Business Directory

MEDICAL

DR. J. A. McNIVEN

Physician and Surgeon

PLAYTHINGS

THE OLD MAN

POST OTHER

THE CALL OF THE OLD HOME

Yours are the haunts of heartache and

The home town, though a small town,

And many a worthwhile pleasure which

The little towns are hopeless; the little

Here fame and fortune wait you!" And

And eager to be clever, I yielded to your

But all you had to give me were burdens

and now I know the home town has

Good-bye, you grim old city! The home

Its folks are wise as yours are and just

Your books to-day are their books; their

All that you have to boast of, save pomp

And they have breath and beauty

had but could not keep.

back you wandering son.

blossoms sweet with dew.

playground for your children the city

I've had my fling at fortune and now

Through lonely hours and idle I've'sat

I'm done with lights of splendor; I'm

I'm going to live and neighbor with

I've heard the home town call me and

Where there is more contentment and

Where there is less of heartache and

Parliament Buildings,

Clock Tower,

I was very interested in your article

larly interested in Esquesing, as I re-

The Old Man in the Big

THE ACTON FREE PRESS

Toronto Ontario,

girls like yours are dressed.

newest and what's best.

go serene to sleep.

to rod and gun!

ridge and to quail;

joy is not for sale.

you neighbors true.

good to live,

cannot give."

... I've faced about.

- and thought-things out.

sick of rush and strain.

less of pride and sham!

more of friendship true.

wholesome folk again!

going back I am

towering buildings grey-

has all that humans need.

too tired to play.

loneliness and greed.

and skies of blue.

God denies to you.

ful and the strong:

here that you belong.

wanting to be wise,

much the cities lack. --

town's calling me;

as smart to see.

towns are slow,

first to know.

for my back.

The streets are full of human toys, Wound up for threescore years; Their springs are hunger, hopes, and And jealousles and fears.

They move their eyes, their lips, They are marvellously dressed; And here my body stirs or stands A plaything like the rest.

The toys are played with till they fall, Worn out and thrown away Why were they ever made at all! Who sits to watch the play! -Robert Louis Stevenson

Menu Hints

Recipes for New and Nevel Dishes; Household Ideas and Surrestions

(By Betty Barclay)

RECIPES FOR REDUCERS Unless your reducing diet contains sufficient iron and roughage, nutritional anemia or a clogged system may result. Bran supplies bulk, aids in a natural manner in the removal of bodily wastes and is a rich source of the much-needed blood-building iron as well as of Vitaa "B." The following recipes, therefore, are particularly important:

ALL-BRAN MUFFINS

- 1 cup flour 1 cup all-bran
- 4 teaspoons baking powder
- 1/2 teaspoon salt. 1 tablespoon sugar
- 1 cup milk

2 tablespoons butter Sift all dry ingredients together. Ad egg well beaten to milk, then add to dry ingredients slowly and mixing well and thoroughly. Add melted fat last. Pill Good-bye, you grim old city! I'm going well greased pans two-thirds full. Bake in hot oven, 400-425 degrees F., 20 to 25

ALL-BRAN QUICK BREAD

- 3 curps flour 2 cups all-bran
- 4-teaspoon salt
- 14 teaspoon soda 2 teaspoons baking powder
- 1 tablespoon sugar 14 cup molasses
- 2 cups milk 2 eggs

half hours.

2 tablespoons melted butter 1 cup chopped nuts

Sift dry ingredients. Add bran. Then add molasses, egg slightly beaten to milk. Stir into dry ingredients, mixing well. Add nuts and melted shortening. Pour into a well greased loaf pan. Let stand 15 minutes. Bake in a moderate oven, 325 degrees F., from one to one and one-

LAMB CHOPS WITH ORANGES

6 lamb, veal or pork chops Melted butter Sliced oranges Pepper.

Paprika Trim fat from thick chops and dip in melted butter. Oil broiler well and broil But they have kept life's sweetness, they chops 8 minutes. Turn and place a thick slice of peeled orange on each chop. Broil 8 or 10 minutes longer. Sprinkle generously with the seasonings. Serve I've heard the old town call me: "Come

PUDDINGS FOR PARTIES

As all good cooks know, the final ex-Come back to health and freedom, where cellence of a dinner is measured by the dessert. A variety of inviting desserts, which will appeal to every member of The songs of birds at morning the family, is a necessity in the housewife's-recipe box. Coffee, used as a flavoring, adds a satisfying, not-too-rich touch. Here are two easily-perpared puddings, which will lend distinction to a meal.

ARABIAN PUDDING

- 5 tablespoons butter
- 1 cup light brown sugar 3 egg yolks
- 34 cup cold strong coffee 1/4 teaspoon vanilla 12 lady fingers

Cream the butter, add sugar gradually, and then the egg yolks. Add coffee and vanilla drop by drop (if coffee is added quickly the mixture will curdle). Place 2 or 3 lady fingers in parfait or sherbet glass and cover with coffee mixture, then set in ice box for 3 hours.

COFFEE BAVARIAN CREAM

- 1 tablespoon gelatine 1 pint whipping cream
- 14 cup sugar
- 1/2 cup strong boiled coffee 1 teaspoon vanilla
- 1 tablespoon lemon juice A pinch of salt.

Soak gelatine in cold water 5 minutes. the things of life that count for more a protection to the crop. Dissolve in hot coffee, then, add sugar, than Euclid and geometry, and had a thicken. Add cream, beaten until stiff; must give you the letter: and flavoring. Turn into wet mold and Depart, of Public Records and Archives,

QUICK ORANGE JAM (Makes 2 glasses)

2 cups orange pulp and juice

1 lemon, pulp and juice

11/2 cups sugar . Boil quickly about 10 minutes or until of May "12, describing the first town syrupy and clear. Very good served meeting in Esquesing., I am interested warm on hot biscuits. in the early town meetings and particu-

I may say that I went to Acton Couinuation School in the time of Mr. Stewart, but have not been in Actor for more than an hour or two since Since leaving Acton I have received an M. A. from the University of Western Ontario, and a Pt. D. from the University of Toronto, and at present am engaged in doing historical work in the Archives. If I can ever be of service I should like to volunteer to look up anything for you, if it is in my power.

James J. Talman. I want to thank you very much for your kindly interest, Mr. Talman, and may ask the editor to get your assistance for me some time in getting some historical facts. Now I must get on with Esquesing Township history. The record of Esquesing Township as well as all the records I am now dealing with are derived from an old atlas of Halton County published in 1877. It states there that the first record of a town meeting were at that time in possession of the Town-

Here's an item of 1875 that will make ome of the agriculturists of to-day wonder if the depression of 1932 is really so bad. "Esquesing is one of the fines townships of the province. Many of the farmers are wealthy and the township. wears an air of thrift and prosperity It is studded over with handsome residences, and has some very fine churches mong which the most notable are th Presbyterian and Anti-Burgher Churches in the Scotch Block, and the Methodist

and Episcopal Churches at Hornby." There's just a thought that came to me as I read that. The wealth of the township was portrayed by its homes and churches. That was a great foundation for the pioneer stock of the country.

The population of the township, exlusive of Acton and Georgetown, was upposed to be about 6,000. Wer don't know where all the people have gone to in the past fifty or sixty years, as at the present population is under 4,000. The total assessment of real and personal property for 1876 was \$1,337,609, I'm done with crowded pavements and upon which a rate of five mills on the dollar was levied for all purposes, except-And lights that blink at hunger and men ing school and railway rates. In 1930 the

was 29 mills, and .8.1 mills for schools. In 1877, the Esquesing Agricultural I'm going back to friendship, green fields Society had 250 members, and the year previously had distributed nearly \$600 in prizes. The officers for 1876 were Time was the city called us—the youth- J. B. Bessey, President; George Tolton. Vice-President; and John Murray had held the office of Secretary-Treasurer Come here where fashion reigneth, 'tis

total assessment of Esquesing Township

was \$2,360,386, and the municipal rate

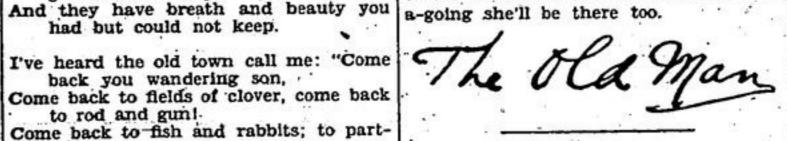
for 22 years. The following were Esquesing Town-All the great world is doing the city's the ship Reeves from 1850 to 1876: John McNaughton-1850. James Young-1851 to 1856. John McNaughton-1857-58.

William Barber-1859.

William Clay-1860-1866.

John McNaughton-1867-1870.

William Clay-1871 to 1876. There now, I've finished with Esquesing Township from this source, and next week we'll go on to Nassagaweya Townthere, is 100 years old this year, and the good folk out there are observing this event in June. No doubt there'll be They know as soon as you know what's many of them back for that occasion, They ride like you in motors; they sing and believe me, if any of my friends



lovely and youthful complexions. Tones be "blasted" and produce no grain. To I'll feed you and I'll house you; I'll give and stimulates the skin. Fragrant as a avoid this as much as possible sowing is flower. Cool as morning dew. Swiftly delayed until late in June or early July, absorbed by the tissues, making the skin allowing the principal growth to take dog to be your comrade; a life that's wonderfully soft-textured. Unrivalled as place in warm weather and the formaan aid to feminine elegance. Delightful tion of seed when the temperature is to use. Imparts additional charm to the likely to be a little lower. daintiest of women. Persian Balm is the one toilet requisite for the exacting woman. Peerless as a beautifier-

> SHOULD WE SPRAY OUR POTATOES?

I'm heading for the home town, my life sons:

When early and thorough applications of soil renovator buckwheat when ploughed fungicides are made and continued regu- under has a distinct value. It-may-also larly during the growing season, plants be used as a nurse crop with sweet The editor of THE FREE PRESS has are protected against the attacks of fungi clover, the latter adding to the feeding handed me the following letter that he and the depredations of insects. Several value of the straw. Mixing with other received the other day. I suppose James growers have objected that such protec- cereals such as barley may be useful, the J. Talman is one of the younger chaps tion could not be realized but after in- buckwheat tending to keep the barley if he went to school in Mr. Stewart's quiring upon their method of preparing from lodging and the barley assisting at time, and I've undoubtedly seen his Bordeaux mixture, the time they started harvest time in allowing the straw to sunny face about the town here. If it spraying, the number and thoroughness dry out more quickly. Producing many was his privilege to attend school under of fungicidal applications, they realized flowers well supplied with nectar over a the guidance of the late W. H. Stewart they had faulted in one or more of these period of a month at least, buckwheat

> May 13, 1932. Ing. According to them the risk is worth and reseeded to buckwheat. experiments carried on for several years while taking. To these may we say that at the Dominion Laboratory of Plant Pathology at Ste. Anne de la Pocatiere show that during blight-free years pota- children for asking questions, but the to plots that were sprayed regularly truth is that those who stop questioning throughout the season showed consider- have stopped growing. Little folks want able increase in yield over those plots to know the why of things, and so long that were not sprayed, and it would-seem as they keep this up, they make rapid advisable that growers in these regions advancement. None of you reading this should spray a few times to ensure a began to learn so much this year, even

SLATS' DIARY

BY ROSS FARQUHAR

enny ways. Yesterday Ant Emniy went to him on acct of she has got sumpthing rong with her stummick and he told her to more milk she replyed sed she has Drinking a ·of evry day for over twenty 7 yrs. and he sed Well if tha is a case why you better Cut it out all togather meb-

Saterday - Ma ben envited to a shour for a Bride and she fergot to by sumpthing so she sent pa down town to by sumpthing she cud take and pa went down and when he cum home he had got a box of Asperin

Sunday—Wile we was a getting reddy for chirch this morning Joe Hix cum by and sed he had to go doan town and by a Gasket and Ant Emmy got all xcited up becuz she that sum 1 must be ded which he was a bying a Gasket for. Munday-As Jake & me cum home frum Scout meating todite we herd Lizzy Hicks fella Coaxing for a kiss out in the Hamick and she sed No and he sed. Yure crazy and she sed why and he sed. Becuz you seam to think them lips of yures was just made to eat with and

Teusday-Unkel Hen has bot hisself Silencer for his gun so now when he goes out and Shutes a rabbit why the poor little felow wont half to lissen to the turible Xploshun of the shot Gun. Wensday-Ma has ben having a lot of hed akes here of lately and today she went to see the dr. and he Xamined her and finely told her sh had bad eyes and shud ought to go to a Optimist and get Fitted for Glasses.-

Thirsday-Mrs. Gillem made mR Gillem by hisself a ottomatick tipe writer this weak and Mr. Gillem diddent like it so well. I gess it all started when Mr. Gillem made her put up with a Lectrick

Miller's Worm Powders can do no injury to the most delicate child. Any child

or infant in the state of adolescence, who who is infested with worms, can take this preparation without a qualm of the stomach, and will find in it a sure relief and a full protection from these destructive pests, which are responsible for much sickness and great suffering to legions of little ones.

BUCKWHEAT

Buckwheat, while an important farm crop, is frequently grown as an aftership. I notice that Ebenezer Church, out thought. Requiring only from ten to twelve weeks to mature, seeding may be done during an otherwise more or less idle season of the summer. It is one of the most successful poor land crops, prospering relatively well on poor and offer to get me transported there I acid soils. It responds readily, however, wouldn't be a bit surprised but I might to good treatment. Light, well-drained be there myself. Mary says we're getting soils are well suited to this crop. An to old to take in such events, but if I'm excess of nitrogen may produce too much straw and cause lodging. It-also-seems practically immune to insect and plant

disease, pests. Buckwheat does best where the climate is cool and moist. At blooming time i is very sensitive to high temperatures and to dry weather. Under such con-Persian Balm creates and preserves ditions many flowers then in bloom may

As a farm crop buckwheat often proves relatively profitable. Buckwheat flour is used_extensively for making griddle cakes. The grain makes excellent poultry feed. The straw is sometimes used as feed when well preserved. It should not be used as a bedding for hogs. Since the straw contains a large amount of One must spray his potatoes if ne mineral matter and rots quickly, it makes wants to grow them with profit. Spray- good manure. As a crop buckwheat aping is recommended for two main rea- pears able to utilize better than do the cereal crops the relatively insoluble 1st-It is a protection to the crop. mineral constituents of the soil. As a he received a training and example in points. Spraying when done properly is is an excellent source of honey for bees. Quick germination and rapid growth

2nd-It favors the development of make buckwheat ideal as a weed destroy-Set bowl containing mixture in pan of rare privilege in association with a man potato plants and thereby assures a larger. Two crops of buckwheat during cold water and stir until it begins to of character in his school days. But I er crop. In certain regions, where dis- the one year usually prove effective in eases that can be controlled by fungi- eradicating even sow thistle and quack cides, particularly late blight, make their grass. The first crop should be seeded appearance only once in several years, early in May, ploughed before blossoming growers do not go to the trouble of spray- begins and worked for a ten day period

ASKING QUESTIONS

People sometimes get impatient with

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to buy both teams for him next day newest-glasses.

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