The Arton Free Frenn

It seems so strange to so: the land Go rushing by on either hand, As If it ran a rece with death And dared not even slop for breath. But now a town, with banks and sheps Comes hurrying up; slows down then

To let some folk get on the train-Then madly hurrles on again. And yet I wonder -does it seem

To all the things that past me stream That they stand still, while it is I Who go so wildly herrying by? But somewhere, far along the truck, I know that home comes hurrying back. And all I have to do it alt Here on the train, and wait for it. I know that Mother will be there; Bo what they think I do not care! -By Victor Blarbuck.

#### Menu Hints

Recipes for New and Novel Dishes: Household Ideas and

By Belty Barclay

EUROPEAN DAINTIES Continental housewives have composed some of the most delicious recipes now being followed in this country. Here are two which you may or may not know of-Nut which most of you will try again and again after once using:

CHICKEN A LA ITALY 1 % c. cooked shredded chicken

c. cooked spaghetti small green pepper shredded 4 red plmento

theps. butter 2 c. cream

3 egg yolks 1 tap. salt 14 trp. paprika 2 mushrooms chopped fine

filmmer adwly green pepper, mushham, chicken and paprika, and cook An father read his paper wear the lilacs together 2 or 3 minutes. Add spaghetti, pimento, cream and sait, bolling about Through the busy time we watched the I minutes. Mix yolks of eggs with tablespoons of cream and stir into the mixture. Take off fire at once,

DEUTCHLAND BOUR BEEP 2 cups water

34 cup lemon fulce teaspoon salt 14 teaspoon pepper I large onlon

2 pounds cheap cut of beef

Cut onion in thin slices; cut carro in strips; add water, lemon juice, sait When ye see old age a-bendin' and pepper, and pour over the beef, and leave over night. Drain meat; put in small agate pan; dredge meat with flour, and put in hot oven until flour is brown. Add one cup of the water in which meat was roaked, and cover closely. Bake slowly, and, when half done, add vegetables, drained from water, and continue the cooking, adding more liquid. as needed. When tender, remove to serv ing-dish, and thicken gravy, of which there should be one cup, with two tablespoons flour, mixed with two tablespoons cold liquid. Add, if desired, one-fourth cup sour cream. Put vegetables around the beef, and serve gravy in a sauco-

The leman juice helps very much make tough meats tender.

KUSTARDS AND RIDDIES A custard, or any similar, light dessert, is usually much better for children than heavier desserts. Purthermore such a dessert is almost invariably relished by the child. Here are three that are very economical and easy to

prepare-yet they will prove delicious. ORANGE PUDDING

1 cup bread crumbs 3 tablespoons butter

. 2 cups scalded milk 2 egg yolks 1-3 cup zugar

Juice 2 oranges Grated rind 2 oranges

juice and rind. - Pour into a buttered pudding-dish and bake in a moderate oven until firm. Cover with meringue.

#### A BOY MESSENGER

A little messenger boy in London showed such inusual ability and faithfulness at the word of command, but as soon take has received too little attention. in his daily work last winter that one as Tillie would come near he would In your eagerness to acquire the bills. of his employers wagered that he could catch it up, and run round behind the which for a time will be curious as cross the Atlantic alone, carry letters woodshed where he and his little mis- something new, do not forget that in a Metal Radiators Are Used That Are Alto New York, Philadelphia and Chicago, trezs played many on hour together. He month the current bills will become deliver thom, and returning on the same soon arrived there, dropped the apple, curious as something old and rare. Then ship, bring the answers back to London, and sat down ready for a tea-party or you will be glad to possess some, will with no other instructions than those anything that Tillie pleased to do. given him at starting. So prompt, his

next morning the little lad, who was ampton and boarded the St. Louis, bound got to the bank of the creek before for America. He arrived in New York, her, tilted for a moment, then went and immediately after landing had de- over into the stream and disappeared. livered his first letter and taken a re- Then she sat up and cried, and I am catot for it. He was a picturesque sorry to say, boxed Slege's cars. figure in his uniform and with his tiny hat on one side of fils' head. In two grandma did not discover her loss till hours he left Now York for Chicago, the hext morning, when she went to where he delivered his letter and start- look for a clean cap. ed to return the same day. He ac- But Tillie had been making plans, and complished his errand in Philadelphia, that morning she got permission to go

home on the St. Louis. tention, and American messenger boys mother thought queer. and reporters waited for him at every That night when she came home her turn. But there was something more arms ached, and her head ached, and in the boy and in his success—some- her face was very red. Grandma was thing worth the notice of every lad who, certain that it was an attack of "worms," too, hopes to succeed in life. Little Jaggers had a clear head and which made the little girl fairly groan.

quick perceptions, but he was not in but she shut her eyes hard, and took the least "smart" or sharp or push- it bravely. ing. He was a modest, gentle lad, ex- Then she told her mother all about tremely courteous, with a low quiet voice, how she had lost grandma's clove apple, answering every kindness with a de- and how sorry she was, and how she lighted laugh; but he kept to his duty had worked for Uncle Joe planting corn as loyally as any soldier who won the and pumpkin seeds all the long, hot

Another secret of his success and of bought cloves at Mrs. Secord's "corner" the favor he received was his lack of store. vanity and his calmness. He did not And now would mamma help her make hurry or swagger, but went on quietly another clove apple for grandma? about his business. The third secret was Of course she would, and mamma his politeness, . The American messenger kissed the poor little sunburned nose boys were quite astonished when he stood tenderly, and then, while she very kindat attention and touched his cap when ly rebuked the meddlesome spirit which he was addressed. But in consequence prompted her to open the drawer withof these qualities no one met the little out leave, she pointed out to Tille how biglish boy who did not become his we must sooner or later suffer for our friend, and try to do something to make wrong-doing.

me," he said, "and many happy sayings from the biggest Roxbury Russet in the have been spoken to me. My mother barrel, "to remove all temptations," will be glad to hear them." When the modest fellow sailed away. Our older readers will remember quite faithful, boyish yet well-mannered, some readily the clove apples which were to of the people who noticed him wonder- popular fifty years ago, when nearly every ed if the old mother country did not house possessed one. The younger folk possess some things which the republic will be interested in reading the story might well envy her.

not throw parties .- Life.



When the plantin' time is over an' ther

comes a rainy mornin'. When the grass is growin' greener the sky is lookin' gray. When the robin on the ridge-pole a-frettin' out a warnin',-That is jest the kind o' weather the was father's reath' day. When he stretched out on the se the summer harvest planted:

setting on the stand. the sugar run was over. An' sharpenin' the fence posts for the fixin' o' the lines. There was cleanin' out the plump-logs o' the roots o' grass an' clover,

An' trimmin' out the orchard an' tyin' up the vines; An' it all comes back so natural upon the stand. There was zeedin' down the out-field an turnin' up the furrow.

An' burnin' o' the brush, an' diggin' o' the weeds. An' the settin on o' Towser wheh found a woodchuck's burrow. While I followed in the corn-field with my dish o' punkin zeeds: An' it seemed so kind o' peqceful when the shower washed the land,

brook, a-playin' an' a-wishin'. A-cuttin' cherry fish-poles an' thinkin' o' the balt. Until on father's restin' day chance a-fishin': An' when we followed down the stream an' come in, wet an' late. 'An' showed our string to mother, eyes a-glowin', faces tanned. She smiled, an' laid her knittin' by the lilacs on the stand.

Oh the plantin' days o' boyhood, when there come the rainy mornin' An' the misty kind o' weather that was father's restin' day. sounds its note o' warnin', An' yer cares are gettin' heavy, an' yer hair is turnin' gray. low ye find the heart a-longin' for touch o' mother's hand. An' a chance to smell the lilacs that settin' on the stand. -Plorence Josephine Boyce.

GRANDMR KING'S CLOVE APPLE

with her caps and neckerchiefs and laces, summer. to give them a sweet odor.

had not smelled of the apple for a week, used daily for cooling cans of milk, with the girls but they was very poor and she really longed for it. Sieg, her which were let down into the pit by dancers and there ft. was all ways a getlittle dog, followed on behind.

Tillie pulled open the drawer carefully, to as not to joggle the cap-bordping and his tall whirling around and store ice in this manner.

around in delight. him, shouting, "Drop it! Drop it, Bleg!" And Sieg would drop the bitter thing

Well, she told no one about it, and

and reached New York in time to go over to Uncle Joe's to stay all day. And she did not ask to put on her clean The oddity of his errand attracted at- frock nor her best shoes, which her

and would give Tillie a big dose of "pirky"

day for money with which the had

his task easy. Difficulties vanished be- to the new clove apple's nest was in the black lace cap; and Tillie got one "I have had much kindness shown to of her own that Granma King made grandma said.

about the fad of the day.

The hard life of the saleswoman at the counter of a great retail store is often rendered less burdensome by the kindly acts of fellow-workers, and cometimes by the generosity of employers, It is not infrequent the case that girls are at their posts in these stores who are not strong enough to do the work properly. Under such circumstancia the public which must be served in generally less indulgent than the employer. At a great retail store in Boston, the girls at the glove counter work alment constantly in fitting gloves to customer's hands. The work in ard us, for the saleswoman must lean over the counter in doing it, and her back often ache with the strain upon it.

At one of these glove counters a young girl was employed who was in consumption, though perhaps neither she no: her relatives were fully aware of the fact. Though she knew she was ill, she hast tated to leave off work, for the loss of one of her parents and a subsequent marriage had made the circumstances of her home life unpleasant to her; and, she did not know where she should turn for the six dollars a week which she carned.

The lunches which she brought to the store indicated extreme poverty or else unkindness at home, and the other girls at her counter often shared their lunches with her pressing upon her the most nourishing and delicate bits that they had brought. One day she came to the store looking unusually pale and weak, and when an exacting customer required her services in fitting gloves, she was slow in making the effort which the customer-a woman-seemed disposed to

The customer scolded, and possibly the girl, week and ill, answered impertinently. At any rate, the customer went An' I seem to smell the lilacs that were to the superintendent and complained sharply of the saleswoman's conduct. I'm very corry, madam," said the superintendent, "but the girl is ill to-

There was nothing more that could be sald; but that there was no unkindness on the part of the saleswoman's superi-

a day or two her case was reported t the head of the firm, Mr. Jordan, as one worthy of benevolent action. "Bend her to me," said Mr. Jordan. The poor girl turned pale when she was told that Mr. Jordan wished to see her, and became suddenly faint. The frared that her discharge-a thing much more to be dreaded than any hardship of her daily task-was coming. But she was quickly assured that no harm would

come to her. The proprietor questioned her kindly about her work, her family and her health. Learning from her that she had friends in Maine, he asked her to ascertain how much it would cost her to go thither. When she had learned, Mr. Jordan gave her money for her fare and expenses; and not only this, but paid her wages regularly, until, two months later, her strength failed her utterly, and death came.

MAKING AN ICE WELL

Sometimes the simplest developments are the last ones to occur to man. Its is interesting to note that a simple meth-ed of refrigeration of use on farms or and me was a going to the show wile in the country is only now being investi- ma went to a Comitty meating but gated in this age of farm electrification and mechanical refrigeration. Those pitcher he woodent go because he sed who have passed much time in the country in the summer will tell you that one of the greatest inconveniences is the hay erly becos I can't stay awake the lack of refrigeration, and yet's ready just thinken about a pitcher. means of overcoming this has apparent-

Grandma King was very particular ground about eight feet square. This will have sum luck. I guess we will about this upper drawer. Tillie knew hole is boarded up on the sides with let him alone. For a wile. it; still many times, when no one was cheap lumber and each day during the Munday-Pu was leckshering me toin the room, she pulled it open a crack freezing weather a small quantity of nite becur I ben in a fite. He sed when--just enough to squeeze in her brown water is allowed to run into it. In ever you get mad you must try not to hand an take out the clove apple to this particular case a block of ice eight say enything mean nor strike a lick. But take long, deep sniffs of its rough, sweet feet square and six and a half feet if you don't say enny thing mean nor sides. I am afraid that Tillie coveted thick was built up over the winter. In soke sum buddy why it proves that you spring it was closed up tightly with are not mad. One day when grandma was out in double flooring with building paper be- Tuesday-About a 's a dozen of us was the garden to see if her sage roots were tween the layers. Much depends upon envited down to Blistenes house tonite winter-killed, Tillie scudded into grand- having this floor tight so that circula- and et pop corn and apples on acet ma's room to the bureau drawer. She tion of air is prevented. The wall was it was his berthday and I tryed to dance

Apparently the well will give service straight all in a row; she drew the method of solving the ice problem on he sed A cenntenial is a wirm with a apple out of its nest in the black lace northern farms and in places where recap, and squeezed her little pug nose frigeration over the summer is not availinto it as far as she dare. Bomehow, ale. It has cheapness to recommend yolks, beaten with sugar, and orange the next moment she dropped it, and it and would appear to be simpler than Siege, standing ready to engage in any cutting ice in the winter and storing it. mischlef at hand, seized it, and ran If it is handy to a water supply it rewith all his might, his great cars flap- quires practically no effort whatever to it in my stocken and throwed it in the

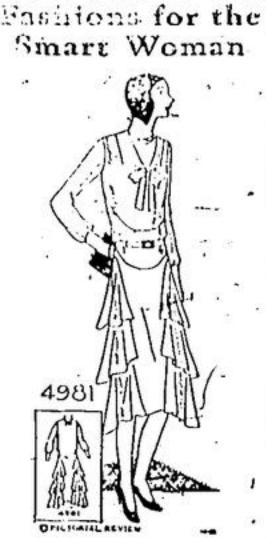
you not?

But the apple kept rolling down the You do not positively have to turn offices by electricity, using metal radia- dangerous. Acid irritates the stomach And don't let yourself cultivate the employer contended, he would be that hill to the creek, where Tulic had lost the old bills in. Keep back a trunk full tors which are never more than comhe would beat the transatlantic mails. "Annsophia," her best doll, and several of \$5, \$15, \$20, and \$1,000 bills. In a fortably warm but which are very of- forms and presses against the heart the paraphrasers of the beautitudes have few years you can exhibit them to as- fictent in use of electric current, is The stomath needs an alkaline. Blaur- it, "Bleased is he who expecteth nothing. The provoking thing! She knew that tonish your friends. And your children being introduced in England by the City ated Magnesia-powder or tablets-is the for he shall not be disappointed." but thirteen and who never before had was where the apple was going, too, and will appreciate having something unique of London Electric Lighting Company ideal method of getting safe, quick, hat- I well recall how, many years ago, my



FLARING PEPLUM

Paris promotes peploms as one of the outstanding Fall fashion features. These little frivolous flared sections are well in keeping with the new emininity which rules the mode. Moreover, now that waistlines are emphasized by belts, the flare of the peplum serves as a contrasting note to accent the fitted line at the waist. The unusual peplum on the frock shown here is cut short at the front and digs at the back. Another fashion point of importance is the use of front revers to substitute for a collar. The pointed cuffs are of the ... same fabricas the revers.

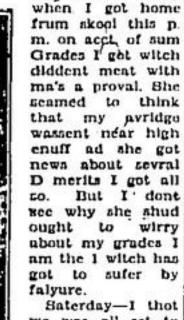


SMART TIERS

If one flounce is good, fashion declares, a tier of them may be even better. And so we have charmingly feminine frocks presenting row upon. row of circular flounces. Notice in the model shown here how the flounces are employed to develop a bemline that dips on each side, and how the curved outline of the top flounce finds its counterpart in the ornamental curved scaming. The greatest designers are using such seaming to effect a surprising beauty of line. Further new details are found in the flattering bow at the neckline and the belt at normal

> SLATS' DIARY BY ROSS PARQUHAR

Priday-are little home was very disber of are famly



that my avridge wassent near high enuff ad she got news about sevral D merits I got all But I' dont sec why she shud ought to wirry about my grades am the 1 witch has got to sufer by Saterday-I thot

he cuddent sleep when they was a tawk-

Sunday-They was a new kid in are Here is the children's story I promised by been available all these years. This class at Sunday skool today and he method is in the so-called ice well. Buch looks to me like he is a tuff bird and When I was a boy it was fashionable wells, it appears, have only been used we diddent play enny joaks on him here in Acton as elsewhere, to make in parts of Saskatchewan, Canada, but yet till we no a little more about his clove apples, and Grandma King had last year the Department of Agriculture dispusishun. The teecher told him she made one to keep in her bureau drawer, built one and have used it through this hoped she would meet him in Hevin The well is merely a hole in the good gurl and dont sware mebby you

until freezing weather again arrives. Conntenial and when Jake held up his ers that were standing up stiff and This seems like a ready and cheap hand she sed well Jake what is it and

> is most genrelly all ways called a 1000 Thirsday-They has ben robers in town so las nite I tuk my sixty 8 cts. and hid corner careless, and then layed awake the nite watching the stocken. No

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Since relatively few English buildings have furnaces or other arrangements for central heating, dependence being usually upon stoves or grate fires, the new electric heaters are expected to be popu-

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-D. H. Lindsay-ACTON, ONTARIO

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HOW TO REMAIN YOUNG Don't fight with yourself,

Keen shy of internal friction. Don't waste time in vengeful thoughts It never gets you anything but trouble

Ordinary electric heaters, the wires of ing relief. It neutralizes the excess acid; dear old dad took me aside one day and which are hot enough to shine, use more sweetens the stomach, breaks up the told me "Don't ever waste time, son, than twice as much electricity for the gas, stops the pain and sourness. Food trying to get even with someone you same heating effect, the company's en- digests naturally. It must give prompt fancy may have wronged you. Because, gincers have found, as do the new fdark relief or money back say druggists every- just as soon as you finish getting even

> Purity Fruit Cake 1/2 cup butter, 1 cup brown 1 - 17, 21/2 cups Purity Flour, 1/2 lb. raisins, 1/4 lb. citron, 1 teaspoon cinnamon, 1/2 tea-

spoon nutmeg, 15 teaspoon ginger, 2 eggs, 1/2 cup (scant) molasses, 1/2 cup sour cream or fruit juice, 32 teaspoon soda. Flour the fruit. Bake in moderate oven (375°). How to get Better Results in Cake and Pastry Baking

if your cake recipe calls for ordinary pastry flour use I tablespoon less per cup of Purity and if milk is called for use half milk and half water (lukewarm), and your caker will atay moist longer. Now Recipe for flaky ple crust-For two ple shells use I cups Purity Flour, 15 traspens salt, he cup abortening, he cup cold water Mr. flom and salt, cutting in the abortening until the mixture is like time meal. Mrs thoroughly with the water. Holl out thin, keeping it thoroughly dry. For extra rich pastry use half butter and half lard. Being milled only from selected Western hard wheat, Purity Flour has the strength and quality to make it "best

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