

JUST A DOG

I found a little dog one day. Or he found me,—which would you say? We met each other by the pool...

TWENTY YEARS AGO

From the issue of the Free Press of Thursday, September 21, 1911

The heavy frost on Thursday night, scorched the ensilage corn very badly. Mr. James Yamshaw has purchased the 60 acre farm of Howard Price...

MARRIED

WILLIAMS-HOLMES—At the residence of the bride's parents, Lower Avenue, Acton, on September 14, by Rev. J. C. Wilson, B. A., Frank Austin, son of G. T. Williams, of Brampton, to Laura Irene, daughter of Mr. and Mrs. J. Holmes.

Miller's Worm Powders prove their value. They do not cause any violent disturbances in the stomach, any pain or griping, but do their work quietly and painlessly...

SPREADERS FOR BORDEAUX

Bordeaux has retained the king of sprays ever since Millardet in 1885, demonstrated that this copper sulphate lime complex would control downy mildew of grapes...

Bordeaux, like most sprays, is applied to furnish a protective barrier against disease spores carried by air currents and insects. It is a protection from disease, rather than a cure...

Of the spreaders investigated, those which contained potassium resin soap were really the best. Many of the commercial spreaders contained sodium resin soap but comparative tests proved that the sodium soaps are distinctly inferior to potassium resin soaps as spreaders for Bordeaux...

Of the other spreaders tested, glue (gelatin) markedly improved the spread and adhesive power of Bordeaux. One and one half to two pounds dissolved in warm water to one hundred gallons of spray appeared to be sufficient...

Casinate spreaders have always been popular. Our experiments indicated that calcium casinate improved the spread of Bordeaux but not to the same extent as the resin and glue spreaders...

THE SUNDAY SCHOOL LESSON

FOR SUNDAY SEPTEMBER, 20

THE COUNCIL IN JERUSALEM

Golden Text.—For ye, brethren, were called for freedom; only use not your freedom for an occasion to the flesh, but through love be servants one to another. Gal. 5: 13.

Lesson Text.—Ac. 15: 22-29; Gal. 2: 1, 2, 9, 10. Study and commit vs. 22, 23. Time.—A. D. 50-52. Places.—Jerusalem, Antioch.

Exposition.—I. The Decision of the Holy Ghost and the Apostles, 22-29. The great controversy in the early Church, was whether a man is saved upon faith apart from work of the law, or whether a man is saved upon faith and works of the law. This is the great battle Paul fought, and in a later day, Martin Luther. The old controversy has come up in our day in a new form. It is "Sabbath keeping, after the manner of Moses," that is now insisted upon...

There are several methods by which the flavor of meat may be improved. The base for all is seasoning. Marinades, sauces, strong juices, vegetables, and apples are all employed to add savouriness to the finished dish, and increase the rich flavor of the meat. In preparing the three former, also in cooking the meat itself, the judicious use of granulated sugar is now advised. Without sweetening, it mellows the flavor and increases the delicacy of the finer cuts, induces a crisp quick-forming crust which seals in the juices, causes the gravies to brown quickly and add a slight piquancy to it.

When roasting meats, add one teaspoonful of sugar to one teaspoonful of salt, one-quarter teaspoonful of pepper and one tablespoonful of flour. Rub this mixture thoroughly into the surface of the meat which is then placed in a roasting pan without water or other liquid and seared in a hot oven (500 degrees F.). Then, if necessary, from a half to one cupful of hot water may be added and the cooking of the meat continued at a lower temperature. Some people have feared that the salting of meat before cooking would draw out the juices, but by adding sugar to the salt and other seasonings this will not be the case. The sugar caramelizes quickly and prevents the flow of the juices.

Try these recipes if you wish final proof of the value of this novel method of seasoning: BROILED ROUND OR RUMP STEAK. Select a steak cut 1 to 1 1/4 inches thick. Rub into it a mixture of 1 teaspoonful each of salt and sugar and 1/4 teaspoonful of pepper. Brush a hot skillet or broiler with fat and place the steak to cook. Turn now and then until done to your taste. Serve on a hot platter, dotting butter over the meat before serving.

BEF PIGQUANTE

Dredge two pounds of bottom round steak with flour and pepper. Sauté in four tablespoons of beef or bacon fat, with a small slice of onion, until well browned on both sides. Add three cups of water or meat stock, one slice of lemon, one slice of orange, one tablespoon of sugar, one teaspoonful of salt and one half cup dried apricots. Bring to the boiling point and cook slowly for one hour. Thicken a little, add more salt if necessary and serve.

OLEN OHOPE

Sear pork chops lightly on both sides. On each chop place one slice of onion, a slice of tomato and a teaspoonful of minced green pepper and parsley. Season each chop with 1/4 teaspoonful of salt, 1/2 teaspoonful of pepper and 1/2 teaspoonful of sugar. Cover with a tablespoonful of buttered bread crumbs. Bake in a hot oven until the chops are tender.

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Gas Pressure from a Sour, Acid, Upset Stomach is not only highly uncomfortable, but some day may prove fatal. When your meals are followed by bloating, a feeling of fullness and pain around the heart—you may be sure that STOMACH GAS is pushing and crowding upwards. That's the reason for the shortness of breath and sharp, shooting pains.

To quickly banish this Gas, neutralize the acidity and cleanse and sweeten the stomach—nothing is better than the simple use of Bilexated Magnesia (powder or tablets), which gives almost instant relief. Pleasant, harmless and inexpensive Bilexated Magnesia has been used and recommended by Doctors and Druggists for more than fifteen years. Any good druggist can supply you try it to-day!

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MISS MEAT, MEET MR. SWEET

"Oh, Eat is East and West is West and never the twain shall meet," may be the poet's idea of things, but the dietitian in her kitchen shakes her head negatively. To her, almost any food may be introduced to almost any other with a fair chance that it will be loved at first sight.

Witness the affinity of cranberry jelly with roast turkey, of apple sauce with roast pork, horseradish with cold meats, lemon juice with fish, or mint sauce with lamb. How impossible such combinations would seem if we did not know that they were delicious.

And now comes sugar; gallantly wooing meats of all kinds; not really as the title might suggest, to make them taste sweet, but, without sweetening, to give them a greater all-round appetite appeal. Salt and pepper have long been chief rivals for the affection of Miss Meat, but the new suitor has appeared to make the wooing more interesting. This then it hardly seems that old loves are the best, for the new comer has in some magic way, greatly influenced Miss Meat and made her more delectable than she has ever been.

The average housewife spends one-third to one-fourth of her food allowance on meat. Upon her selection of this, her main dish, depends all her other dinner purchases, for meat is the foundation upon which she builds her entire menu. It is desirable, therefore, that she secure every particle of flavor and nutrition it contains.

There are several methods by which the flavor of meat may be improved. The base for all is seasoning. Marinades, sauces, strong juices, vegetables, and apples are all employed to add savouriness to the finished dish, and increase the rich flavor of the meat. In preparing the three former, also in cooking the meat itself, the judicious use of granulated sugar is now advised. Without sweetening, it mellows the flavor and increases the delicacy of the finer cuts, induces a crisp quick-forming crust which seals in the juices, causes the gravies to brown quickly and add a slight piquancy to it.

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CURE IS IMPOSSIBLE

Warner—Yes, ten doctors have given her up. Wilder—Poor woman! What's the matter with her? Warner—She simply wouldn't pay her doctor bills.

EARNING LOYALTY

Generally speaking, loyalty must be earned. It is true that some people have loyal friends who do not deserve them, and others who deserve loyalty, do not get it, but both these cases are exceptional. As a general truth, loyalty is given for value received. We get it only as we earn it.

Such delicacy of flavour is not found in other teas "SALADA" TEA Fresh from the gardens



Buy Now! Not in many years have prices been so low on a vast number of merchandise items as at present. Not in many years has there been such an opportunity to get so much for so little money. The thrifty are seeing the advantage of buying now while prices are low, knowing that these prices cannot remain at the present level very long. Buyers are eager to buy when they find bargains or hear of them. The merchant who has bargains and advertises them well, captures the buyers. Every week THE FREE PRESS addresses between four and five thousand readers (taking an average of three readers to each copy). You, Mr. Merchant, have a message for these readers. Show them the advantage of purchasing now, and what savings they can make. BUYERS READ The Acton Free Press FOR BARGAINS

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TRAVEL BY BUS EASTBOUND: Daily 7.10 a.m., 9.35 a.m., 11.35 a.m., 1.35 p.m., 3.20 p.m., 5.20 p.m., 9.35 p.m. WESTBOUND: Daily 7.15 a.m., 9.15 a.m., 11.15 a.m., 1.15 p.m., 4.15 p.m., 7.15 p.m., 11.15 p.m.

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