

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

AS A MEANS OF CURE FOR SICKNESS OF ANY KIND IS THE MOST EFFECTIVE TREATMENT IN THE WORLD TO-DAY.
INQUIRE FOR NAMES OF PATIENTS WHO KNOW THIS TO BE TRUE AND TAKE NOTHING ELSE FOR THEIR TROUBLES.

CHIROPRACTOR—ELECTRIC THERAPIST
Drugless Practitioner
PATRICIA AVENUE—NEWTONBROOK

Yonge Street Poultry Farm

Opposite Orange Orphanage
Phone, King 16 r 26. H. G. MECREDDY, R. 1, Richmond Hill, Ont.

BABY CHICKS

BARRED ROCKS and S. C. WHITE LEGHORNS
Guaranteed pure bred chicks for sale Hatches off every week.
All eggs used in my Mammoth Buckeye Incubator will be from the flocks of the well-known breeder, Mr. Walter Rose.

PRICES { March, April and May . . . 25c. each.
June 20c. each.
July 18c. each.

10% reduction on above prices in lots of 125 or more.
100% live arrival guaranteed.

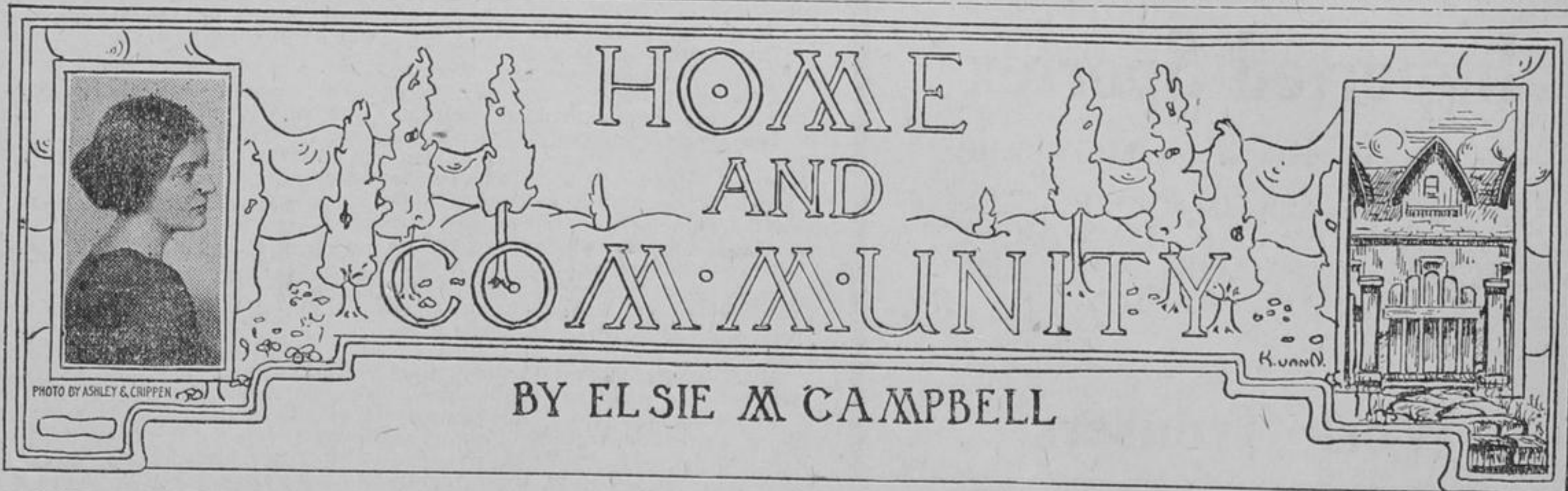
CUSTOM HATCHING BY ARRANGEMENT.

Eggs for Hatching

(White Leghorn Only)

Large Fertile Eggs From Our Own Flock. 80% Fertility Guaranteed.
Setting of 13 eggs \$1.00 Setting of 50 eggs 3.75
Setting of 100 eggs 7.00

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



BY ELSIE M CAMPBELL

A DOUBLE BIRTHDAY

By the time the twins' birthday arrived Jock was so much better that he had been able to sit up for a little while every day. He had begun to get better the minute his Mother had come into his room and had put her cool hand on his forehead and by the end of the week he was well enough for them to let the nurse go home.

"I've just been having a visit here all week, anyway," she said laughingly to his Mother, "you and Jeannie haven't let me do anything for him." "I'm thankful to be at home with them that I can't bear to let them out of my sight," she answered.

Mummy had such wonderful stories to tell them about England and about the ocean. They loved to hear about the London Zoo where children could ride on the elephant and about the crowded London Streets where everyone looks left-handed because they drive on the left side of the road instead of the right as we do over here. She told them about the whale they had seen from the ship and about the sea gulls which circled round waiting for the table scraps to be thrown overboard; and there was a great shining iceberg with towers and spires like those of a cathedral glittering in the sunshine. And she told them about the two sweet little French girls, Babette and Marianne, who came over in the big ship to live with their uncle in Montreal. They were such quiet little things and although they didn't know a word of English, would sit beside her on the deck and stroke her hand because she looked like their own Mother who had died. She knew they would have a happy home in Canada for such a lovely Aunt and Uncle met them when the boat landed.

While Mummy told them stories Jeannie worked busily at the Welcome Home arch which they had set their hearts upon having. Jeannie made it all herself with many suggestions from Jock but wouldn't let Mummy touch it as it was to have been a surprise for her. It was finished ready to put up in the birthday morning.

"Where will we put it?" said Jeannie, "It's no use putting it over the front gate or the front door when Mummy is inside already."

"I know where I would like it," said Mummy.

"Where?" said the twins together. "Right there over Jock's door. Inside, so we can all see it and enjoy it all day."

So the Welcome Home Arch was put up over the door. To be sure the letters were pretty straggly and uneven and there was a good deal more arch at one end than the other but the whole family was very much pleased with it.

The twins spent a happy day opening the English parcels. There were lovely pink shells which Mummy and Daddy had picked up along the seashore and which still had the sound of the ocean waves in them. There were beautiful picture books from London and smocked dresses for Jeannie and a flannel suit for Jock. There was a darling baby doll and a sail boat which made Jock long to get outdoors before all the Springtime ponds were gone.

Then they had a little party in Jock's room and two birthday cakes with nine candles on each one. Not a very fancy party as poor Jock was still on a very careful diet, but the twins had a beautiful time all the same. They decided that even with Jock sick in bed it was just about the happiest birthday they had ever had.

"And," said Jeannie, "when Daddy comes home we will have a great big party downstairs and more birthday cakes and candles and everything."

Do it well whatever you do.
Build it straight and strong and true.
Build it high and clean and broad,
Build it for the eye of God.

In The City Shops

Leaf green appears to be the favorite color for spring hats.

Milliners say that there are more large head sizes this year than there have been for some time. More people are beginning to let their hair grow.

Waist lines are slightly higher with tightly fitted hips.

Bows are much used as dress trimming, on the shoulder, waistline or hem, at the back or front, singly or in groups, large or small. To quote an expert—"Every woman can have all the bows she wants now."

Cookery For The Sick

Almost every sick person needs a special diet. Even if he isn't very sick he needs something a little more tempting, a little easier to digest than the food which the other members of the family are having.

Beef Tea

This is much more nourishing than any of the ready varieties. Remove all fat from half a pound of round steak; cut meat in small pieces; add one cup cold water, place in a quart jar, cover, and let stand for ten minutes, put jar in a saucepan of cold water. Heat gradually on the back of the stove, keep water just simmering for one hour. Strain add salt and serve in hot cup. The pieces of meat which are left may be added to a stew for the family.

Chicken Broth

Cut up a three pound fowl, put in soup kettle, add ten cups cold water and simmer until the meat falls from the bones. Strain, let stand overnight to cool, remove fat; reheat and serve.

Milk Toast

Place a slice of buttered toast on a soup plate. Cover with hot milk add salt and pepper or sugar according to taste. Soda biscuits may also be served in this way.

Cup Custard

One small cup of milk, one egg, one teaspoon sugar, pinch of salt, flavor with vanilla or nutmeg. Beat the yolk and white together, add other ingredients put all in a large cup and bake in a moderate oven. The custard will be smoother if you stand the cup in a dish of water while it is cooking.

Tomato Soup

Use any of the prepared soups with milk instead of water. Or take one can of tomatoes, let it boil and add a scant half teaspoon of baking soda. Add one pint of hot milk, salt and pepper to taste, strain and serve.

Tapioca Custard

One cup of washed tapioca, soak for half an hour in two pints of cold milk. Put in double boiler and cook until tapioca is clear. Add two tablespoons sugar, pinch of salt, yolks of three eggs and cook until like custard. Add vanilla or almond flavoring and serve either hot or cold. This looks tempting served in glass dishes and trimmed with beaten white of egg or with little bits of red jelly.

Junket

Some people don't know about junket and never use it for the sick. It is so easy to make that a child can prepare it and it may be varied with different flavors and colors so as the invalid won't become tired of it. Get either junket tablets or liquid rennet at the drug store and simply follow the directions.

Our Library Corner

THE LADY MARRIED

This is written by the author of The Lady of The Decoration and is a sequel to that delightful book. Six years after the Lady married her young American doctor he was sent to China to investigate an outbreak of disease. She followed him as far as Japan and after some travels through that picturesque country went back to teach in her old mission school. She was the means of saving Sada San a beautiful young Eurasian girl, from life in a tea house and of re-uniting her and her American lover. Doctor Jack innocently aroused some jealousy in the heart of his wife by writing in glowing terms of a lady doctor who was doing the work he was doing. But when Doctor Jack became very ill himself and his wife was sent for she found her supposed rival to be a charming old lady with white hair. This book is well worth reading if only for its description of Japanese scenery.

DADDY LONG-LEGS.

By Jean Webster.
Jeusha Abbot, aged seventeen, was sent to college by a Trustee of the Home where she had been since her babyhood. As he wished to remain unknown to her she was just to call him Mr. Smith and write to him once a month to let him know of her progress. She had once seen his shadow on the wall of the home and on account of his height called him "Daddy Long-Legs." A relative of one of her school friends, Jarvis Pendleton, fell in love with her and asked her to marry him. It finally turned out that he and Daddy Long-Legs were one and the same person and we are left with the impression that she married her benefactor.

ABOUT DECORATING

The mild weather during the early part of March fooled many of us into thinking that Spring cleaning time had really arrived. Then, just as we were all excited about it, the weather man dropped us back into winter again with a thud and spoiled our plans about getting our house-cleaning done extra early this year.

If any rooms are to be re-decorated, however, it isn't too early to plan about materials and colors and get what things we need.

Styles and tastes in household decoration change with the passing years. We think the wallpaper designs of twenty years ago are hideous and perhaps in another twenty years someone will be thinking the same thing about the papers we are using to-day. Still we are learning more about color schemes all the time. We know to-day as they didn't know twenty years ago that red wall paper has a bad effect on the nerves, that green is a good color to live with and that blues and greys are depressing unless used in a very sunny room.

Light colors will lighten a dark room and make it seem larger, and a small room should never have a paper with a large pattern. Dark colors absorb the light while light colors reflect it. A dark room with a northern exposure may be so treated with white ceiling and woodwork, cream walls and yellow floor that almost as much extra light is drawn into the room as if an extra window had been cut in it.

When buying wall-paper, if you are going to do the papering yourself, get the semi-trimmed variety. Instead of trimming off one edge with a pair of scissors you just knock one end of the unopened roll on the table and the edge comes right off. Professional paper-hangers don't like this kind of paper as they say it doesn't make as neat seams as the kind they trim themselves. I have found it most satisfactory for using myself and can't see anything wrong with the joints.

Plain paper or plain painted walls (if paster is good) make a room look even larger than does a paper with a small pattern. To drop the ceiling treatment as far as the tops of the doors is another way of making a room look larger. It gives the effect of a large ceiling space and one gets the impression that the floor space is large too.

An expert paperhanger gave me the following tips. Perhaps everybody knows them but they were a great help to me when I was learning. Always start papering at the door frame or a window frame the corners of a room are often crooked. Test your strips for straightness occasionally with a plumbline or a heavy button tied on a string. Don't try to turn a corner without cutting the strip the whole way down; even if it is only a few inches it will make wrinkles which will crack when they dry. Use thin paste for heavy paper and thick paste for thin paper. Fill small cracks and holes in with paster of Paris, cover large ones with cotton dipped in the paste and smoothed on.

If you are lucky enough to be getting new curtains at the same time don't choose them just because they are pretty but rather with regard to the color scheme of your paper. Flowered curtains are best with plain walls and plain curtains with flowery walls.

I have never tried papering a ceiling myself—I am sure I would wind myself up in the strips of wet, pasted paper—but almost anyone can paint or tint a ceiling. A small table is better to stand on than a step ladder for this job as one can do much more without climbing down and moving.

When you are re-hanging your pictures hang them so that the middle of each picture is about the level of the average persons eye. Let them lie flat against the wall and see how much more restful your room will be than when you have to look up to see the pictures.

REAL ESTATE LOANS
BONDS INSURANCE
J. R. HERRINGTON
FINANCIAL AGENT
RICHMOND HILL Phone 87 ONTARIO.



Notice

A car of Heavy Western Oats about to arrive.

A car of Gluten just recently unloaded, also a supply of Bran, Shorts, Cracked Corn and Corn Meal, Dealers and Big Egg Scratch Feed at \$2.50. Regent and Dandy Laying Mash.

Blatchford and Purina Feeds. Purity and Royal household flour, \$8.50 per barrel.

Solvay Coke Pocahontas Coal

Cut Slabs
Cut Hardwood

From the Elevator

THERE is comfort to be found in our coal for two reasons. One is because it is clean quality clear through and the other is that you can purchase it off us at a fair price.

I. D. RAMER

Richmond Hill

Save yourself at our expense

Don't try to do the heavy parts of the family wash. Let us help you. This new plant was designed and equipped for that very purpose and can give you as much or little help as you desire by means of five different kinds of laundry service—all moderately priced. We use only soft water and pure soaps, etc. No marking, no starching, and each wash done separately.

We Call In Richmond Hill District
WEDNESDAY AND SATURDAY

If you will have laundry ready when driver calls, you will assist us in giving good service. If you only have driver call when phoned for, call up as early as convenient to insure prompt attention.

SEMI FINISHED
TORONTO WASH LAUNDRY CO. LTD.
SEMI FINISHED

Lakeside 5280

175 Ossington Avenue, Toronto.