FLOWER COLORS

A golden sunbeam lost its way And wandered at its will; It kissed the yielding, soft brown earth; Up sprang a daffodil.

The rainbow missed its purple stripe, And sought it high and low. Twas found in a cool, shady nook, Where fragrant violets grow.

One breezy eve a pink-tipped cloud, Sailed off into the air, Then settled in a rose-filled spot, To tint the flowers there.

A bit of summer sky fell down Into my garden plot. And now I knew whence comes the blue Of the forget-me-not. -F. B. Steiner

Menu Hints

Becipes for New and Novel Dishes; Household Ideas and Suggestions

(By Betty Barclay)

OATMEAL MACAROONS

2% cups of rolled oats (oatmeal)

1 teaspoon vanilla

a tablespoon of melted butter 2 teaspoons (rounded) baking powder

1 level teaspoon of salt 1 cup seedless raisins Cream sugar and melted butter add

beaten yolks, then work in gradually oatmeal, to which has been added salt and baking powder. Then add vanilla and nutmeg and beaten whites of eggs and raisins. Drop in small quantities on floured baking pan and bake in rather

> FROZEN FRUIT COCKTAIL (Serves 6-8) .

1/2 cup crushed pineapple, drained 2 cups orange pulp % cup grapefruit pulp

1 1/2-2 cups powdered sugar

Mix thoroughly. / Freeze in mol packed with four parts ice and one par salt for three hours.

> ICE BOX LEMON PIE *. (Makes 1 ple)

Mix thoroughly 11/3 cups sweetened evaporated) milk

1/2 cup lemon juice Grated rind 1 lemon 2 egg yolks, beaten

Pour into ple shell, 8-inch size. Cover with meringue made of

2 egg whites beaten stiff with 2 tablespoons sugar Bake in a moderate oven (350 degree

F.) until meringue is brown (6 to minutes). Chill before serving.

LEMON SPONGE PIE

(Makes 1 ple) 3 egg yolks, beaten thick

5 tablespoons lemon juice

1 teaspoon grated lemon rind

1 cup-sugar-3 tablespoons flour

1/2 teaspoon salt . 1 tablespoon melted butter

tw-cups-milk-3 egg whites

Uncooked pastry

stiffly beaten egg whites. Turn into pie history of other sections about Acton, and the residences and farm properties tin lined with uncooked pastry and put as pieced together by others. The editor of Charles Williams, Glenwilliams; R. B. into hot oven (450 degrees F.) After 10 and I were having a chat the other day Ireland, Nelson; and William Dixon, minutes reduce heat to moderate (350 and he turned, all of a sudden, and Trafalgar. degrees F.) and bake 20 minutes longer, said: "I've something here from a sub- Of course there were the maps of or until filling is firm,

ORANGE CANDIED SWEET POTATOES 1 cup orange juice

1/2 teaspoon grated orange rind

1 cup water 1/2 cup sugar

3 tablespoons light corn syrup 1/2 teaspoon salt

4 cup butter 6-8 sweet potatoes or yams

Combine first seven ingredients and pour over peeled uncooked sweet potatoes arranged in casserole or baking dish. Bake covered in a moderate oven (375-400 degrees F.) until tender, 30 to 40 minutes. Baste occasionally. Remove lid last 10 minutes to brown or put under

VARIATION: Just before removing Press on February 13, 1919. Do you from oven, add a layer of marshmallows know that in the first article published and brown.

FRUIT MEAL SALAD

On lettuce-covered salad plate, centre a mound of cottage cheese (114) tablespoons). Around this at equal distances arrange, three piles of orange slices. In spaces between orange, place three or four stoned dates (first space); one dessert spoon seeded raisins (second space); five walnut meat halves (third space). Serve with French dressing.

With buttered roll and a beverage this makes a very well-balanced luncheon.

Asthma Doesn't Wear Off Alone. "Do not make the mistake of waiting for asthma to wear away by itself. While you are waiting the disease is surely gathering a stronger foothold and you live in danger of stronger and stronger foothold and you live in danger taken early, will prevent incipient con- cences about a small community, the physical development. They keep the dition from becoming chronic and saves subject became exhausted. You know child in a constant state of unrest and, hours of awful suffering.

in earth. Present consumption is one about the time I was forty or fifty be- reliable worm remedy, such as Miller's Dr. Cutter: "Nonsense! If you suron earth. Fresent communication as a 30 cause I can't seem to recollect as well Worm Powders, which are sure death to vive the experiments I'm going to make

communities around Acton that THE FREE PRESS serves, and I like to record their historical facts. They tell me that Ebenezer Church, out in Nassagaweya, asleep, one little naw crumpled under will celebrate its hundredth anniversary your cheek and the blonde curls stickly this year. If I can manage it, I hope wet on your damp forehead. I have

THE OLD MAN

OF THE

751 01102

MAPLE SAP

An' rotten beech, for I can tell it.

By day a smoky pillar high

By night I see a fiery eye

Ascends above the woods afar;

And all day long a finkling sound Subdues the downy creeper's tap.

The sap is runnin'!-take a drink!

An' Nature is a cheerful giver.

'Twill shine yer eye an' red yer lip,

But do not at the nectar sip

Some good old eyes will

If you would live like any dook

"Twill stuff the ladies' cheeks with

Too long or much, or-Holy Moses!

An' make the female buddles chirrup,

Twill cure dyspepsia-cure a cough-

Some good old face will smile; may-

Some backwoods shanty-bilin' sap!

advisability of having a mortuary for

Fairview Cemetery. Must have been a

Well, in the years intervening, Fair-

tuary, but there has been a fine start

improvements. Possibly the mortuary

will come along after the other improve-

ments are arranged and paid for. That's

one thing about Acton, they believe in

paying for their elaborations and meet-

ing the expenditures as they come due.

When I read about some of these other

towns and cities who are in such bad

financial shape I'm rather thankful that

I live in a community where most of

the folks don't live beyond their means.

out to telf you folks why I've been tak-

ing a rest from Acton's historical facts

About two paragraphs ago I started

cold winter that year.

The buckwheat pancakes-tell the cook

To soak them well in maple syrup.

Ah, sap's the stuff to give the baby;

If you're in love 'twill help it, maybe,

To join the girls at sugarin' off.

He won his love in what was then

They're usin' pitch, for I can smell it.

Shine through the maples like a star.

...There now, I've written three pages, it. Guiltily I came to your bedside. with nothing but a bunch of explaining "These are the things I was thinking." of why I don't need any Holy Green son: I had been cross to you. I scolded Mountain Oil on my arm. Among my you as you were dressing for school berelics the other day I came across an cause you gave your face merely a dab old historical atlas of Halton County, with a towel. I took you to task for not published in 1877. My, what a flood of cleaning your shoes. I called out angrily memories it brought back. The book when I found you had thrown some of was well illustrated. It showed many your things on the floor.

looked so fine in those pictures that I spilled things. You gulped down your could scarcely recognize many of them food. You put your elbows on the table. There was the W. Laird homestead bread. And as you started off to play at concession 6, lot 6, in Esquesing, and and I made for my train, you turned

was Barber's paper mills at Georgetown, and the woollen mills of B. Williams, late afternoon. As I came up the hil and the flour and saw mills of Jos. H. road I spied you down on your knees Williams, at the Glen. And other groups playing marbles. There were holes in of fine farms of Robert F. Bessey, John your stockings. I humiliated you before S. Bessey; J. R. and J. B. Bessey at your boy friends by making you march Georgetown, and Jas. Zimmerman, at ahead of me back to the house. Stock-Nelson; and Jas. M. Russell in Trafal- ings were expensive—and if you had to gar; and the County Court House and buy them you would be more careful! Town Hall and residence of C. Free- Imagine that, son, from a father! It man and John Dewar, in Miton; Milton was such stupid, sflly logic. Sash, Door and Blind factory; the Do- "Do you remember, later, when I was minion House, in Acton; Robert Noble's residence, in Norval; and John Waldle

& Co.'s store in Burlington. Another page contained pictures of the residences of Sidney Smith and Dr. Mc-Garvin, in Acton; Robert Noble's flour mills at Norval; the farm residence of Patrick Fitzsimmons in Esquesing; an W. H. Lindsay and James Moffat homes at Milton. Then there was a whole page picture of Joseph Brother's residence and Agricultural Works, at Milton; and another of the Palermo Agricultural Works had set blooming in your heart and They're burnin' pine and hickory bark, at Palermo. Another elaborate picture They're burnin' fence rails in the dark, showed the "Ocean House," at Burlington Beach. It was termed "The Long Branch" of Canada, and said to

the continent. I wonder how many of you old codgers are following me as I revel among these bygone pictures of the old days? I felt sick at heart. Two hundred buckets-big and round- Well, I am coming to the end, so we the Brant House, in Burlington; farm my own years. residences of John Molyneux, in Nelson;

Oakville. Brain Bros' brewery and estate, in ashamed! Esquesing Township, was shown on a full page illustration, while the page Burlington; W. J. Douglass' saw and planing mills at Port Nelson; the Com-"The Khan," in The Evening Tele- mercial Hotel, in Milton; and residences of W. McGreney, -Oakville; Duncad Stewart, Esquesing; Davidson residence, I've been having a real rest the past Port Nelson; and the last page of pic-Combine all ingredients, folding in last few weeks, and I've enjoyed reading the tures was of Nelson House, at Nelson;

> scriber I want you to read you," and various towns and townships and hamhe read something like this from a letter: lets and the autographed photos of many "I am sorry the Old Man has a cramp notables in the County., If you old folks in his arm. Get some Holy Green have been following me in this ramble, Mountain Oil from T- G-, and I'll continue with their names in my rub on the arm. I hope he soon recovers next contribution, and give you some of to take up his pen again." And there the historical facts recorded in this he stopped, without telling me who was volume.

I can name him. Let me tell you, Jack, next year, as Acton was incorporated in curl. that my arm's not sore, but I agree 1873. I suppose they'll be having just "fears came, and heartache and rethat Holy Green Mountain was good such another fine celebration as they morse, and also a greater, deeper love, had at the fiftieth anniversary, back in when you can through the library door To be honest about the whole situa- 1923. And I was, just thinking that I'll and wanted to kiss me!" tion, the facts of the matter are that gather up a lot of my old records and I do not know of a better shrine beover thirteen years ago I stressed the

view Cemetery has not secured the mormade in the cemetery in the way of

his Holy Green Mountain Oil. It's fortune that can come to any man or owerful good stuff, but I haven't seen woman in this world-and, perhaps, in

Internal parasites in the shape or so every week for twelve years or worms in the stomach and bowels of good world of ours.—Selected. so on the historical and other reminis- children sap their vitality and retard a man's memory of his middle age is if not attended to, endanger, life. The not as good as on the things away back. child can be spared much suffering and wilk is one of the best-balanced foods Guess I must have been pretty busy the mother much anxiety by using a is very little hope for me."

"LISTEN, SON:

"I am saying this to you as you lie to get hold of the history from that stolen into your room alone. Just a few event. The editor tells me that he has minutes ago, as I sat reading my paper some friends out there that may assist in the library, a hot stifling wave of remorse-swept over me. I could not resist

of Halton's fine farm homes. They . "At breakfast I found fault too. You You spread butter too thick on your George Cooke's at lot 10, concession 6, and waved a little hand and called, in the same township, and a picture of 'Good-bye, Daddy!', and I frowned, and his flourishing saw mills. Then there said in reply, Hold your shoulders back.

"Then it began all over again in the

reading in the library, how you came in softly, timidly, with a sort of hurt, hunted look in your eyes? When I glanced up over my paper, impatient at the interruption, you hesitated at the door. 'What is it you want?' I snapped.

"You said nothing, but ran across, i one tempestuous plunge; and threw your arms around my neck and kissed me, again and again, and your small arms tightened with an affection that God And then you were gone, pattering up

"Well, son, it was shortly afterwards be the coolest and healthlest resort on that my paper slipped from my hands and a terrible sickening fear came over me. Suddenly I saw myself as I really was, in all my horrible selfishness, and

"What has habit been doing to me? Are full. Are full of what? No, sap. might as well enumerate them all. There The habit of complaining, of finding were the residences of Duncan R. Laid- fault, of reprimanding-all of these were law in Esquesing; and Donald Campbell, my rewards to you for being a boy. It 'Tis Nature's cure—the best, I think— in 'Nelson; and then the Clark Hotel was not that I did not love you; it was and Georgetown Carriage Works in our that I expected so much of youth. I neighboring town of Georgetown; and was measuring you by the yard-stick of

"And there was so much that was John Harrison, in Trafalgar; John-Brec- good, and fine, and true in your charackon, Sr., in Nelson; and Arthur Ford, in ter. You did not deserve my treatment the same township; Barelay's Block, in of you, son. The little heart of you was Georgetown; and the store and resid- as big as the dawn itself over the wide ence of J. Matthews, in Acton; W. G. hills. All this was shown by your spon-Beaty's farm, in Trafalgar; Robert Had- taneous impulse to rush in and kiss me dow, in Nelson; John McColl, Esquesing; good-night. Nothing else matters to-T. J. Chisholm, Hornby; Peter Campbell, night; son. I have come to your bed-Esquesing; and the Canadian Hotel, in side in the darkness, and I have knelt there, choking with emotion, and so

"It is a feeble atonement, I know you would not understand these things if I opposite showed Alex. Duffe's store in told them to you during your waking hours, yet I must say what I am saying. I must burn sacrificial fires, alone here in your bedroom, and make free confession. And I have prayed God to strengthen me in my new resolve. To-morrow I will be a real daddy! I will chum with you, and suffer when you suffer and laugh when you laugh. I will bite my tongue when impatient words come. will keep saying as if it were a ritual: 'He is nothing but a boy-a little boy!'

"I am afraid I have visualized you as crumpled and weary in your cot. I see that you are still a baby. Yesterday you were in your mother's arms, your head on her shoulder. I have asked too

"Dear boy! Dear little son! A penichiding me for my seeming laziness. I'm reminded that next year, 1933, tent kneels at your infant shrine, here in but he told me it came from the West. Acton will be sixty years old. It'll be the moonlight. I kiss the little fingers, And I'd bet a dollar to doughnuts that the Diamond Jubilee of this community, and the damp forehead, and the yellow

I've been presiding over this column for such like and if the younger and more fore which a father or mother may kneel about thirteen years. To be exactly energetic folks of the community take a or stand than that of a sleeping child. accurate, I find, on looking up "the notion to celebrate the occasion as it I do not know of a holier place, a temple records, that the date of the first effusion should be, I'll have these old records where one is more likely to come, into from my pen appeared in THE FREE to give to the editor of THE FREE PRESS closer touch with all that is infinitely to put in the window where the old folks good, where one may come nearer to can come and view them when they seeing and feeling God. From that shrine come matins of love and laugh-Guess that's looking pretty far ahead ter, of trust and cheer to bless the new for an old duffer like me, but Mary day; and before that shrine should fall says that now February is over again our soft vespers, our grateful benedicfor this year and spring seems at hand tions for the night. At the cot of a that she feels we've got a lease until sleeping babe all man-made ranks and next winter at least. And maybe we'll inequalities are ironed out, and all manbe spared again until we witness an- kind kneels reverently before the living other home-coming, such as we had in image of the Creator. To understand a 1923, and meet all our old friends again. child, to go back and grow up sym-A few more cracks like that one from pathetically with it, to hold its love and Jack ____ out in the West, and I confidences, to be accepted by it, without hope I'll have the opportunity of show- fear for restraint, as a companion and ing him that my arm's all right, without playmate, is just about the greatest good

> any other world, for all we know. And I am passing this "confession" along to the fathers who may be privilthe "little fellers"-the growing, earthblessing little "Jimmies" and "Billys," and "Marys" and "Janes" of this very

NOT HOPELESS

Patient: "I'm afraid, doctor, that there



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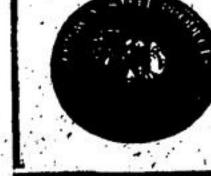
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