

# SPINAL ADJUSTMENT

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### LETTERS FROM OUR BOYS AND GIRLS

R.R. 1, Richmond Hill,  
January 31, 1927

Dear Joan:—

In a few words I would like to tell you about my Airedale pup. He is seven months old.

When I am taking the snow off the verandah the dog takes one handle of the basket and I take the other and go and empty it. He brings the basket back himself. When I am going over to the hill he always pulls me. When I go down the hill he always pulls me back. One thing I like is sleigh riding, another is to get the Liberal and read the letters from the boys and girls.

I. Remain,

Yours truly,  
HELEN HALDANE.

Richmond Hill,  
February 8, 1927.

Dear Joan:—

Seeing the opportunity to write a letter to your valuable paper, I decided to take for my subject, "Winter Sports of Ontario."

Everybody I am sure will agree that winter time is a grand season. We have many favorable sports such as snow-shoing, tobogganing, skiing, hockey and skating and sleigh riding.

All over Ontario there are numerous hills, valleys and creeks in which one and all may enjoy his or her favorite sport. These are healthful as well as exciting. Of course there are always a few who don't like out door sports.

Thanking you for the space in your interesting paper, I am,

Yours truly,  
JEAN MIDDLETON.  
(Age 11).

Richmond Hill, Ont.,  
Jan. 30.

Joan Selkirk,  
Dear Madam:—

Canada again takes the lead. This time it happens to be a young Toronto boy named George Young who swam the Catalina Channel. Through his endurance and skill he battled against beds of kelp and currents and tides spurred by his thoughts of home. By this remarkable feat he brings honor to Canada his home. He is Toronto's acknowledged hero.

Yours respectfully,  
Kenneth D. Frisby.

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### THE POWER OF SUGGESTION

We all can scatter sunshine in such a simple way. By saying to everyone we meet, "how well you look today!"

Is there anything more depressing than having a friend say mournfully, "My you look tired and worn out, you look as if you needed a long rest." When anyone tells me that it makes me feel so blue that I begin to think that I am just about ready for a good long rest in the cemetery. Perhaps you really are tired and worn out and know it only too well but you have bucked up and tried to look cheerful and alert. Perhaps you have donned your best bib-and-tucker, put on a special smile for the occasion and fooled yourself into thinking that you look as well as Nature ever intended you to look. And along comes Mrs. Woebegone and knocks all the wind out of your sails with the information that "you look simply terrible, you really should consult a doctor." There is always someone to take the joy out of life this way, generally it's a woman as men don't comment on appearances as a rule unless they can say something flattering. They seem to know by instinct that a little bit of blarney is a big help in the business of living.

The people who "scatter sunshine in such a simple way" are always the most popular one in a community, we love to see them coming along the street as we know they will have something nice to say. They are not perhaps quite as truthful as their mournful sisters but surely the little fibs they tell are put down to their credit in Heaven's ledger. Their creasy little lies do them a lot of good in this old world and will never be counted against them. If you have been feeling miserable and rundown Mrs. Joyful says, "my you are looking well," your answer will probably be, "Yes I've had a pretty good winter. A few little colds, of course but everybody had those. I'm really feeling fine now." And you go on your way simply walking on air.

But if instead you had happened to meet the Job's comforter mentioned above your reply to her comment would be, "well, it's no wonder I look sick. I've had a terrible winter, just one cold after another, I've never had a chance to pick up. And then this weather is so trying etc. etc. And you drag yourself home, filled with self-pity and a feeling of what's-the-use and with a firm conviction that you will have to get away to a sanitarium before it is too late.

Such is the power of suggestion.

Doctors never let a patient know how sick he really is they know that the has a great deal to do with bodily ailments and they govern themselves accordingly in the sickroom. A doctor one pulled me through a severe illness by treating me as if there wasn't much the matter with me. At the time I was a trifle indignant at not being taken more seriously but I realized afterwards that, had he let me know how near my feet were to Death's threshold I would certainly have let go of everything and slipped over.

So although it may not be quite the right time of year for making resolutions let us make one now and try to keep it. Resolved to be a Sunshine Scatterer instead of a Sob Sister.

### Seasonable Recipes

Hot Desserts For Cold Weather.  
Apple Cup Pudding

Fill as many cups as you wish to make one quarter full of sliced apple. Put a spoonful of sugar in each cup, then almost fill with batter and steam for one hour. Batter for pudding—one cup sugar, one-half cup melted butter, two eggs, one cup milk two teaspoons baking powder. Turn out and serve with foamy sauce.

### Foamy Sauce

One-half cup butter, one cup powdered sugar. Cream together and add one teaspoon vanilla and one tablespoon lemon juice. When ready to serve stir in one-quarter cup boiling water and the beaten white of one egg and stir together until foamy.

### Rice and Date Pudding

Vary the rice pudding by using dates instead of raisins. Many people who do not care for rice will enjoy it when it is cooked this way.

### Suet Pudding

One-half cup suet, one-half cup molasses, one half cup milk, one egg, one-half cup raisins, one-half cup nuts chopped, one-half teaspoon soda, one cup flour, pinch salt. Steam hour in custard cups and serve with plain sauce.

### Plain Pudding Sauce

Boil three-quarters cup brown sugar in two cups water, thicken with one tablespoon cornstarch, add one teaspoon butter and flavor with vanilla.

### Cottage Pudding

One cup milk, two eggs, one cup sugar, one tablespoon butter, two cups flour, three teaspoons baking powder. Beat well, pour into a buttered dish and bake thirty minutes.

Serve hot with carmel sauce.

### Carmel Sauce

Stir one-half cup sugar and two tablespoons water until the sugar melts then let cook without stirring until dark brown. Add one cup boiling water and let simmer to a thin syrup.

### Richmond Hill Public School

Report For January

Richmond Hill Public School, Sr. room Senior IV. Class Standing—Dorothy Duncan, Isobel McLean, Mary Kirkland, Frank Mathews, Bartlett Smith Dorothy Mason, (Marguerite Thompson, Jimmie Grainger, equal), Noreen Haworth, Marjorie Lumb.

Junior IV. Class Standing—Eleanor Drury, Olive Wilson, Philip Graham, Gilbert Forest, Edward Arnold, (May Plewman, Bernice Healy, equal), Alfred Stong, Mae, Sheppard, Lola Jones, William Cross, Mildred Rand, Margaret Trench, Metro-Kozak, Austin Tuck, Mary Brillinger, Phyllis Robinson, Betty Rumble, Lloyd Thompson, Kenneth Frisby, Graham Ellis, Jean Middleton, Walter Young, Claire Cook, Morley Sanderson.



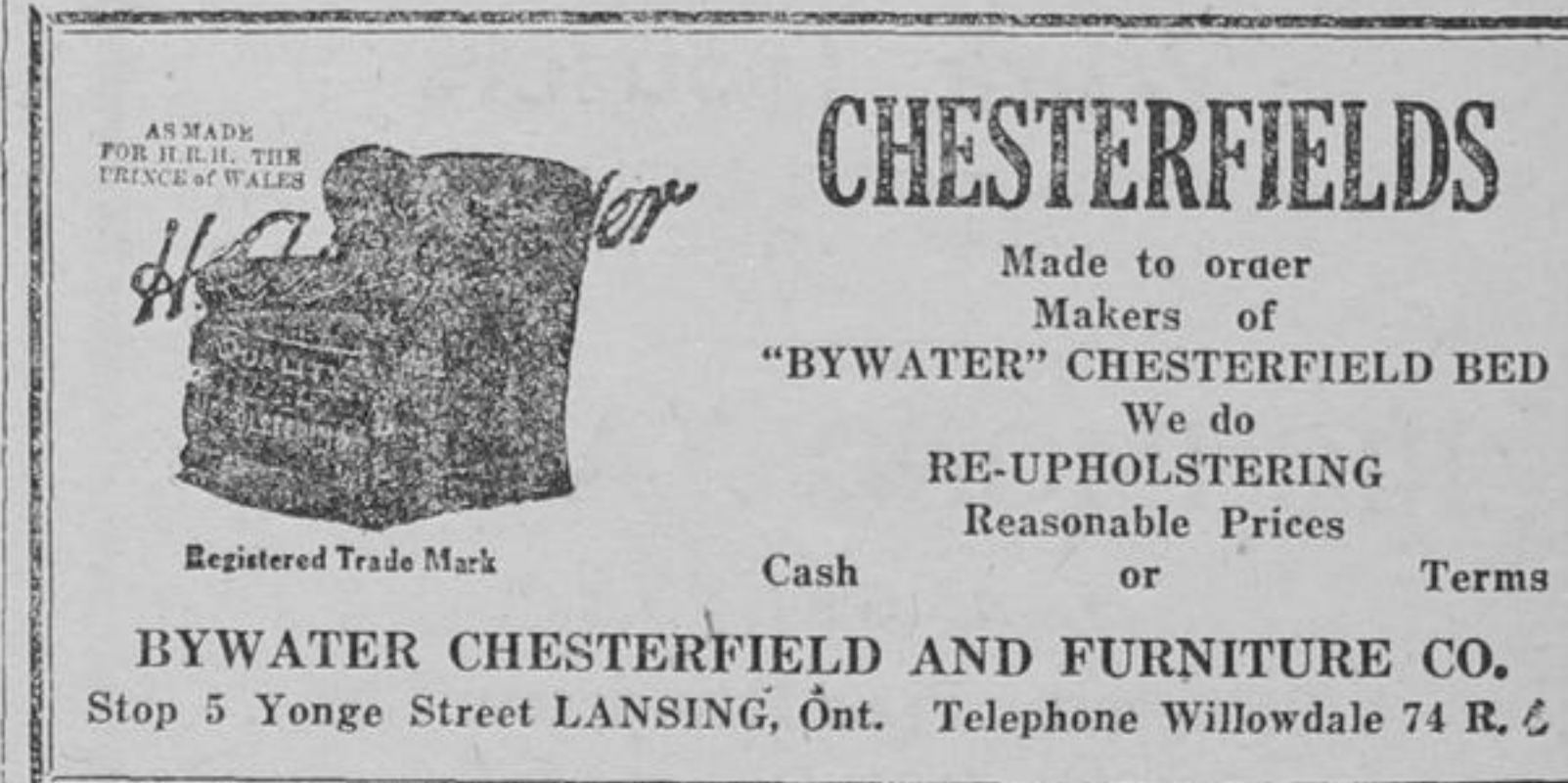
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Boy's Bloomers, good quality, Cost Price  
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## Richmond Hill ARENA

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