatoes is relatively larger in proportion to other foods. The potato contains vitamins A, B, C, and G and modern science has shown that it is less fattening than many of the ordinarily used foods. However, the potato is somewhat deficient in protein and fats and should not be used exclusively in the diet but should be combined with lean meat, eggs, or other protein or fat-supplying food.

The best way to cook a potato is to bake, boil, or steam it in its jacket, because much of the protein and mineral matter lies directly under the skin. A potato quickly boiled is a potato quickly spoiled. The following are recipes with potatoes as an ingredient:

CREAM OF POTATO SOUP

1 to 2 cups chopped, cooked, boiled or steamed potatoes
2 cups potato water
3 cups hot milk
1½ oz. butter
1½ oz flour
1 small onion, chopped finely
1 teaspoon chopped parsley
Salt and pepper to taste

Place potatoes in a saucepan. Add potato water and chopped onion and parsley. Cover and simmer for 20 minutes. Melt butter in another pan, stir in flour, off the heat, and when flour is smooth, stir in hot milk by degrees. Return to heat and stir till boiling. Add the potato broth which may be whisked or sieved. Season to taste with salt and pepper. Add parsley. Enough for 4 to 6 persons.

POTATO FISH PIE

3 cups hot mashed potatoes
3 cups left-over baked, boiled or steamed fish
1 pint white coating sauce, well seasoned
2 tablespoons melted butter
1 teaspoon chopped parsley

Flake the fish into sauce. Add parsley. Pour the fish with the sauce into buttered fireproof dish. Cover with the potato. Ornament with a fork. Sprinkle with melted butter. Bake in moderate oven (400 degrees F.) until brown on top and well heated through. Enough for 6 persons. When salmon pie is wanted, substitute 1 lb. can for the fish. Remove the skin and bones. Add 1 tablespoon chopped capers to the white sauce, or 2 hard boiled chopped eggs.

THE SHINGLE

When the angry passion gathering in my mother's face I see,
And she leads me to the bedroom — gently lays me on her knee;
Then I know that I will catch it, and my flesh in fancy itches,
And I listen to the patter of the shingle on my breeches.

Every tingle of the shingle has an echo and sting,
And a thousand burning fancies into active being spring,
And a thousand bees and hornets 'neath my coat tail seem to swarm
As I listen to the patter of the shingle —oh! so warm!

In a splutter comes my father, whom I supposed had gone,
To survey the situation and tell her to lay it on;
To see her bending o'er me as I listen to the strain
Played by her and by the shingle in a wild and weird refrain.

In a sudden intermission, which appears my only chance,
I say: "Strike gently, mother, or you'll split my Sunday pants."
She stops a moment, draws her breath, the shingle holds aloft,
And says: "I had not thought of that —my son, just take them off."

Holy Moses! and the angels, cast thy pitying glances down;
And thou, oh family doctor, put a good soft poultice on!
And may I with fools and dunces everlastingly commingle,
If ever I say another word when my mother holds the shingle.
—From the Old Scrap Book.

My last series of reveries took us up Main Street as far as the C.N.R. tracks. That same Main Street railway crossing has been a dangerous point, ever since it was built, eighty-one years ago. Why it was ever made a level crossing it has always bothered my old head to determine. There never was a better place for a subway anywhere. And the railway builders of those old days conveyed trainloads of gravel to make approaches which at the crossing must have had 14 or 15 feet of depth to fill in.

This has been a tragic point in Acton's history. There've been scores of narrow escapes and several fatalities. Between seventy and eighty years ago Philip Hemstreet was driving over this crossing to the stave factory with a load of stave bolts. He was deaf and failed to hear a train coming from the west. As he was on the crossing the engine struck the rear of his sleigh. The bolts flew in all directions the horses ran up the street, but the driver escaped any serious injury.

About fifty years ago or more a little daughter of Mr. and Mrs. Thos. Ebbage was playing on the crossing with other children. A train came along which she did not notice. She was struck and her injuries resulted in death in a few moments. It was a great blow to the parents and family.

About seventeen years ago a little toddler from Scene Street was coming down the track to the crossing, when the eleven o'clock train struck it and Douglas Haig Caswell lost his life.

I remember an incident which occurred at this crossing about sixty years ago, which had an amusing side to it. One of the boys employed at the stave factory had been down to Coates' cooper shop with a cart load of staves. He was returning to the mill with the empty cart, and, overtaking Archy McNabb, who lived in a little house beside the track, back from Scene Street, asked him to have a ride. Archy accepted the invitation, and the tail board being out, he sat in the rear of the cart. When they came to the crossing Archy went to step off to the ground. Unfortunately the heads of several loose nails in the floor of the cart had worked through the seat of his trousers, and as he stepped down the horse started forward. The result was disastrous. The nails held and the whole seat went out of Archy's trousers. He exclaimed, in his well-known lowland Scotch: "Mine goodness, I might have had mine inards torn out." It made a sorry afternoon's mending of pants for mother Janet at the home.

Nearly seventy years ago Paddy Powers —one of the section men of the G. T. R., who lived in a house by the side of the track, about a hundred yards west from the crossing—and his family had an awakening one morning when the early train from Chicago was coming in. A few rods west of the Powers shanty a rail broke. The train came thundering along over the ties. When opposite the house a coupling gave way and a passenger car toppled over the side and straight into the doorway where Paddy and his family were sitting at breakfast. No one was hurt, but it is needless to say there was a badly scared family and a seriously marred front door and door yard.

A few years later tragedy overtook Paddy in the same house. He and his wife had been entertaining some cronies one night. Whiskey was plentifully supplied with the refreshments, and all who were there were evidently rendered too drunk to know what was going on. The house took fire and was burned to the ground with the contents. The wife and visitors got out some way, but poor Paddy was unable to help himself and the others too drunk to even think about him. Anyway, when citizens began to gather in the morning, all that was left of this kind-hearted Irishman was a limbless trunk in the smouldering ruins of the section man's home. The house was never rebuilt.

In the early days the section of Acton above the railway was dubbed "Shingletown," presumably because most of the houses there in those times were occupied by employees of the two shingle mills, which were operated there for years. Just over the railway on the east side of Main Street there were, side by side, a lane through the Sidney Smith farm, and an entrance to the property which was first a tannery and then a shingle mill. After serving his apprenticeship as a tanner with the McClenaghan's, who operated a small kip and calfskin tannery on a part of the present site of Beardmore's sole leather tannery, William Hemstreet built a tannery on this property, and a residence where Mr. Wesley Masales' brick house now stands. This tannery he operated for a number of years, I think in partnership with Edward or Samuel Smith. Business failed to thrive and he left it and built a tannery at Crewsons Corners. The building was leased by Edward Moore and Edward Smith and they commenced manufacturing barrel staves, heading and shingles. The story is handed down that their capital was very limited, and they would go out to a neighboring bush, purchase a tree or two, cut and bring it in and convert the bolts into staves or shingles, sell the product and buy more trees. By this means a business was gradually built up. After a year or two Mr. Smith retired from the partnership, and Edward Moore's brothers joined him. First there was Thomas, who in their young manhood, over seventy-five years ago, had been in partnership as carpenters and framers. They had put up many fine barns together in this locality. They built the first frame barn on the farm of Hugh Mann on the fourth line, above Bannockburn School, when late Sir Donald Mann was just a wee toddler about the house. It stood true and level until burned by an incendiary fire nearly thirty years ago. They also built Sandy McDonald's barn, on the third line, one for Duncan Keith's father, on the second line, and one for their father on the first line, where R. L. Johnston's farm is now. They built the house on Bower Avenue where Mr. James McIntosh now resides, in 1857, as well as several other houses in town. Well, Thomas went into partnership, then James and John, two other brothers, and the firm was known for years as Moore Brothers.

They were noted for first-class clear pine shingles, prime flour barrel staves and heading, and not only supplied neighboring farmers and cooper shops, but shipped many an hundred car load to London, St. Marys, Granton, Oshawa Burlington and other outside points The flour mills at Everton, Rockwood, Norval, Salmonville and Stewarttown all shipped flour in barrels in those days, had cooper shops of their own and made their barrels from Acton staves and heading. And there were cooper shops galore in Acton in those times. There was one on the factory premises near the entrance to the mills, and there were cooper shops at various points of the town. There was one on the lot opposite the Methodist Church, on the lot next to the home of Mr. and Mrs Ivan Harris; another on the site in front of the Atkinson property, where the livery stable stood for years. There was another in the rear of the lot next to Wood's grocery store, and one across the street where Stephen Cordiner's residence now stands. And coopers, they were numerous in town. There were the Lighthearts, the Lamberts, the Butlers, the Beals, the McMackons, the Coates, and others.

About the year 1870 the Moore Brothers' mill was burned down. It was immediately rebuilt, and a few years later sold to John Coates, who pushed the stave and heading business, the good old pine for which Esquesing and Nassagaweya were famous, seeming to be about all cut up. Mr. Coates built the brick residence which is now Mr. Dan Young's farm house.

The old days saw many faithful employees at this mill. There were the Mooneys, father and four or five sons; the Sayers', all of them from Peter to Morris; there were Smiths and Watsons, and Stewarts and McDonalds, and Grants and McGuires, and Wardens and Forbes', all good faithful men working from year to year. Pranks were

(Continued on Page Seven)

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'SALADA' TEA is delicious
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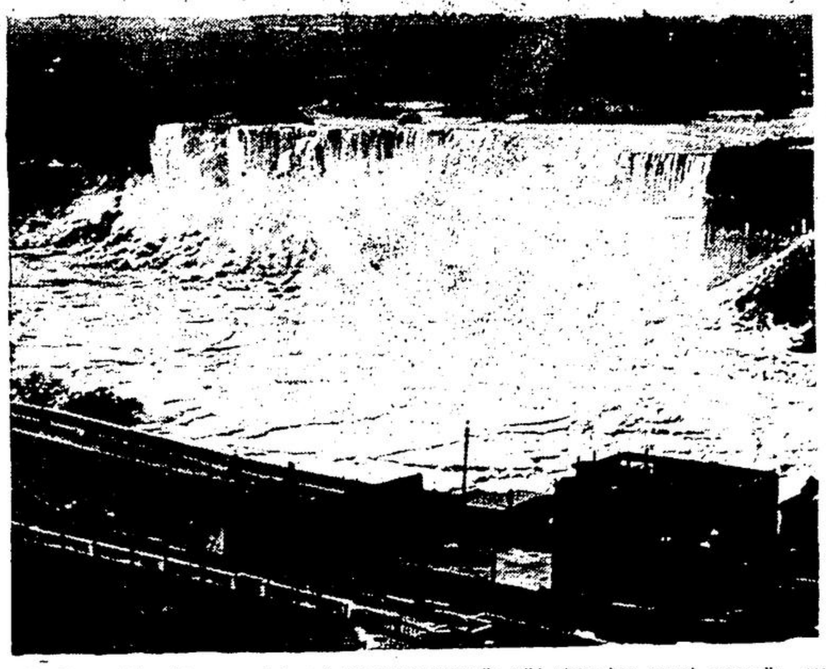
First Ice Bridge of the Season at Niagara Falls



First ice bridge of the winter season is formed at Niagara Falls. This view of the American falls was taken from the Canadian side, just above the upper international bridge. The unusually mild winter has caused unusually small ice formations around the great cataract.

Russia Attracts Thousands of Tourists

More than 100,000 foreign visitors have travelled through the new Russia under the care and guidance of "Intourist", the State travel agency. This season notably increased interest in the land of the Soviets indicates that a very considerable number of people not only from Canada but from the United States as well will include Russia in their summer itineraries, according to information received at the headquarters of the Canadian Pacific Railway in Montreal. Many round the world parties are adding to their knowledge of the country by using the Trans Siberian Railway which has been modernized and double tracked. The picture layout gives a broad idea of certain phases of Russian Life under the Soviets. Indicative of the part women are playing in the new regime is the distinction won by Anya Maremukova, shown in the oval upper left, of being the first aviatrix and parachute jumper. The centre picture illustrates the progress in education, and shows an attentive class learning some useful wrinkles in chemistry. That all is not hard work is proven by the scene in lower left which shows a group of harvesters, improving the hour time rest period with folk dances and songs. In lower right a pixel looking Russian girl is, in traditional Russian manner, carrying in a basket of fresh picked fruit.

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