baking sheet keeping them 214 inches

apart. Bake in moderate oven (400

ITAIN COOKIES

4 teampions baking powder

Cream the butter, Add the sugar

should be just stiff enough to roll nicely

If it is too soft add a little more flour

Roll to one-third inch in thickness

into shape with a cookle outler. Place on

buttered or floured tins and bake in hot oven until nicely browned. A raising

or walnut meat may be placed on each

cookle before baking, if desired. Yield

FILLED CORN FLAKE COOKIES

2 tablespoons grated orange peel

Remove the seeds from the dates, and

boll dates, orange peel, langar and water

Cream the butter, add the sugar, and

beat thoroughly. Add the flour, which

has been sifted with the baking powder

and salt, then the water, and last the

Corn Flakes. Roll the cookle dough

thin, and cut into rounds. Boread one

round with the date mixture, and put a

second layer on top, pressing the edges

together. Bake in a moderate oven (370

degrees Pahrenhelt) for ten to twelve

minutes. Yield: 3 dozen 3 inch cookies.

"The Family Physician.-The good doc-

tor is always worth his fee. But it is

not always possible to get a doctor just

when you want him. In such tuses,

common sense suggests the use of reliable

home, remedies, such as Dr. Thomas'

Eclectric Oil, which is wonderfully effec-

healing cuts, scratches, bruises and

sprains. The presence of this remedy

in the family medicine chest saves many

All mothers can put away anxiety

regarding their suffering children when

they have Mother Graves' Worm Exter-

a fee.

sure and lasting.

1/4 cup butter

11/4 cups sugar

14 cup milk

3 cups flour

3 dozen large cookles.

1/2 pound dates

W oup sugar

14 cup Water

I cup butter

1 cup brown sugar

2 tempoons baking powder

314 cups flour 3

2 cups Corn Plakes

14 tenspoon salt

16 cup water

1/4 tenspoon nutmeg

1 egg

TROUBLE THAT NEVER CAME

Oh, I worry over this thing and I worry over that. But I notice when the atmosphere has That the bed luck I had looked for didn't come and knock me flat An I didn't have the trouble that)

Oh, I like to start the morning with an apprehensive kigh. Por'I find a bit of worry to my taste. But I cannot help a-thinking, as the years go speeding by. That an awful lot of worry goes

TWENTY YEARS AGO

Thursday, October 13, 1910 The new Metropolitan Bank block is

finish the walls this week. tickets were sold to Acton visitors to could be the means whereby God could family that he couldn't see her because Georgeown Pall Pair, last Wednesday.

filling the vacated position.

the Town Hall. A good programme, and refreshments served during the evening.

were 40 members on the roll.

years ago, on Tuesday evening. The perils and inconveniences. In due time as possible. Mr. H. P. Moore, the first and heard the adoration of the shep-President of the League, presided, as he herds, she remembered the tremendous did twenty years ago. The programme nature of her charge, and in the pensive included numbers by the League choir, days of early motherhood, pondered them the Orchestra, Miss Einma Burt, Misses in her heart (v. 19). That is the way Mason and Burt, and readings by Miss to deal with God's Word. Bennett, President, and Mesers. N. P. Moore and H. P. Moore, the latter two giving the same selections they gave twenty years ago. "The Cobbler," which was rendered by Miss Emma Moore at the previous tea, was excellently sung by bidden to such an occasion, that He went Miss Burt. A dainty ton was served at and that He ministered to the festivity the close.

An efficacious household remedy-Douglas' Egyptian Linkment. Brings immodiate relief to lame back and muscular rheumatism. Also relieves inflammation, burns, sores, corns and warts.

NEW TURNIP GRADES

the first year in operation have indicated presence of Jesus did not detract at all as desirable the Federal Department of from the overflowing joyfulness of the Agriculture has by ministerial order under wedding feast. Indeed, it was His presthe provisions of the Pederal Root Vege- ence that saved the occasion from endtables Act, provided four new grades for ing in mortification and disappointment. 3-inch bars. Roll in powdered sugar minator to give relief. Its effects are turning and rutabagas.

grades which were introduced last year, the wine fails, somer or later. What covered jar for as long as six months if "Imall," "Medium," and "Large," were He had done up to this time we are not inadequate to take care of the require- told. But now He stands out as the ments of the trade. The new grades are needed and as the helpful One. And in based on size and will be known as "Can- this dual capacity He has ministered to 1-3 cup shortening ada No. 1 Small," from 2 to 4 inches in millions. It was Mary, Jesus' mother, diameter; "Canada No. 1 Small Medium" who thought of turning to Him in the from 3 to 5 inches in diameter; "Canada moment of emergency. She knew her No. 1 Medium," 4 to 6 inches in diameter; Bon better than any one else, and thus, "Canada No. I Large," not less than 4 as always, furnished an instance of the

inohes in diameter. quality and tolerance remain the same as perform a miracle (v. 11), but she knew last year as they have been found quite effective in assuring a good quality in by saying that only the best of the crop, free from defects, will qualify for grad-

Commercial turnip production is centred largely in Ontario and Prince Edward Island. The Dominion Pruit Commissioner states that his branch has before it at the present time requests for the inspection of over 4,000 carloads of turnins in Ontario alone. The shipping point inspection service of the Dominion Pruit Branch has been instrumental in materially extending the market for graded_turning. The new grades, assuring uniformity in size and desirability in quality, should do much to satisfy the

requirements of the most exacting trade The new turnip grades are operative from September 23, 1930, on which date they came into effect .- Issued by the Publications Branch, Department of Agriculture, Ottawa, Out.

HEATING SYSTEMS

chimney flues thoroughly cleaned. cold weather sets in.

to prevent corresion.

out all noor registers and hot air pipes. IT-the very thing He says. 5. Clean out your furnace room, remove all rubbish, and keep a clear space 27.

and all combustible material.

THE SUNDAY SCHOOL LESSON

EXAMPLE OF MOTHERHOOD)

FOR SUNDAY, OCTOBER 12

Luke 2: 19. Lesson Text.-Luke 2: 15-19; John 2: 1-5; 19: 25-27. Study also Is. 9: 1-7 Heb. 1: John 19: 1-47.

Time.-B. C. 5; A. D. 28, 30. Places -Bethlehem, Canal Golgotha. Exposition.-I. The Mother of a Holy

Babe, 15, 19. progressing well. The bricklayers will as Mary, the mother of our Lord. It is issued from the kitchen. A vegetable evident that one woman only, out of the peddler asked for the lady of the house Notwithstanding the wet weather, 157 countless millions of the human race, but was told by a young member of the be manifest in the flesh, and Mary of this was "cookie day" and besides—they Mr. Heber Williams, ledger keeper at Nazareth had the mighty, privilege of had plenty of tomatoes. the Merchants Bank, has been promoted being that one. By one woman, sin and At last every dish was washed and to the Berlin branch. Mr. Maurice death were brught ipto the world at the put away in its proper place. The cookies Panton, of Georgetown branch, is now beginning; by the child-bearing of one were gathered from the cooling racks woman, life and immortality were brought and carefully stored in the two large A series of harvest thanksgiving ser- to light. When Jesus was born in Beth- stone jars. Mother's mental inventory vices will be commenced in Bt. Alban's lehem of Judsea, no wonder that the of their contents was as follows: Church this evening, when a thanksgiv- woman ordained and chosen of God as ing sermon will be preached. On Sun- His instrument, was called highly favored day, there will be services suitable to and blessed (Luke 1:28.) It needs very the occasion, the Bunday Behool taking little reflection to see that it was no part at the evening service. On Tuesday light matter to become the mother of our evening a harvest home will be held in Lord in this unheard-of and mysterious manner. It brought with it, no double at a distant period, great honor; but I The first church parade of the Acton brought with it in the present no small Company Boy Scouts was held on Sun- danger and no, small trial of Mary's day evening to St. Alban's Church. There faith. All this she undertook and asked no further questions; she relacd no fur-The Epworth League repeated, as near ther objections. She accepted the honor as possible an entertainment held twenty laid upon her with all its attendant decorations were pink and white and she brought forth her firstborn Son, and this color scheme was carried out as far laid Him in a manger (v. 16). She saw

II. The Mother of a Miracle-Man, 2, 5, A marriage in Jesus' day and land was an occasion of almost unparalleled festivity. It throws considerable light on the character of the Master, that He was of the hour. Jesus was no wicetic or recluse. He evidently approved mirth and gladness at proper times and in proper places, Indeed, His enemies strove to make capital out of sociability and called Him, therefore, "a gluttonous man and a wine-bibber" (Matt. 11: 19) Jesus was not that, but He was of social turn and genial disposition. It is no mark of pre-eminent plety to frown upon Giving effect to the changes which all lightheartedness and festivity. The The need of Jesus was felt when the and serve. It is found in practice that the three wine failed. In all earthly experiences, fact that they who know Jesus best, go The requirements with respect to the to Illm first. Mary had never seen Jesus He could help out of any difficulty, and even perform a miracle if it were necessary that He do so. Anyway, how could she possibly go to any one else when HE was at hand? Mary was a woman of great faith, for all she did was to make her wish known. "They have no wine, she said simply. /She took it for granted that if her Son knew that any one was in trouble, He would proceed to help them. She knew Ilim well. And yet she appeared to get but small satisfaction of her knowledge of Josus, for, bringing out their real relation to each other. He seemed to rebuff her. We do not always got immediate satisfaction when we make known our needs unto God, There may be some fault or mistake in our method of approach that He would have us note and correct and lay to heart. Or, there may be some other. loving reason, known only to Him, why it would not be wise to grant our request at once. This does not by any means prove that it was not Ills will to grant

the thing asked. Mary was not at al put out by this answer, and to the servants she said, composedly: "What-A wise man once said that it is easier seever he saith unto you, do it." Mary and the crushing effect of the harrowing to keep out of trouble thun to get out of here enunciated the whole glorious secret sight before her. He knew, good and trouble. We, therefore, suggest that you of a life of blessing and power. "What- lovely-spirited as, she was only test out your heating plant now and soever he saith." . It may be a hard a woman, and that as a woman she must the worry and continuous-trouble thing He bids us do; it may be a be-bearing the load of sorrow consequent of poor heating results during the winter seemingly' senseless, thing. Indeed,-it upon the death of such a Son. The 1. Get the furnace, furnace pipes and Yow absurd! But that was the thing fort her. Up to that time He has looked

enter into its appalling tragedy nor ade- protection of another. It is thus that 7. Use only safety heating devices in quately sense the polynant suffering her Bon, in the majestic hour of His which plerced the mother-heart. But sacrificial death, regards her.

FAL INVENTORY OF THE COOKIE By Barbara B. Brooks

On the day before school started this flour and add to first mixture. But fall, mother spent all her time in the kitchen baking cookies. She chopped nuts, ground raisins and seeded dates. She sifted and measured flour, best eggs degrees Pahrenheit) about 30 minutes until they were foamy, creamed butter Yield: 2 dozen cookies 3 inches in and augur and made frequent trips to diameter. Golden Text.-But Mary kept all these the ice chest for sweet milk, sour milk sayings, pondering them in her heart- and even buttermilk. Occasionally she thumbed a well-worn cook book to look up details of a recipe which had alkeped her mind. Then she could be heard to murmur. "Um-one-half cup molasses and one-half cup bolling water. It's

queer that I can't remember that one. The house was fragrant with the odor of spices and browning sugar, Telltale crumbs on the back porch showed No woman was ever so highly honored plainly that the first samples had been

I dozen Honey All-Bran Date Bars. 1 dozen Plain Cookies with walnuts. 2 dozen Plain Cookles with raisins. 3 dozen Filled Com Flake Cookles. 3 dozen Corn Plake Drops.

2 dozen Honey Krisp Cookles.

2 dozen All-Bran Bpice Cookles. At the end of the week the supply had dwindled considerably, due to the after-school raids of hungry children and at the end of two weeks the total contents of the two cookle jars were: 3 cookles-well broken.

CORN PLAKE DROPE

14 cup butter 1 cup brown augar 3 ецця

2 tablespoons milk 114 cups flour

3 tempoons baking powder % tenspoon salt 4 cups Corn Plakes 1 tempoon almond flavoring

Cream butter and sugar together. Add well beaten eggs and milk. Bift flour with baking powder and salt. mixture. Add Corn Plakes and flavoring. Drop from a spoon on greased baking sheet and bake in moderate oven (350 degrees Pahrenhelt)

Yleld: 3 dozen.

HONEY ALL-DRAN, DATE BARG

3 cups dates, seeded and chopped fine tive in easing inflammatory pains and 14 cup nut meats, cut fine

3 eggs, beaten light

1 teaspoon baking powder

14 cup All-Bran Mix well, bake 20 minutes in moderate oven (350 degrees Fahrenheit). Out in

HONEY KRISP COOKIES

132 cups flour

1 tenspoon baking powder

14 tenspoon soda

1 cup Rice Krispies Nutmeg or Vanilla flavoring Cream shortening and honey.

15 cup nut ments (black walnuts are

well-beaten eggs and sour cream. the flour with baking powder, salt, soda and add to first mixture. Stir in dates. pan about 3 inches apart. Bake in

ALL-BRAN SPICE COOKIES 3 tonapoons baking powder -M-cup-shortening

1 egg 1 cup All-Bran -1-3-ouns-flour

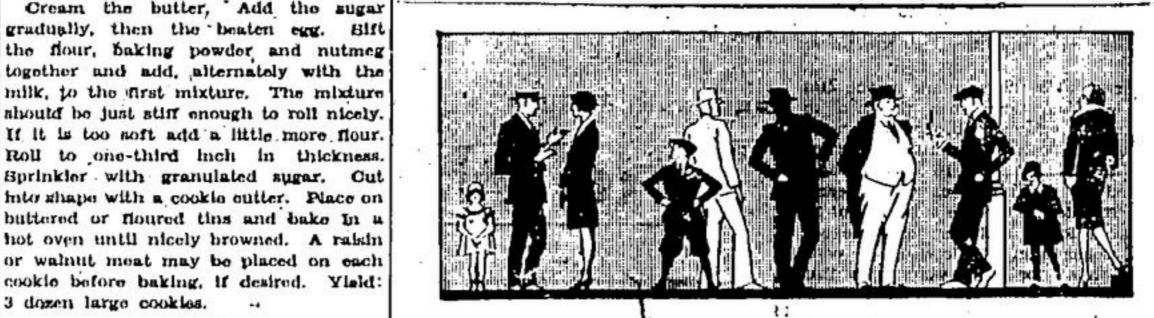
th tempoon cloves

1 teaspoon cinnamon 3 teaspoons baking powder l cup_chopped_raisin

her Son. HE knew her desolate condition way in this instance. He bade the sword la now plercing through her rou servants fill the wine-jars with water. (v. 55), and Jesus turns to her to comto do. - Happy is the man who learns after her; now, humanly speaking, the 2. Have your plant examined by an obedience to this "whatsoever"! It is will need another. Her own children are export and necessary repairs made before the condition of being a friend of Jesus, not fitted for the task, for, as yet, they and enloying a friend's privileges (John do not believe in Jesus. There is non 3. In hot water heating systems drain 15: 14). Not to admire, or profess, or so fit as John, the disciple whom He off the water and re-fill before using, think about or extol, but to DO. More- loved. Jesus, therefore, gives a last adding to pounds of soda in each boller over: to "do IT." Not something like proof of His love by committing to John. it, or "something just as good," or, thy His most-sacred trust, in brief and touch-4. When a hot air furnace is used, clean human appraisal) something better, but ing fashion: "Woman," He mays, "behold , / thy son! Then saith He to the disciple III. The Mother of a Dying Lord, 25, Rehold thy mother." We surely need no atronger proof than this, that Mary, the of at least six feet between the furnace. In the moments of supreme agony which mother of Jesus, was hever meant to be His crucinxion entailed, Jesus forgets honored as divine, or to be worshipped 6. Do it now and keep on fyle until Himself and thinks of His mother. Over as the friend and patroness of sinners everything is ready for that "blast o' the feelings of that mother, one may file was just a sorrowing mother who, in that blow hanself in on well draw a vell. Certainly no MAN can her hour of need, required the care and

Cream shortening and honey. Add well-beaten egg and All-Bran. Beat well, It gives more pleasure than Bift flour with cloves, cinnamon and baking powder. Add chopped raisins to you thought tea could give Drop by tenspoonfuls on greased

Tresh from the gardens'



How Do You Stand?

Check up on your health. Have you any balance in the Bank of Vitality -any reserves of strength to draw upon? Replenishment must comethrough easily digested foods that supply strength. Build up reserves by eating Shredded Wheat with plenty of milk. It supplies all the clements you need. Try it for breakfast and see how much better you feel.

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Acton Branch, L. B. SHOREY, Manager

TIME TABLES

AT ACTON

Going East No. 26-Daily, except Sunday.... 7.02 a.m. No. 30-Daily, except Bunday 11.43 a.m. No. 36-Dally, except Bunday 6.15 p.m. No. 38-Dally, except Sunday 8.47 p.m. No. 24-Sunday only Going West No. 31-Dally, except Bunday 7.34 a.m. No. 29-Dally, except Bunday ... 9.10 a.m. No. 33-Dally, except Sunday.... 2.29 p.m. No. 189-Dally, except Bunday. 5.18 p.m. No. 37-Daily, except Bunday 7.24 p.m. No. 39-Dally, except Sunday 10.21 p.m.

No. 25 - Hunday only 10.23 a.m. No. 29 will stop only on signal. No. 30 will stop only to discharge passengers from Toronto and east.

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Sundays and Holidays 9.35 a.m. Daily, except Sundays and Holidaya 0.05 a.m

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