

# SPINAL ADJUSTMENT

OFFICE HOURS—2 to 5 p.m. daily.  
2 to 8 p.m. Monday, Wednesday and Friday.  
Morning calls at patients home.  
Phone, Willowdale 79 ring 1-4

## W. E. Lewis

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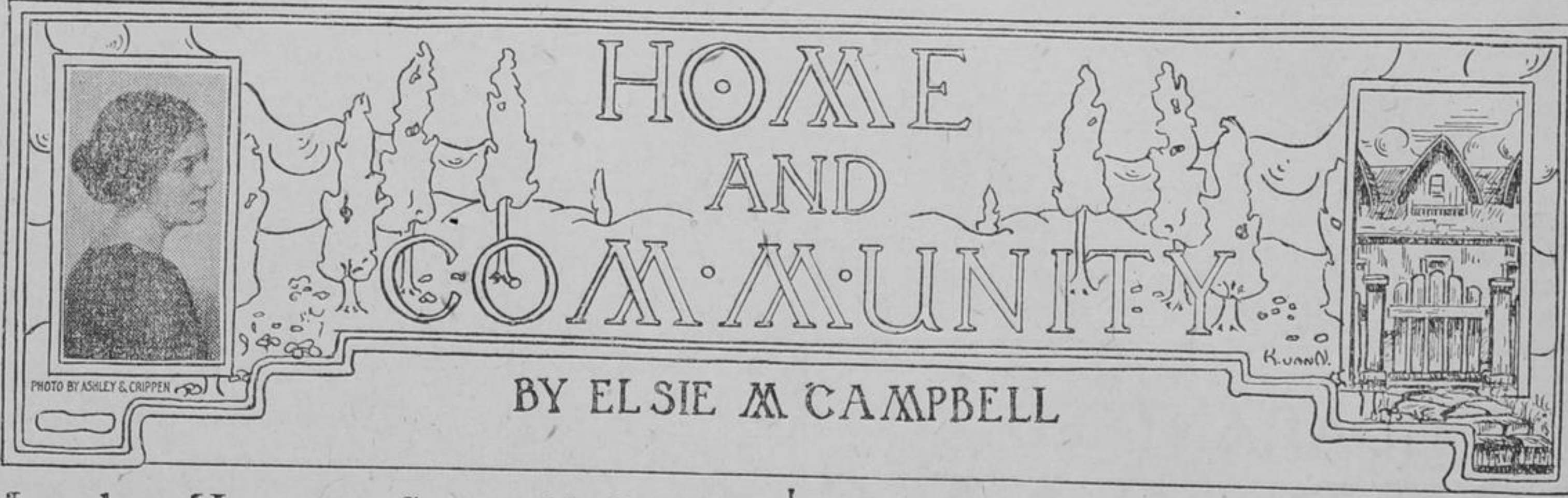
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TERMS:—Chicks and Eggs 10% with order, balance before delivery.  
ORDER EARLY AND AVOID DISAPPOINTMENT.



BY ELSIE M CAMPBELL

### Measles Here

Children's Story

Poor Jeannie was a very sick little girl for about a week. She hardly knew that Jock had run away from Uncle Tom's so he could come home and have measles with her. She lay in bed with a cold cloth over her aching eyes and though the room was as dark as possible the light still seemed to hurt them. Jock waited on her as much as Aunt Madge would let him, got her fresh drinks of water and brought all her dolls and toys to try to interest her. Her spotted face rather frightened him.

"Doesn't she look awful, Auntie?" he whispered, "will they ever come off?"  
"Oh, yes," Aunt Madge assured him, "she will be all right in a few days then it will be your turn. By the time you are as spotty as Jeannie is now she will be able to get up and take care of you. Now run out and play in the sunshine for awhile, if you stay out doors a lot now you may not have it as badly."

There wasn't much to play at outside all alone but Jock found plenty to do in the barn. Uncle John and Granddad thought it a good joke that Jock came home just so he could share measles with his twin, but Aunt Madge shook her head.

"I wish his mother was home," she said, "he isn't as strong as Jeannie and I'm worried about him."  
However, Jock played in the barn and watched the neighbor's children passing the house at all hours of the day for there were so many cases of measles that the school had been closed.

He had to help Aunt Madge in the kitchen a little bit too as sick Jeannie kept her pretty busy. She needed so many sponge baths to bring down her temperature and stop the awful tickling, and fresh cold compresses on her sore eyes every little while. Jock learned to dry dishes nicely without breaking any and could even peel the potatoes for dinner. He made himself so useful to everybody that Aunt Madge was almost glad that he had come home.

The doctor's visits were a great joy to Jock and the doctor felt so sorry for the lonely little fellow that he took him for many a drive while he was visiting what he called the 'measly neighborhood'. Jock worshipped the big jolly man and almost decided that he would be a doctor instead of a farmer when he grew up.

"When will Jeannie be better?" he asked one day.

"Well, measles is a funny thing," said the doctor, "one day you'll feel so sick you want to die and the next day you feel all better and want to get up and play. Jeannie will want to be up about tomorrow but you mustn't let her."

Before breakfast the next morning Jock went quietly to Jeannie's door and looked in. He had a bunch of pussy-willows in one hand and a basket in the other.

"Hello, Jock," she said brightly, "I'm better. What have you got in the basket?"

"Uncle and I got these pussy willows for you down in the swamp," he said, "my I'm glad you're better. Look! More pussy willows!"

He suddenly took off the cover of the basket and beside the silver grey pussies on the willow branches he spilled out two grey kittens.

"They are Barn Pussy's new babies Aren't they big? And their eyes are open too. Now mind them while I go and get your breakfast."

And he ran down stairs to tell Aunt Madge the joyful news that Jeannie was better. But they must not let her up because the doctor said so.

### Seasonable Recipes

#### Meat Loaf

Mix together one pound chopped meat, one minced onion, one chopped green pepper, one teaspoon salt, half cup of bread crumbs, one tablespoon melted butter and a dash of tomato catsup. Place in a pan and sprinkle with bread crumbs into which a little butter has been mixed. Add a little water and bake in a moderate oven.

#### Potato Balls

Mix cold mashed potato with beaten egg yolk, make into small balls, place on a buttered pan, make a depression on the top of each ball, put a piece of butter in the depression and brown in the oven.

#### Potato Buns

Scald one cup of milk. When it is cool add one yeast cake which has been dissolved in a third of a cup of warm water. Add one cup of freshly mashed potato and two cups of flour. Stir this well, cover, set in a warm place and let rise for about half an hour. Cream together one-half cup of lard, one cup of sugar and one egg. Add this and two and one-half more cups flour to the potato mixture. Cover and let rise again for two hours or until the dough has doubled in size. Form into buns, place in pans and let rise until double in size. When light bake for twenty-five minutes.

#### Marmalade

Six marmalade oranges, two sweet oranges and one lemon cut fine. (Keep the orange seeds and soak in water). Put oranges and lemon in six pints of water and leave overnight then boil for one and a half hours. Warm six pounds of granulated sugar and add to the mixture while boiling, also the water from the seeds. Boil slowly for about half an hour or until it jellies.

#### Nut Taffy

One and one-half cups of granulated sugar, one-half cup water, one tablespoon molasses. Two tablespoons vinegar, butter the size of an egg. Boil this mixture until it becomes hard on testing in water. Before taking from the fire add one cup walnuts or hickory nuts. Turn out on a buttered tin.

### Helpful Hints

To freshen shredded cocoanut put it in a pan with a little milk, cover tightly and let heat on the stove for a few minutes. The steam from the milk will make it as fresh as ever.

Lemon juice and cinnamon added to the applesauce give it an unusual and delicious flavor.

It is a good plan to dip brooms in very hot soap suds once a week. It makes them last longer and sweep better than if the bristles are allowed to dry out.

Rub soap under the finger nails before blacking the stove and none of the blacking will work under the nails.

When washing baby's little soft woolies don't hang them to dry but let them lie spread out on a sheet instead. This keeps them from losing their shape.

### Our Library Corner

#### LITTLE WOMEN AND GOOD WIVES

By Louise M. Alcott

These are rather remarkable books which have been read and enjoyed by three generations of girls. Little Women is really the story of Miss Alcott and her sisters in which she herself is Jo. She wrote the book in order to raise enough funds to educate Daisy and Demi, Meg's twins whom we meet in the second book, and it brought her money and fame. The first book sticks to facts rather more than does "Good Wives" as Jo herself never married. Any girl who hasn't met the four immortal sisters Meg, Jo, Beth and Amy should read these sweet, simple stories at her earliest opportunity.

March is rollicking over the land Wielding her fairy broom,  
Sunshine peeps through the window panes,  
Seeking for dust in each room.  
Robin whistles loud and clear,  
"House cleaning time is surely here."

### SPRING

As I went down our lane the other day on the first lap of my trip to the city Spring came over me with a rush. Underfoot there was mud and slush which necessitated a lively game of hopscotch from one comparatively dry spot to the next but overhead the sky was blue, the sun shone warmly and a robin on a bare tree whistled joyously to an early Killdeer in a field nearby.

Although the city streets were clean and dry Spring's magic touch seemed to be lacking. To be sure the ladies had shed their clumsy Goloshes and legs were once more ornamental as well as useful, and here and there one saw a straw hat above a fur coat. But there was nothing in a city street to make one want to climb a tree and whistle with the Robins.

Inside the big stores it was different. We, in the country have known for a long time that Spring was on the way—the Chickadees told us weeks ago, then the seed catalogues, then the first robin and the sap dripping from broken maple twigs. But the way to know the seasons in the city is to go to the millinery department of a big store. There it is Spring! The new hats in all the soft spring colors—the tender green of new leaves, the rose and lavender of hepaticas, the delicate grey of pussy willows. And all around a profusion of spring-flowering bulbs and great masses of lilac plumes. These last are artificial but one almost has to test them with the nose to discover the fact. The hats are so pretty and becoming this year it is small wonder that people rush in early to buy them and wear them jauntily above their fur coats just to prove to themselves that Spring is really here. The grass in the parks is still brown and soggy, bits of paper which have been lodged there by winter storms lie here and there on the sod, piles of dirty snow lurk in sheltered corners of the big buildings. But you can't fool the millinery department. In this case at least straws show which way the wind blows.

Another spring-like spot is the stationery counter. Here flourish shamrock leaves as natural as life and tea times as large, some of them even boasting four leaves. "One leaf for Hope, and one is for Faith, and one is for love you know; and God put another in for Luck, if you search you will find where they grow." Shamrocks and harps are to be expected this week of course, but what is really a sign of season is the large display of Easter Cards. In this they are ahead of the country for there hasn't been anybody at our door yet trying to sell enough Easter cards to get a solid gold wrist watch or a camera or some other necessity of life.

Then we must not forget the spring signs in the Farmer's Market where there are good displays of radishes, lettuce and pepper grass, not imported stuff but grown in our own Canadian green houses.

But I was glad to get back to the country where we have the real signs of spring—blue sky, clean fresh air, rushing creeks, gurgling with joy in their new-found freedom and high overhead the honk of the wild geese. Though they travel far south for pleasure they always come back here to raise their families. For to them as well as to us Canada is Home.

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