

SPRING TONIC

Remember the so-called "good old days" when the sight of the first robin brought out grandmother's pet spring remedy for fever—sulphur and molasses? All right, have your laugh, but she was right after all. Not the sulphur, but the molasses she used to disguise it is a "grand source" of iron, just the ingredient winter-weary systems need. Iron, you know, builds red corpuscles, puts pep and vitality into your veins and renewed vigor into your whole body.

Today's tonic is still iron, it's much more palatable than sulphur and molasses... no medicines in it—just eating. Here's our prescription for spring fever patients—large doses of fresh green vegetables and milk to be taken daily. All the tender young vegetables that are beginning to flood the markets are excellent sources of iron. The rosy stalks of rhubarb furnish large amounts of this mineral, the yolks of eggs are another grand source of iron, and the milk keeps up the tone of the whole body.

Now that the spring has really here we no longer need the hearty foods we've been eating all winter to build up energy and fat to keep us warm. Try planning your meals with a lighter touch more salads and less fats, and the languid gazing into space, the tired feeling and loss of appetite, in fact, all the symptoms of spring fever will vanish.

Try these prescriptions on your spring fever patients.

Asparagus on Toast

(To be taken at luncheon)
1 large bunch of asparagus,
1/2 cup half cups asparagus liquor,
4 tablespoons butter,
Buttered toast.
2 tablespoons flour,
1/2 teaspoon salt,
1/4 teaspoon pepper,
Dash nutmeg.

Wash asparagus and tie in small bunches of 4 or 6. Pour over them boiling water, just enough to cover and 1/2 teaspoon salt for each pint of water. Cook gently for 30 minutes, then pour off liquor. Add enough milk to make 1 1/2 cups. Melt butter, add flour and stir in asparagus liquor slowly. Add nutmeg, salt and pepper. Arrange asparagus on buttered toast and pour over them the sauce.

Rhubarb Cream Pie

(To be taken at dinner)

3 cups diced plink rhubarb,
1 cup sugar,
3 tablespoons flour,
2 egg yolks,
1 tablespoon lemon juice.
Arrange rhubarb in an unbaked pastry shell. Blend the sugar and flour. Add the egg yolks and lemon juice and stir until a thick paste is formed. Pour this over the rhubarb and bake in a hot oven (400°F) for 20 minutes, then reduce the oven temperature to (350°F) for 20 minutes. Serve with an egg meringue, or for special occasions with whipped cream.

Mexican Chocolate

(To be taken most any time)

1 quart milk,
1 inch stick cinnamon,
3 tablespoons ground coffee,
1-8 teaspoon salt,
2 squares chocolate,
1/2 cup boiling water,
1/2 teaspoon vanilla.
Heat the milk to scalding with the stick of cinnamon and the coffee. Strain and add the chocolate dissolved in the boiling water. Heat again to the boiling point, and remove. Serve hot with marshmallows or chill and serve cold.

Grand Haven state park leads all state parks in Michigan during 1935 in total attendance of visitors. The Grand Haven unit reported 143,465 visitors during the park season.

Fish, Symbol of Christianity

The fish is considered the oldest symbol of Christianity. When the pagans first became Christians they were afraid of being persecuted and put to death by those who still believed in pagan gods, so they invented a secret sign, giving it the form of a fish. When they wanted to make their new and beautiful belief known to each other and wanted to find out whether the man with whom they associated was pagan or Christian, they drew the sign of the fish in the sand, and if the person responded in the same way, they felt safe to speak of their new faith.

Uses for Walking Sticks

The walking-stick or cane has been used for a multitude of purposes throughout the ages. The first stick from China is supposed to have been smuggled into Europe by it. Cane has been made containing family medicine-chest, to be used as a cane, and as a lightning-rod for cameras, and as a lightning-conductor, the idea being that in a storm one moves away a little from the cane, which is struck into the ground and attracts lightning away from its owner.

Where Jackals Live

Jackals are scattered all over the world, from the parts of Africa and range east to India and Burma. They resemble foxes in size and color, burrow their dens, hunt small prey at night, prowl in the suburbs of towns, bark sharply and live by their wits. When a lion makes a kill jackals almost instantly surround him. They wait patiently until the king of beasts has feasted and then pick the bones.

Standing Stones of Stennes

Very little information about the Standing Stones of Stennes is available. It is generally held that the standing stone circle belongs to the Bronze age. Some authorities hold that the interior area was used for a burial ground; this seems never to have been proved, but there appears to be no doubt that they were connected in some way with the burial ceremonies of the people who erected them.

Forms of Frozen Water

Besides ordinary block ice, there are four other forms of frozen water that are produced under high pressure and differ from one another in both crystalline structure and density, writes Irving Chipkin, College Park, Md., in Collier's Weekly. The hardest form does not begin to melt until it is subjected to a temperature of 175 degrees Fahrenheit.

One of Most Intelligent Dogs

One of the most intelligent dogs was "Barry," a St. Bernard belonging to the famous St. Bernard Hospice in the Swiss Alps. Before he was shot by a man who mistook him for a wolf, he saved the lives of 40 travelers who were lost and near death in snowstorms, one being a little girl whom he carried to safety—Collier's Weekly.

Telegraph Fan

One hundred and forty years ago there appeared in Paris the so-called "telegraph fan," by means of which the owner could speak words, using an alphabet printed on the inner side of the fan and a metal pointer projecting a little beyond the sticks.

An Ammonite

An ammonite is one of a type of extinct marine mollusks, related to the nautilus and resembling it in having an elaborately coiled and chambered shell. The type included numerous species which were widely distributed during the Mesozoic era.

War and Archeology

When Napoleon took his army to Egypt in 1798, he did not hesitate to number the army of invasion with a troop of learned men to study the antiquities there.

Growth of Prejudice

Prejudice is a rank weed of rapid growth. Let yourself dislike a person, and you will shortly find that it is impossible for that person to do anything that is right or reasonable.

The Most Primitive

White persons (Bushman) of the nation's capital are classed as probably the most primitive in all the United States.

The Coloratura Soprano

A coloratura soprano is one whose voice lends itself to runs and rapid passages or divisions where each syllable of the words has two or more notes to it.

Ethioplans Have 2 Sundays

The Ethioplans are the only Christians in the world who observe two Sabbaths each week—Saturday as well as Sunday.

Tropical Medicine in 1600

Tropical medicine is traced to a start in 1600 when the East India company carried doctors to the tropics.

One Afghan Race

Afghanistan is peopled by many races, to only one of which the name Afghan may be properly applied.

Arabs Originated Name

The name of the Moors originated among the Arabs and signifies a half-breed.

WEST POINT PARK

Mr. and Mrs. Tom Grogan and two sons of Detroit were the Sunday dinner guests of Mrs. Grogan's parents, Mr. and Mrs. Frederick Woodley.

Mr. and Mrs. Arthur Sharrow attended the meeting of the Wayne County Beekeepers Association Sunday in Detroit.

Mr. and Mrs. Marvin Addis and Mrs. Emerson Ault were guests Sunday evening of Mr. and Mrs. Guard Parks of Detroit.

Frank and Joe Decker of Detroit were Sunday dinner guests of Mr. and Mrs. William Zwahlen.

Gus Tarr of Detroit was the guest Sunday afternoon of Mr. and Mrs. Elmer Heichman.

Mr. and Mrs. Arthur Sharrow attended a party Saturday evening with a group of Detroit friends.

Mr. and Mrs. August Vogel are moving this week on a small farm on Canton Centre road.

James Eastman returned Monday from Ford Hospital where he had an operation on his eye.

Mr. and Mrs. Jack Hill of Dearborn were Sunday dinner guests of Mr. and Mrs. John Wagner.

Mr. and Mrs. Donald Crippen of Dearborn were Wednesday callers of Mrs. Arthur Sharrow.

Mr. and Mrs. Albert Owen and son Kenneth were supper guests Saturday evening of Mr. and Mrs. Norman Gedig of Detroit.

Mr. and Mrs. Elmer Heichman were visitors in Ann Arbor Sunday morning.

Miss Olive Grimwood of Farmington and Miss Shirley Zwahlen visited the Cranbrook Church of Bloomfield Hills Sunday morning.

Mrs. Arthur Sharrow spent Thursday with Mrs. Orr Passage of Plymouth. Mrs. Passage entertained Mrs. Ralph Loring and Mrs.

Frank Dunn of Plymouth at lunch and afternoon bridge and Mr. Sharrow was a dinner guest.

Mr. and Mrs. Arthur Jones moved Saturday to Detroit to be nearer Mr. Jones' work.

Mr. and Mrs. Henry Mix and daughter Dolores were Sunday dinner guests of Mr. and Mrs. August Rhody of Detroit.

Mr. and Mrs. William D. Zwahlen of Detroit were guests Sunday afternoon of Mr. and Mrs. William H. Zwahlen.

Mrs. William H. Zwahlen, daughter Miss Shirley were guests Tuesday evening of Mrs. Pearl Smith of Detroit.

John Rowe who has been in the CCC camp at Lacrosse the past 18 months, returned home last Wednesday.

Toledo for Antiques

Only one-tenth the size of its American namesake, Toledo in Spain is nevertheless one of the greatest cities in the world for antiques. For more than a thousand years Goths, Moors, Jews and Spaniards have enriched the city with priceless objects.

Herbs Used to Change Taste

Peppermint, pennyroyal and spearmint, among the species of the horticultural genus Labiate, are used extensively in medicine to cover the taste of drugs with their pungent, agreeable flavor. Peppermint is also a great favorite for candy flavoring.

Greatest Greek Epigrammatist

The greatest Greek epigrammatist was Simocides. The principal Roman epigrammatists were Martial and Juvenal. Boileau-Despreaux, Voltaire, Shakespeare, Pope and Oscar Wilde were among the most brilliant of the ages.

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SPRING Is In The Air

..... and that means only one thing. Week end motor trips, short rides on warm, bright afternoons and spins out to cottages and lodges. The most perfectly planned outings can be spoiled when your old car "acts up." Whenever you leave the garage you are taking a chance on worn tires, defective brakes and the numerous other imperfections of an old car.

To really enjoy motoring this spring, trade in your old car on a new, 1936 FORD V-8. One short ride is all that is needed to prove to you that you get more exhilaration and thrill, per dollar invested, out of driving a new Ford V-8 than any other low priced car sold today.

We can make prompt deliveries of all the new sport models so popular during the warm months, and just think, you can buy ANY style for ONLY \$25 a month plus the original down payment. We will give you a liberal allowance on your old car as partial or full down payment on a new Ford V-8.



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