"Propolition, Madame Queen," Though the two I've never seen, Still their volces rend my apleen, Amos Jones and Andy. "Presh-Air Taxi, Ruby Taylor" Drive me mad, each night I'm paler.

Boon I'll have a private jaller. Radios should be busted! "Income tax" . . . the drawling wretche liave for fifteen minute stretches Oh! The misery it fetches.

Truly, "I'se regusted!" IN BETWEEN TIMES

rounds of rice pudding, custard, gelatine

Barbara B. Brooks

restion is a good one because there are berving. Lukewarm fruit is not appetising but too many people forget this and take the can direct from the shelf in a her highly.

served on orange enamel plates and looked very pretty and what a simple dessert had been put on thin lemon cookies and garnished with whipped cream.

Another cast dessert is made by ou bottom of a dish; and pouring blico canned peaches over them, then adding a cold thin bolled custard flavored with almond or vanilla. An imitation peach dumpling is prepared by putting half using one tablespoon of butter and one of flour to each cup of syrap. A quite different use for cannot

me more for luncheon than for breekfast although it may be served either time Malt one tablespoon of butter and add to it two tablespoons of flour and one half teaspoon of salt. When perfectly blended add one cup of pulp from cannot pearbes and cook, stirring, 'until the mixture bolls. Cool and add to the wellbeatin yolks of five oggs. Fold in the beaten whites of eggs.

of butter. Pour in the omelet and cook firm (about 26 minutes.) Fold, sprinkle with powdered sugar and serve garnished with aliced peaches.

If cannod fruit is used in a salad must be cold. Large canned peaches may be stuffed with cream choose which ha been softened with French dressing and mixed with chopped dates and nuts Serve on lettuce with whipped crean

muffing is one which you will like. PEACH BRAN MURTINS

1 cup bran 1 cup sour milk. 2 tablespoons shortening

14 cups flour

14 tempoon soda 1 tesapoon baking powder

14 temspoon salt

well. Add soaked bran, and flour mixed think I could?" and sifted with sods, beking powder and each multin and sprinkle with sugar Helen advised her. and ginnamon. Bake in a moderate oven (400 degrees F.) for twenty to twenty-

weather conditions. Delicately, fragrant, ture. Truly a peerless tollet requisite you ever done it?" for every discerning woman,

ENVY AND GRATITUDE .

when a troop of urchins passed by. "Mister." they shouted in a spirit of benter, "give us your car," The man smiled indulgently.

"I'd give you my ear," he said, "if you'd take all my troubles and worries

"Oh, keep your old tar," they deprecat-They probably did not realise

significance of their reply, but we who are older understand. We often envy a man his good for-

We wish we could attend the banquets to which our more fortunate neighbors

Do not envy. Better far, thank the mean total fallure. To heart, but father. I shall be too busy with my

The Bree Bress Short Story

THE SURFACE DIVE

LENORA MATTINGLY WEBER

school, and Mr. Erbaugh, who know o

day to remind Hugh that Aunt Emms

f the Alcott boys, that spoke. "Do a could dress at home.

Eya, who was the only onlooker. "You Oh! Oh!" Just that on the inside. certainly know how to dive!" she said as tion and, with the girl's hands resting and dropped down. just crasy to dive off the spring-board, dived-and-Souk bran in sour milk. Cream short- You know-to get a good high spring. oning and sugar. Add egg and best But father doesn't want me to. Do you was pointing and thrust herself down.

salt. Pour into greated muffin pane front of your head when you do. Better practice from the side of the pool first," her. Her cap floated on the water, mute "Oh, I have," Margaret assured her.

> Again Helen rested one hand on the "This is the last test, the surface dive," get nearer. Then all unawares

"No," he explained. "Swim out and released to come up for air-air, That dive from a swimming position. Haven't overpowering desire! "No, not exactly-that," Helen admit-

ted. "But I'll try." sight of the whistle; then as she relaxed The water washed over her, choking her

. Ted .. Jerico, standing at the edge of air-air. the pool in a dry bathing suit, explained | ! No!" It was almost a sob within her then use the breast stroke till you reach the bottom with all her strength and the bottom. Try that."

always midway in the water, floundering reached the edge. head downward, feeling the ademant force of It and realisting that she was that boy at the curb. Tell him-Dr. making no headway, she was filled with Rover he knows quick!" seamed something sinister about the First lifting the unconscious Margaret depth of the water that best ber back.

Ted Jerico hesitated. Time was get-Berkeley Park Beach, where he was the rote, taking care not to go faster than You probably would not exphange with guardian for the summer, in a wet suit. the natural respiration. enybody if you knew all his position But he saw the pitcous appeal in Helen's Dear heaven, what a lifeless body! Not' have to punish you to-night." eyes. Fallure in the surface dies would a twitch, not a movement? - Bhe dared

the could go only so far. With greater force the same sickening panio mastered

actor. Ted Jerico was rubbing a towel the examination papers. It was casy for Halen to read the thoughts of all fou

'It's too bad," he said, 'but the surfac

tears were lurking closely behind eyes already smarting from the water.

Mr. - Carrett nodded to his daughter and her girl friend. "Get dressed now

Yes, she had pessed thus far. She Just one before I get dressed. Watch

satisfactority gone through the means of in his eyes! Helen smiled wanty as she slipped on her stockings and shoes and

As the door closed behind her she hear Do a dive for distance last and tring a splash in the pool; Margaret had Margaret back with the tired swimmer's evidently tried her longed-for dive Helen stood a few seconds with her hand Helen poised on the edge of the pool on the knob of the door. Could she ask "I'll help you with your tackknife when them for another chance? But again ou're here teaching." Ted volunteered, that sickening fear answered her. Ever as she stood there Ted Jerico hurried to his car at the curb and drove off. As she turned away she heard muffled

but frensied shricks from the pool. It to teach others to love the water as she words, remembered that sounding splash had always loved it, to teach these chil- | She salved the knob of the door. It had dren who came from poor and ill-kept locked from the inside. 'The screaming homes the uplifting wholesomeness of was more shrilly insistent. Ted Jerio Margaret Garrett was waiting at the cipal's office in the front wing. Holen

the kicked out the glass and, leaving

Helen leaned in awam to where Eva There on the bottom lay the huddled "Remember to keep your hands in figure in the bright-red bathing suit evidence of the striking impact that had

Again Helen lunged downward. The rail. The examiner from the "Y" turned | water waved the short skirt of the suit to the last page of his printed instruct up-up. If only-if only- She reaching fear. Bhe must reach her! she go down; but unconsciously her body

Helen clenched her teeth. It was no blurry whistle there, but a life-laughing little Margaret! Bhe struck down des-When she reached the place where persials with feet and arms. It came the whistle had struck she looked down then, the co-ordination that Ted Jerico the white tiling at the bottom, Bhe drew swinging jersey between her fingers and felt trapped. To let go, to come up for

carefully: "Throw yourself down hard." She tightened her hold, pushed against felt herself rising-with Margaret. Helen confidently tried and tried, but Eva leaned over to help her when she

"No," Helen pented, "I dan.

Her old confidence was back from the waist to expet any water, she Bhe came up hurriedly. "I-I can't laid her face downward on her arm. seem to get to the bottom," she faltered. Then she placed her own fingers tight on Margaret's back over the hungs and right

She pressed her numbed fingers A sharp pain shot through her

disay. Her fungers bent weakly if also didn't watch them. There was a stinging pain in her arm. There was blood running down, trickling from her fingers. She smiled lerkily to herself. Strange,

eyelids flickered hopefully.

upport-"I'll tend to you." He examined her arm. "That's an ugly-looking How did all this happen anyway?" It was Eve that told them.

He issued his order: "I want you both Helen heard it through a dase. She utterly contented. Hugh helped her to her feet. "Are you sure you're all right?"

feel all right. O Hugh, I didn't pass, but not. The cabbage and cauliflower decided I feel-all right about it now."

Mr. Garrett extracted one hand from his precious burden and grasped Helen's. thanksgiving showed in his eyes. "We shall be proud to have you for this pool," he said. "You have shown that you-"But I failed," said Helen, "The surface dive. you know. I didn't get the

Mr. Garrett looked down at the relaxed forehead that was purpling more and

Resdy-made Medicine.-You need no at hand a bottle of Dr. Thomas' Eclectric

EDWARD, PRINCE OF WALES. DISCOVERED LIBERTY BELL

recovery, of the famous Liberty Bell of made by the Princes of Wales, late King and cover the rockery. I do hope my Edward VII., father of our present King garden will be a success because one

When the prince-so the story runs- look at these days, especially after looking was in Philadelphia in 1860 he took great through the paper and reading of very period, although his visit to Independence U. S. Teriff Bill. Here we are with two Hall was projected purely in a apirit of rice little veal calves to sell and the mischief by his entertainers. In rummaging in the garret the party | market. I really didn't think Uncle Sam

discovered the old cracked bell which had it in him to be so ungracious. had been somewhat contemptuously hidden away, and this more than any other relic seemed to fascinate the prince, me a recipe for a delicious date loaf, whose words have been thus reported:

republic has to-day. Instead of being but I guess there must be a mutake hore, covered with this accumulated dirt, somewhere, as mine only lasted two days! should occupy the chief place in this Partner has a new slokan-he says "A Hall of Independence. It is to you what cake a day keeps the doctor away." the Masna Charta is to England. It is cracked, but it is an inspiration. Believe me my friends, it affects me more than anything I have been shown." The good sense of this suggestion ap-

pasled, immediately to the pride and sensibility of the custodians of the relics, and from that moment the Liberty Bell took its "chief place in the Hall of In- about thirty in the class, and yet there dependence," which it has never left were only four mothers, including myonly for a few months Dublic exhibition self, who took the trouble to so and at the World's Pair in Chicago in 1883. hear them. Why, oh why, this lack of it is atrange indeed that a rebuke for the neglect by Americans of a symbol of time-eleven o'clock in the morning, and their liberty should have come from an English prince, and the direct descendant but what matter? Dinner we have every at the time of the Revolution, in 1776.

APPOINTMENT NECESSARY The effect of listening to ultra Tashion-

Pather-"Dorie, your mother has Doris L (ane nine)--- Not - to-night

Chronicles of Ginger Farm

Written Specially for The Free Frees by GWENDOLINE P. CLARKE

did it-" But Helen only recited on, little that really counts. I suppose it is "the dived." 400bed Eva. "She dived more than the work"we have done. That in the deep water, and she didn't come is to say we start the day by making night finds us with only half our promis-Here!" His strong fingers supplanted of weakness. In my young and youthful get a Manniouse down at the Hand

The doctor was unrolling a gauss bit excited I sit myself down and give like to take a trip to New York and go look here." I say, "you are getting all kind of Vengitabula they have to sel good many other things which all seem this a. m. and he cuddent bare to a

easy." Yes, that is the way I sometimes "We know that." The doctors voice talk to myself and it generally works.

ned and heed and scuttled in our enleavor to ald and abet the weather-man in his worthy cause. The garden is looking fine except for a few empty spaces where things should be growing but are they were not geeting a square deal and so they will be sufficiently prolific to run a restaurant. We scuffled out a couple

of tomato plants, which caused them to hang their heads in a sulky mood for a day or two, but I notice this morning their disposition has somewhat improved. The tilmins and corn have taken a lump since the rain and when we feel like taking a little exercise we get it by chasing the hens and chickens away and 2 little, I trust, to pay taxes at from the said oom and turning. The laying hear we had to shut up, but the hens with chickens are out on probation. Romulus and Remus, alas, have the butcher. May he be merciful to

Romulus, to the last, maintained his bronchial troubles. It is invaluable; for such a nice lot of flowers given moscalds, burns, bruises, sprains it is un- just a nice size for setting out, so they like it is an unquestionable healer. It pleted a job which I started about two needs no testimonial other than the use, weeks are-that is a rockery garden. away next year. Very possibly he is right but I am just going shead as though it were the most permanent affair that ever existed. It is too late It is recalled, with interest that the new for setting out rock plants so I have compromised by seeding it liberally with

bottom has dropped right out of the calf

Well, I suppose I must go and do some baking. Last week a neighbor gave baked in baking powder cans, which she "This old bell is the greatest relic this said would keep for two or three weeks, Just a little while and the holidays

homework-oh loy, it will be a holiday for me as well as the children! Last Tuesday I went down to hear the little concert Molly's room were giving. There were several children giving solos or might upset dinner arrangements a bit. of the monarch who ruled over America day, but the kiddles give a concert only once in a while, and surely it must encourage them to know that "mother" takes enough interest in their work to set saide her own duties for an hour or two for the purpose of hearing them.

> Worms feed upon the vitality of chilfren and endanger their lives. A simple and effective remedy is Mother Graves' Worm Exterminator.

SLATS DIARY

BY ROSS PARQUHAR Priday-well I was agetting reddy for

> sum of pa's Bar to my hed and I found out it was £084 WILL the roos hed.

wirking Pellys store today just so I cud make sum munny and he ketched me a sleep

Wensday-Ant Emmy says she wood

A' POETIC TAX RETURN

Making out an income tax return is a task more provocative of Vigorous than of poetic language. Half a century and more ago, a merry Englishman in the merrier England of his day sent in the following response to a dunning reminder from the 'Commissioner for the Income Tax, sitting in London":

I. A. B. doclare I have little to spare.

1 little house

Rather 2 little is my little all

Bince by this you may see I have children 3 Depending on me-

them, for they were noble birds, and figures entirely prosale and definite.

Northern Quebec MINK

A' few Pairs of choice pen raised Breeding Stock for sale,

For Information and Prices Write Cedar Lake Fur Farms, Limited 394 Ray Street, Toronto, Ontario



J: Cadesky OF TORONTO EYESIGHT SPECIALIST WILL BE AT A. T. BROWN'S

DRUG STORE ACTON

Monday, July 7th

ment, J. Cadasky, Eyesight. Speclailst, of Toronto, finds it imposathle to be in Acton until June 9. and not on June 2, as stated Dreviously.

CONBULTATION FREE



EAT RIGHT and KEEP COOL

Excess baggage is hard to handle any time, but more burdensome in Summer when vitality is low. Keep up your pep and bodily poise by eating Shredded Wheat with milk. Just enough carbohydrates to build the flesh you need-just enough proteins to insure muscular strength. A wellbalanced food, nourishing and easily digested. Delicious for any meal with fresh fruits.

SHREDDED WITH ALL THE BRAN OF THE WHOLE WHEAT



Acton, Ontario