

FROM THE TRAIN

I watch the worldlings hurrying by
And wonder whether they're busy
And how the caplings' basening feet
Can be so sure and steady...

Menu Hints

Recipes for Hot and Novel
Dishes; Household Ideas and
Suggestions

By Betty Barclay

EUROPEAN DAINTIES

Continental housewives have concocted
some of the most delicious recipes now
being followed in this country...

CHICKEN A LA ITALY

- 1 1/2 c. cooked shredded chicken
1/2 c. cooked shredded ham
1/2 c. cooked spaghetti
1 small green pepper shredded
1 red pimento
3 eggs, butter
2 c. cream
3 egg yolks
1 tsp. salt
1/2 tsp. paprika
2 mushrooms chopped fine

DEUTCHLAND SOUR BEEP

- 2 cups water
1/2 cup lemon juice
1/2 teaspoon salt
1/2 teaspoon pepper
1 large onion
1 carrot
3 pounds cheap cut of beef

Out onion in thin slices, cut carrot
in strips, add water, lemon juice, salt
and pepper, and pour over the beef...

MUSTARDS AND KIDNEES

A custard, or any similar, light des-
sert, is usually much better for children
than heavier desserts...

ORANGE PUDDING

- 1 cup bread crumbs
3 tablespoons butter
2 cups scalded milk
2 egg yolks
1-3 cup sugar
Juice 3 oranges
Grated rind 2 oranges

Soak bread crumbs, butter, and scalded
milk thirty minutes; then add egg
yolks, beaten with sugar, and orange
juice and rind...

A BOY MESSENGER

A little messenger boy in London showed
such unusual ability and faithfulness
in his daily work that one of the
most important men in the city...

Another secret of his success and of
the favor he received was his lack of
vanity and his calmness. He did not
hurry or swagger...

HIGH VISIBILITY

People who live in glass houses should
not throw particles—Lila.



MOTHER'S LILAC BOUQUET

When the plianth's time is over an' there
comes a rainy mornin'
When the grass is growin' greener an'
the sky is lookin' gray...

GRANDMA KING'S CLOVE APPLE

Here is the children's story I promised
a week or so ago
When I was a boy it was fashionable
here in Acton as elsewhere, to make
cloves out of apples...

SURE-FIRE PLAYFULNESS

One aspect of the new paper money
issue has received too little attention
in your eagerness to acquire the bills...

AN ENGLISH ELECTRIC HEATER

Metal Radiators Are Used That Are Al-
ways Only Comfortably
Warm

A new method of heating homes or
offices by electricity, using metal radi-
ators which are never more than com-
fortably warm but which are very ef-
ficient in use of electric current...

FOLKS PAST 40 SHOULD READ THIS

If you are troubled with a burning
sensation, bladder weakness, frequent
daily urination, getting-up-at-night, dull
pains in back, low confidence, and when
through gait—you should try the
"Uratals" value of Dr. Southworth's
"Uratals" difference they make!

FLARING PEPLUM

Paris promotes pelplum as one of
the outstanding fall fashion features.
These little frivolous flared sections
are well in keeping with the new
femininity which rules the mode...

AS-THE-GLOVE-COUNTER

The hard life of the saleswoman at
the center of a great retail store is
often rendered less burdensome by the
kindly acts of fellow-workers...

SMART TIERS

If one flounce is good, fashion de-
clares, a pair may be even
better. And so we have charmingly
feminine frocks presenting rows upon
rows of circles...

SLATS' DIARY

BY ROSS PARQUHAR

Friday—are little home was very dis-
comfortable this evening to the mem-
ber of my family...

MAKING AN ICE WELL

Sometimes the simplest developments
are the last ones to occur to man. It
is interesting to note that a simple meth-
od of refrigeration of use on farms or
in the country is only now being investi-
gated in this age of farm electrification...

THE GARDEN

When you see old age a-bendin' as it
is, yer cares are gettin' heavy, an'
yer hair is turnin' gray...

Fashions for the Smart Woman



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Now We Can Supply You With Purina Chows!
The Profit Building Feeds in Checkerboard Bags

A COMPLETE Line—For All Feeding Needs
NO MATTER what you're feeding—or
how—you'll find that Purina Chows
will fit your needs...

ACTON FLOUR MILLS
—D. H. Lindsay—
ACTON, ONTARIO PHONE 79
The Store with the Checkerboard Sign

Gas on Stomach Is Dangerous
HOW TO REMAIN YOUNG
Learn to Relax.
Don't fight with yourself.

ALL THE BRAN YOU NEED
ALL THE FOOD YOU NEED
SHREDDED WHEAT
With all the bran of the whole wheat

Purity Fruit Cake
How to Get Better Results
in Cake and Pastry Baking
A baking expert says "Purity is a strong,
flour with great extending qualities..."

Engraved Cards
Seasons Greetings
Mr. and Mrs. A. W. Wren
Our stock is now complete and ready for showing and it
is one of the most varied lines we have ever presented...

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