

The Acton Free Press

THURSDAY, MAY 18, 1928

I F I W E R E Y O U

If I were you I'd think a bit,
For golden thoughts make golden
days.
And in the well-tilled garden soil
There is no need for harmful weeds.
If I were you I'd smile a bit,
For sun and stars light the dark.
Perhaps some groaning soul may use
The cheery gleam, and find the way.
If I were you I'd sing a bit,
To brighten hours of toll and grime.
Home-downcast traveller, hearing you
Will gain fresh courage for the
elbow.
If I were you I'd help a bit,
Your shoulder-tired, travel's load.
May bring him bravely to the goal,
Where you may reap the good you
sowed.

Morton L. Jackson.

TWENTY YEARS AGO

From the issue of *The Free Press* of Thursday, May 23, 1907

Flame-tipped shafts are again in evidence.

The ice cream parlors are in full blast again.

Every citizen should see Longboat's Indian friends play lacrosse in the Island on Saturday.

Mr. Gibson has changed the name of the Albion Hotel to the Station House.

Mrs. Turpin's new Willow Street has been moved back from the street and belies enlarged.

Crescent Club people are getting outfit in all their trim, company—Is being organized to help Mr. Cresson put through his drilling operations.

The famous Ontario Indian lacrosse club—the Royal Canadians relatives and friends of Longboat, the champion runner, will play Acton in the Jamboree Saturday afternoon.

The Capula Glass Works closed this evening until Monday morning, in order to give their employees—who have been here faithfully working since the New Year—an opportunity for a well-deserved holiday.

Church Street roadway has now been scraped and cleaned. A vast improvement has thus been effected.

A good coating of broken stone is now being spread. A thorough rolling is also necessary if the roadway is to remain in good condition.

On the subject of—May 24 the Citizens' Band will present a concert of the leading offensives of the year.

The weather is now quite cool and the season will open to-morrow morning.

At the Municipal Council on Monday the most important business of the day was the arranging of an electrician to superintend the work.

The Municipal Clerk presented sixteen applications. There were sixteen cases by the Council and they finally decided to engage Mr. Ernest Macklin, of Bellville, who has had charge of the plant since Mr. Ballard left two weeks ago. Salary \$600.

BORN
LASHY—In Acton, on Sunday, May 19, to Mr. and Mrs. Robert J. Lashy, a son.

USE PRUNES WITH YOUR CEREALS

The fruit sugar in prunes makes a palatable and healthy sweetening for cereals.

It is easy to digest and does not upset the mild flavor of the cereal. The skin of the child is built around milk and cereal. If a child is allowed to form a taste for concentrated, highly-flavored foods, he will never be inclined to the milder flavored foods he may have had.

The older members of the family find the addition of prunes to their cereals a pleasant change. Prunes may be combined with other cereals or eat cereals such as corn in many different ways. The valuable food elements contained in the fruit and cereal should not be overlooked.

Important factors in their popularity are the several interesting ways in which prunes and bran may be used:

Brin Prune Kitchen

Prunes are a good morning batter, adding a few sugar and butter, spread it on a hot griddle pan.

On the top press cooked prunes that have been pitted. Dust them with powdered sugar and cinnamon. Sprinkle a little bran on top. Bake in a moderate oven (300 degrees Fahrenheit) for three-quarters of an hour. Serve with heavy whipped cream.

Prune Brown Bread

1 cup sour milk
1 cup prunes (soaked several hours, drained and chopped)

1 cup molasses

1 cup sugar

1 cup flour

1 teaspoon soda

1/2 teaspoon salt

Mix all together until bran, sour milk, and prunes, which have been soaked several hours, drained and chopped. Then add the molasses, sugar and flour. Mix well. Put the mixture into a greased can, cover tightly and steam for three hours.

Prune Salad

One large can of prunes

All bran

Lettuce

Remove the stones from cooked prunes and fill with cream cheese.

Fill each slice of lettuce with all bran and place five or six leaves of the bran on top. The prunes may be split in half and filled with the cheese, then rolled in the bran.

This is a very healthful salad and could be the main dish of any luncheon. It contains the health-giving elements of iron, calcium and vitamins as well as the protein-building protein.—Barbara M. Brooks, Home Economics Department, Kellogg Company of Canada, Ltd.

CANADA NOW FOURTH GREATEST TEA DRINKING COUNTRY

Each Canadian drinks over four pounds of tea per year, or actually five times as much as our Americans cousin to the south of us. Great Britain, Australia, and New Zealand leads the world in per capita consumption by using yearly over \$60 billion pounds (nearly 3½ pounds per capita). This comes United States with 100 million, but only 2-100 of a pound per capita. Next comes Canada with 40 million and Canada with 34 million. No reliable statistics are available for China or Russia. Both of these countries consume a large amount of tea, but the per capita figure is very small.

Miller's Worm Powders do not need the after-help of castor oil or any narcotic to complete their thoroughness because they are thoroughly absorbed. One of the best worm powders will be found palatable by all children, will end the worst trouble by making the stomach and bowels move freely. And here is another secret!—It is necessary for the worms to have faith! What was the strongest governing body among the Jews? Why has the story of Peter

THE SUNDAY SCHOOL LESSON FOR SUNDAY, MAY 22

Scriptural Lesson Title.—Peter Heals the lame Man.
Baptism Lesson.—Acts 2: 1 to 4; 3: 1 (1 Cor. 1: 1-10; 4: 1-10.)
Golden Text.—None other is there any man under heaven that is given among men wherein we must say—Acts 4: 12.

Devotional Reading.—James 2: 14-18; 1: 27.

The Text Explained

1.—The text speaks of the hours of prayer were said, when the morning sacrifice was offered at the sixth (noon); and the ninth, the time of evening sacrifice. (Numbers 28: 1-2.) The ninth hour—Third in the afternoon.

2. A certain man—Luke, the author of Acts, probably knew the man's name but avoided telling it, lest the enemies of the Christians, the Sadducees, who were jealous of the temple which is called beautiful—the "Beautiful Gate" was probably the "Gate of Honour, located in the middle of the Eastern wall which separated the Court of the Women from the Court of the Gentiles. It was made of Corinthian brass, which was costly (chap. 21). To make—Charles MacLean.

The first white men to penetrate

from the east into the middle west

were called under the leadership of Father Jeannequin.

3.—The great inland water-

ways—Habitant Cottage, Quebec

4.—Juliette Gauthier

5.—A musical festival on a scale

never before attempted in the city of Quebec will be held in the Chateau Frontenac, from May 20 to 22.

6.—The most famous choirs in French Canada and the Native choral and handicraft indigenous to the Province of Quebec, is unique in Quebec.

7.—The first white men to penetrat-

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