SOLDIERS ALL

They're swinging back to school again In squads of two and three-It calls for sturdy fighting men To master Rule of Three.

It takes a valiant company To march in order through A lesson in geography As far as Timbuctoo.

And he who meets and overcomes A participle grim-There's not a general at the front That would not cheer for him.

They're marching back to school again-The chaps that do their best Will prove their fighting blood and then We'll trust them for the rest. -Nancy Byrd Turner.

Menu Hints

Recipes for New and Novel Dishes: Household Ideas and Burrestions

(By Betty Barclay)

COPPEE-ICED OR PUNCH Many who regard luncheon as incomplete without a cup of coffee, prefer their brew cold this time of year. Those who do not already know of iced coffee or coffee punch should try these recipes:

ICED COFFEE -as ice dilutes it. Serve in large fancy cut Douglas, saddle and all, flow through little dreaming of the present need. He coming in direct contact with the hands or colored glasses with plenty of cracked the air and landed on the ground some was remembering all the tricks he had of the consumer. The sandwiches may be ice sweeten to taste. Top with whip- distance away. The girth had broken learned, in a subconscious way, and wor. held by their wrappings and other food ped cheam or serve with plain cream, and the mustang had been prompt to dering if he had the strength to meet the should be eaten by means of paper Coffee may be chilled beforehand in an resent it. airtight container, or poured hot over the

ice where he is plentiful.

COPPEE PUNCH In a bowl place a block of ice. Make your coffee by the drip method, which mount it should be finely ground and that it will be fragrant. Coffee should be fully a half stronger than usual because of dilution by the ice. Pour four cups of coffee over ice. Add a cup theavy cream, and 2-3 cup powdered eugar. Then place in the punch bowl in large spoonsful, and a cup of marashino cherries and their juice. Chin punch thoroughly and serve.

· PRESH PEACH DESSERT

- 1 junket tablet
- 1 tablespoon cold water
- 14 teaspoon vanilla 1 oup milk .
- 1 cup light cream diced fresh peaches

8 dessert glasses, and add a few drops a mischlevous, friendly chap whom every- horns were not set wide enough apart or crisp rice cereal, an extra thermoof lemon julce and sugar to taste. Mix one liked. Even his closest friend, how- to furnish Douglas with the needed lever- jug of milk and a bowl and spoon will cream and milk and prepare junket according to directions on puckage. Pour Douglas' reckless experiments with the he regained his feet and stood braced and well nourished and happy during the day. at once over peaches. Let stand un- farm animals. They called the boy "That rigid while the young man tugged and In fact, with the gentle rock of the boa" disturbed in a warm room until firm- Rockless Kid." about 10 minutes. Then chill.

OUTDOOR DELICACIES

dishes that may be made while on camping trip. They are, of course, equally suitable for the home consumption.

CAMP FIRE PUDDING I package orange-flavored gelatin

- I oup boiling water I cup orange juice and cold water
- I oranges, free from membrane and cut in pleces
- 8 marshmallows, quartered

with whipped cream. Berves 6.

JELLIED PHUNES I turn streed prunes, seeded

I newwar importanced relatin Men: prime to bottom and dissolv eiern with panelered airford cities.

CHARGE CHEESE EALAD

2 perious of Fullsdriphits crosses theres

I can tempted comment

1 diesed Settatie (little desever)

Made means choose. Make into balls and bright to be a cowpor. ered saind plates, place orange sections and Mr. Gray decreed that they had to been reckless, Y-" with 2 or 8 cheese balls. Top with a be branded before being turned loose in appoor of mayoungies

numbered among the sufferers from thms by the countless thousands. overy climate they will be found, help less in the grip of this relentless disease unless they have availed themselves the proper remedy. Dr. J. D. Kellogg's Testimonials, sent entirely without solicitation, show the enormous benefit is has wrought among women everywhere.

HELPING OTHERS WITH MONEY

To know how to use a large amount into a tight place, and I warm you, if of money for the greatest benefit others is not always easy. In fact re- out." cently a philanthropist with ten million dollars to give away offered a prize of a thousand dollars for the letter containing the best suggestion for the ex- ing youths, with their saddle horses were penditure of this great sum.

- L. Wew of us have his difficulty with Gray, who could-ride like an Indian herwhich to contind. We do not have so self, had insisted upon lending her sermuch to give away that there is danger vices, while Mrs. Gray and the younger of its doing more harm than good, children were waiting at the ranch house ofle attekiness. Stimulates the skin. There have been times, however, when all with a lunch for the workers. of us have wished that we were rich The steers were driven one by one int that we might give more generously. the chute, where they were branded and Boothes, refreshes and invigorates. Makes Perhaps we are fortunate th not having then driven into another pen. They were hands soft and flawlessly white. Imparts to ask ourselves how to keep our bene- wild fellows from the hills, and they were that subtle charm so essential to true

Another Short Story

THAT RECKLESS

BY SADIEE L. SLOVER

KID

ADI. Mother!" Benjamin, the eldest son of the Gray family, called from the porch. "What is it Ben?" asked Mr. Gray, as

and his wife came to the door. "Look yonder at Doug!" Henjami: pointed toward the small pasture. "The reckless boy is going to kill himself break that horse's neck or leg, at least

"I wish you hadn't let Douglas go to that rodeo," Mrs. Gray said, for perhaps flow as she ran for the fence. the hundredth time, to her husband, "He's been trying to turn into a cowboy ever since he came home."

second son, who was astride a wiry and charged mustang cow pony, with larint waving. He was in close pursuit of a small steer back into its own pasture.

The steer, sensing that something was wrong, came warlly toward the human on the ground, but before it could charge, Douglas had risen to his feet and hastly swung up a near-by sapling. "If Doug will only stay there, he'll be safe." breathed Benjamin, who had been watching overy movement. Suddenly he started

forward, crying, "Look at the crary boy! The steer had passed under the limit to which Douglas ching, and the boy had leaped onto the animal's neck. Those of the norch could not see how he did but the next they knew, the steer was lying on the ground, while Douglas quickly mounted his horse bareback, and prepared to drive the subdued animal on

Pather," suggested Mrs. Gray. "His pranks leap, he straddled the bulky neck of the are getting past the reckless stage. They animal are downright dangerous, and we don't , The steer, still persisting in his charge, trouble if they are allowed to sit in the want him killed.

Dice fresh peaches in the bottom of the similarity ended there. Douglas was he half fell on his own momentum. The lunch provisions. A box of corn flakes

Here are two little recipes for delicious family, even to the smallest brother and that in a wider and wider circle, the steer had graduated with honors at sixteen, horses into the enclosure, that Douglas tion to the business of farming. His ing. ways were as settled as those of an older

Dissolve gelatin in boiling water. Add which his entire family recognized. He his breath coming in tortured gasps, he orange juice and water. Chill. When had no sense of humor. The entire Gray stubbornly tightened his grasp on the slightly thickened, fold in oranges and family could laugh heartly at a jok? sharp horns and began to twist the ani-

nothing better than to play a practical bursting point. loke on some one. This was especially true of Douglas, who was less than two years Benjamin's junior, sithough Benjamin felt much older than his brother To Douglas, it was the essence of fun to play a joke on the dignified elder brother who invariably lost his temper instead of taking it good-naturedly.

Mr. Gray had lessed a neighboring payture for a year's term, on which he was Dianning to fatten a carload of steers. This project was very pleasing to Douglas, feet. He was awaying dixxly. to whom straight farming was not nearly so interesting as it was for Benjamin, steady him, exclaimed impulsively, "I'vo Face commune and separate sections. Douglas had always nursed a secret always said that you were too rockless,

> the pasture. That morning the tempts- las slapping his brother on the back, tion to place a cocklabur under Ben- "You know that I've always envied you! jamin's saddle blanket was too great for You came to my aid and began tying his Douglas. Benjamin rode the pitching feet together when you saw he about had horse and dismounted in saftey," He was me bested. If you hadn't been ready yith ungry clear through, however, and his the lariet to the his feet, what I had done rage was not lessened by the gibes of the family and some of the neighbors, who had been pressed into service. "You are too reckless," he declared heatedly to like prother. "You think you know all about everything since you went to the rodeo two years ago."

"Well," I can buildog a steer," replie Douglas stubbornly.

"What good does a reckless stunt like that do you?" demanded Henjamin sarcastleally. "Home day you'll got you'real of do happen to be around, I won't help you

The steers, huge, long-horned fellows were in the largest correl. Mr. Ciray, Benjamin, Douglas, and several neighborready for the work before them. Maurine

frightened. They milled restlessly about elegance.

and were growing angrier every minute Look at that big one!" cried Maurine, pointing out a huge animal. The steer was in a frame of mind far from peaceable, although he had not yet been branded. The girl shuddered, looking at

After a time this steer was run through the gate into the branding chute. brand was placed on him, and the angered animal was released from the chute At that moment Maurine screamed.

the animal's sharp homs.

Douglas, glancing down the enclosure after the big steer, felt chilly prickle coursing down his spine at that which he saw. Little Betly Lou Gray had es caped her mother's villgant oye at th ranch house, and had climbed over th fence of the enclosure while the branding had been going on. She had dropped to the ground inside, and started on a lu across the enclosure to climb out on the other side. Halfway across she looked up to see the great steer coming from the gate of the chute. Her small legs

The victous steer, his piggish eye roving angelly, spled the child. He ratser his head an instant and anorted feroa-For a moment Mr. Gray gazed at his lously. The next moment he lowered it

> It all happened without a second of warning. Douglas' one uppermost idea

Maurine was running toward the fonce

As Douglas urged his horse forward his mind was working clearly, and he centered every effort on reaching the maddened brute before the unimal reached little Betty Lou. The horse was trained cow pony: so the odds were against this. With incredible speed he overtook the charging brute. He tried ride the animal off, but he could not force him to swerve an inch from his

Seeing that he could not turn the onrushing steer, Douglas did the only other "You had better talk to Douglas, thing he could do. With a well-timed

felt his massive head being twisted under bottom of the boat and are given a few The two brothers, Benjamin and Doug- and to one side, a trick the experienced toys and something to eat. Their food las Gray, were bronzed young giants, but "buldogger" had taught Douglas, so that will cause few alterations in the regular ever, watched with some misgivings age to throw the animal, however and be all that is necessary to keep them

On the other hand, every one said that The next instant the steer bogan to soon be asleep, unaware of the blg fish Benjamin Gray had always been steady shake his mighty head, trying to shake which just cluded their father's hook. and therefore was bound to make his the clinging bulk from his horns. Plingmark in the world. Benjamin's proud ing the neck and shoulders this way and sister, were ununimous in singing the tossed the desperately clinging human praises of the elder brother's sensible form in the air. It seemed to Maurine, ways and actions. Benjamin was gifted who, though terrified, was climbing the with extraordinary intelligence. He had fence of the enclosure, and to the hurstarted to school at the age of five, and rying riders who were now spurring their Now he was earnestly turning his atten- could not withstand the terrible pound-

Douglas himself, clinging desperatel to the homs, knew that he could not hold Benjamin, however, had one grave fault out much longer. Bruised and shaken mal's head to one side. Blowly, slowly, son. With the exception of Benjamin, the big head turned, while Douglas' they were all fun-loving folk, and liked mighty muscles strained almost to the

It seemed years later when the pain in his body was becoming unandurable, and he felt his hold weakening and his ringers slipping, that the great animal kank to the ground. Benjamin was close at hand with a lariat he was using. With incredible speed he tied the steer's feet together so that the animal lay there helpless and harmless for the time being. Douglas, by a great effort, stood on his

Benjamin, with an arm around him to Doug, but I shudder to think what would The car of steers came in due time, have happened to Betty Lou if you hadn't

> "Oh, go soak your headt" oried Dougwould have been useless."

> "Still, Doug," returned Benjamin with a shake of his head, while his eyes were eloquent, "I believe you didn't need any of my help. Anyway, I could never have hogtled him, if you, by your glorious rocklessness, hadn't thrown him. Y -- I am glad that you went to that roden, and that you learned how to buildow a sterr."

> A moment later they were surrounded by anxious friends and a frantic family, whom it was necessary to reassure. As for Douglas, he had "won his spurs." No one ever again called him "That Reckless

> Persian Italm quickly relieves chapping whidburn and all roughness caused by weather conditions. Reem the complexion clear and levely. Completely absorbed by gentle rufbling. Never leaves undesir-Mukes it soft, smooth and flawless. Preserves and enhances matural beauty

FOOD FOR THE FISHERMAN AND HIS PAMILY By Barbara B. Brooks

tionalists while engaged in their favorite aports. Of course, afterwards, they can tell most amazing fish stories, but during the actual time of action they choose to remain silent. The lasy lap of the waves against the boat and the buzzing of an occasional curious fly is music to their ears and they are content to sit quietiy. reflecting 'life 'in their mind's eye . and waiting for the fish to bite.

Presh air and outdoor atmosphere make for healthy appetites and although the fisherman may forget the time of day for awhile, pangs of hunger will sometimes disturb his reveries and he will want food. The food provided should be light compact and easy to handle as nice Ashermon prefer to eat in the boat. They four losing a good catch if they leave their fishing grounds and go to shore.

The quotation of "Water, water everywhere-and not a drop to drink" is a good one to remember when one is planning a lunch for a fishing party. The food must be neither too aweet, too dry nor too salty as foods of these types create thirst and the water supply is usually limited. Another factor to be remembered is that there is always an which belonged to a neighbor. Douglas was to rescue his baby sister. His mind unavoidable dampness present in a boat was, estensibly, trying to drive the storr was working rapidly as he raced his lear this reason all sandwiches, cookies or mustang through the branding chute. cakes should be well wrapped in several The watchers on the porch saw the He knew the danger. Bince the rodco thicknesses of waxed paper. Also, as mustang come to an abrupt halt; and he had thoroughly learned the use of facilities are few, the food should be mom- a lariat, and how to buildog a steer, prepared so that it can be eaten without

As sandwiches, with few exceptions are the main part of these meals, let us give you a few hints. The otherwise popular ham, sardine, cheese and bacon fillings must be forgotten on this occasion. They are much too salty and will cause the water in the thermos jug to disappear too rapidly. We suggest chopped egg and colory, allced cold chicken. pork, beef or yeal. Lettuce and cheumbers may be used but tomatees are apt to be difficult to eat and will often soak the bread. Mayonnaise, pickles and olives should be used sparingly.

With a few sandwiches, and perhaps some fruit (which is high in water content), the disherman can appeare his

It is often customary for the fishermun to take his wife and children with him. The small children will cause little and the low or no conversation, they vill

The cheapness of Mother Graves' Worm Exterminator puts it within reach of all and it can be got at any druggist's.

Automobile stocks may jump, but they have nothing on pedestrains.

Nearly all seek quality nearly all drink Salada

'Fresh from the gardens'

Western Fair

September

Come to London during Western Fair week. Visit our exhibition where you will see the latest and best in all branches of Agriculture. Shop around in the fine stores; enjoy the hospitality of London at its best.

IN PRIZES AND DUU,UUU

Write the Secretary for further information Entries close Sept. 3rd J. H. SAUNDERS,

W. D. JACKSON. Secretary.

the

President.

world's most popular corn flakes are made by Kellogg in London, Ont. They have a flavor and crispness no others equal. Taste them and you'll know why they are such

favorites



Kelloggis CORN FLAKES

> * Always oven-fresh in the innerseal waxtite wrapper

LOVE LAUGHS TELEPHONE TOLLS

Herning vales (7.00 p.m. to 8.50 p.m. local time) are considerably lower than day vales on "anyone" calls. Night vales (8.30 p.m. to 4.30 u.m.) are lower still.



Hospital days were lonely. Of course, her friends did all they could to keep her cheerful - her room was a hower of roses - but how she looked forward to evening when Jack could sit by her and talk of his day at the office.

Then came the news that he must leave town on business. She wondered how she could stand the wait until he came home. But Jack, wise fellow, knew how to bridge the gap. Promptly each evening at nine he called her over Long Distance and told her all the things she wished to hear.

lixtravagant? . . . not a blt . . . for night rates are always inexpensive! What could be worth more for what it cost?

Business Directory

DR. J. A. McNIVEN Physician and Surgeon Office and Residence-Corner Bowes

LEGAL

P. O. Box 11 Phone No. 22 HAROLD NASH FARMER, M. A. Barrister, Solicitor, Notary Public, Conveyancer, Etc.

PERRYMAN BLOCK - ACTON, ONT MONEY LENT ON MORTGAGES Hours-0.30 a. m. to 8.00 p. m. Saturdays-12.00 o'clock

KENNETH M. LANGDON Barrister, Bolicitor, Notary Public

Officen: Main Street South Georgetown Phone 88 -Appointments in Acton on reques

DENTAL

A. J. BUCHANAN, D. D. S. Dental Surreon Office: In Leishman Block Hours: 9 a. m. until 6 p. m. Evenings by Appointment

Closed All Day Wednesday Phone 148 P. W. PEAREN, D. D. S., L. D. S.

Gas for Extractions

Dental Surgeon duccessor to Late Dr. J. M. Bell

MISCELLANEOUS

FRANCIS NUNAN

Bookbinder Account books of all kinds made to order. Periodicals of every description carefully bound. Ruling neatly and promptly done.

Wyndham Street Quelph, Ont. (Over Williams' Store)

Eyes Examined GLASSES FITTED

From \$4.50 Up Satisfaction Guaranteed

E. P. HEAD R. O. -Eyesight Specialist SE ST. GEORGE'S SQ. GUELPH

Phone 1529

Painting and House Decoration

Graining a Speciality Prempt Attention Satisfaction Guaranteed Estimates Given

RICHARD H. BLANCHE

Box 359, Acton

Mark Every Grave!

Nothing is more lasting or more appropriate to commemorate the memory of loved ones who have gone before than beautiful grantle well ourved.

With our present equipment and facilities no plant is better prepared to offer real values or a better stock to choose from than oan be secured at our plant. You owe it to yourself to see our stock and get our quotations on Monuments. Markers or Corner Stones before placing an order anywhere. Monuments Erected Anywhere-Got Our Prices

Acton Monument Works

J. NICOL & BON

PHONE IM - ACTON, ONT.

TO PATRONS OF THIS

ESTABLISHMENT

During August Examinations for Olesses on Thursday, Priday and Saturday (only) of each week. Kindly write in or phone for appointment. (Phone 1091W.)

Lens Grinding and Repair Department Operating as

A. D. SAVAGE, R. O.

Right at the Post Office" SAVAGE BUILDING - QUELPH

Subscriptions for All Magazines Taken at The Free Press Office