#### A LITTLE WORD

- A little word in kindness spoken, A motion or a tear, Has often healed the heart that's broken, And made a friend sincere:
- A word-a look-has crushed to earth Full many a budding flower, Which, had a smile but owned its birth, Would bless life's darkest hour.
- Then deem it not an idle thing A pleasant word to speak;
- The face you wear-the thoughts yo The heart may heal or break.

#### Menu Hints Recipes for New and Novel Dishes; Household Ideas and

#### (By Betty Barolay)

Suggestions

MACAROONS ARE DELIGHTFUL Macaroons, those tasteful little bites that so please you outside, may be made quite easily in your own home.

#### PARTY MACAROONS

- 1 cupful sugar teaspoonful - almond extract
- 1. cupful cocoanut
- 1 cupful rice flakes
- % cupful nut meats (chopped)

the sugar gradually, then add the almond tered pan and bake in a moderate oven ten minutes, or until the macaroons are a delicate brown.

#### FRESH STRAWBERRY ICE CREAM

- 1 junket tablet 1 tablespoon cold water
- 1 pint milk
- 2 tablespoons lemon juice 1 cup sugar
- 1/2 pint cream
- 2 cups strawberry puree

Dissolve junket tablet in cold water. Add sugar to milk and warm until luke warm-NOT HOT. Remove from stove. Add dissolved junket tablet; pour into freezer can, Let stand until firm, pack in ice and salt, and freeze to a mush. Add cream, whipped, strawberry puree and lemon juice. Prepare puree by crushing about one quart of strawberries and rubbing through sieve - adding Finish freezing. sugar if necessary. Recipe makes 10 to 12 servings.

#### TRY THESE FROSTINGS

Here are two frostings that are idealweather.

#### -HWALIAN FROSTING-

- 2 cups sugar 1 teaspoon light corn syrup
- 34 cup water 2 egg whites, stiffly beaten
- 1 cup raisins, chopped
- 14 can cocoanut, southern style, chopped L tablespoon, lemon, juice
- Combine sugar, corn syrup and water. Boil until a small amount of syrup forms a soft ball in cold water, or spins a long thread (240 degrees F.); Pour syrup slowly over egg whites, beating constant-Add raisins, cocoanut, and lemon Continue beating until thick

## frosting to cover tops of two 9-inch

- COCOANUT SEA FOAM FROSTING 1 cup brown sugar
- 1/3 boiling water 1 egg white, stiffly beaten.
- 1/2 teaspoon vanilla 1/2 can cocoanut, southern style

Combine sugar and water. Place over low flame and stir constantly until sugar is dissolved and mixture boils. Continue cooking until a small amount of syrup forms a soft ball in cold water, or spins a long thread when dropped from tip of spoon (240 degrees F.). -Pour syrup in fine stream over egg white, beating constantly. Add vanilla. Continue beating until stiff enough to spread on cake. Spread on cake and sprinkle thickly with

cocoanut while frosting is still soft.

Makes enough frosting to cover top and

sides of 8x8 inch cake. Persian Balm is magical in creating alluring complexions... A little gentle rubbling and your skin is invigorated and touched with the true beauty of youth. Charmingly fragrant. Delightful to use. Cools and caresses the skin. Relieves all roughness and chafing caused by weather conditions. Tones and

### NATURE'S USE OF WATER

stimulates. Enhances and protects the

loveliest complexion. - Unrivalled as a

perfect aid to beauty and, charm.

Probably the most important single factor in plant life is water. One of the assistance. "I often wish you would help marvels of the uinverse is nature's use of this element as the principal medium in 'the growth development and transportalon of consistent, chemical elements now, do I?" formation into plant structure, and in don't help me either. There's a differ- satisfaction in the culture of asters may one and a half hours or two hours in this work a lot of water is used. Seven ence. There, let me pile up that wood. be obtained. years' study carried out by experts of You had better go home." Swift Current Station show, for in- help you, Miss Clare. You'll see. I be reduced by prompt attention to sani- vessel until completely wilted, using just stance, that in the production of wheat just didn't understand the difference." from 1,000 to 1,974 pounds of water have The next day Carl listened painstak- burning of diseased plants as they apactually been used in the production of ingly to my teaching. His attention pear. one pound of grain. To put it another seldom wandered, and his efforts to do way, for each bushel of grain produced his work were heart-warming. For near- aster wilt disease is a result of investiga- boiling liquid. Adjust rubber and cover, .80 to 59.4 tons or 159 to: 297 barrels of ly two weeks I helped him with his tions carried on by the Experimental cook two hours in hot water bath, or two water were used. There was also found chores, then, one late afternoon, we Farms Branch at the Dominion Labora- and a half hours in the oven at 275. that one inch of rainfall over an acre lingered together at the door of the tory of Plant Pathology, St. Catharines, Pahrenhelt. Or one and a half teaspoons of land is equivalent to 113 sons of water. the school-house, looking across the white Ontario.

**Another Short Story** 

### CARL'S JOB AND MINE

M. B. HUBER

... Sv. ber ber be, bee by by by ber ber ber ber Y FIRST school was in a sparselysettled farming district in Northern Ontario, and the hardest from time to time to wave to each other problem before me was how to handle as long as we were in sight. Carl Leslie, the biggest boy, whose sole object in coming to school seemed to be to hinder and annoy me.

One November morning, as I trudged through the snow to the little log schoolhouse, Carl's round face, with its derisive grin and triumphant joy in my discomfiture, seemed to float mockingly in the air before me, and my heart felt leaden like the dull grey clouds which hung over the landscape, veiling every hint of sun. remember, your guests will appreciate I racked my brains, as I-had often done them as much as you do when you are before, to know what was best to do with the boy. Without Carl to incite them to rebellion, the children would be easy to manage, and teaching would be a pleasure, instead of the almost unendurable burden which he contrived to make it. Surely there was a way, if only I could

That day Carl was unusually trying, and my harassed nerves almost gave way. He was much too big to strap, being at and wakeful. If they settled down tran-Beat the egg whites until stiff, add least a head taller than myself, and quilly to accept whatever came, they kindness affected him not at all. I was extract, cocoanut, rice flakes, salt and on the verge of getting rid of him by nut meats. Drop by spoonfuls on a but- expelling him from the school, when an idea occurred to me that made me decide to give him one more chance.

It was Carl's job to bring in wood. and look after the box stove, that stood in the centre of the school room, also to sweep and dust the room, and shove the snow. For performing these duties the school-board paid him a small sum each month. It was only a few dollars but the Leslies, I knew, were desperately poor, being unable to afford even the scant comforts which it was possible to secure in that isolated region.

That afternoon, when closing time came, and the last little muffled figure had left the school, I went over to the corner where Carl had started to sweep, and took the broom away from him. "Never mind doing any more chores around the school, Carl," I said.

this I will do them myself." .... He stared at me, open-mouthed, then his face grew red, and he blurted out, angrily, "No, you don't. It's my work. See? And I'm going to do it."

"I think the board wil be quite willing to let me do it, if I want to," I said, sweetly. "You know how eager they are for picnic cakes, or cakes that are served to save a dollar wherever they can, and, extra for doing it."

The boy saw the truth of my words. He knew as well as I did that the trustees were extremely anxious to cut down expenses where possible. At once his manner became abject.

"Please don't take my job away from me, Miss Clare," he begged, "Please let me keep on doing it."

"Why are you so anxious to keep on doing it?" I asked. He looked down at his ragged boots. "I need the money." he admitted. "It is the only chance I get to earn anything, and my mother is sick. I want it to get

things for her." My heart softened. "Carl," I said gently. "I want to be sure that I underenough to spread on cake. Makes enough stand you. You say that this is your

that right?"

you know what my job is?"

"Teaching, I suppose," he mumbled. "Yes, teaching. And I have a mother too, away back in a little eastern town, grown satisfactorily when proper atand I need the money to send her little tention is paid to seed, soil and rotation. comforts. So, if I don't interfere with The fungus may be carried on the seed of cooking on three successive days, your job, Carl, will you promise me not and therefore only seed from healthy slightly loosening the top during the to interfere with mine?"

back to him. After that he never dis- curic chloride 1: 1000 strength for one- vegetables are not fresh. turbed me again. He was quiet and half hour. The soil where the asters

daged wrist, which he had sprained on for the culture of asters. In cases of a closer pack. the ice. In spite of his injury he went beds of limited size aster-sick soil might

to help you, Carl?" I inquired. them, and I need the money myself," he and left for a day. After treatment the answered frankly. "I wouldn't mind how soil must be spaded over three or four long it took me, only Dad gets angry if times and not planted for a week. When-I am late getting home. There are a ever possible; practise a long rotation let of chores walting for me."

"I'll help you," I said, coming to his year for asters. me with my job sometimes."

the sunset sky. "My wrist is all better, Miss Clare," sa'd Carl, wagging his hand up and down to prove the truth of his words. "You won't need to help me any more."

going to stop helping me, are you? still need you." "No, I won't stop," he said, smiling.

"But I don't claim any credit for that, for I see now that when I help you I help myself most of all. That's the way it works out, isn't it?" correct, and we locked up the school and

Miller's Worm Powders are complete garden things are ready, or as a supplein themselves. They not only drive worms from the system, but repair the damage that worms cause and so invigorate the constitution that it speedily recovers from the disorders of the digestion that

#### DO YOU TRY TOO HARD?

follow their use.

They do their work

feel the necessity of making the most of every minute in order to fit themselves for the work of another day, and they can than the non-acid vegetables and ized jars. take the matter so seriously that moment by moment; they become more nervous

young people try so desperately to be

#### THIRTY THOUSAND ISLANDS

None of the National Parks in Eastern Canada is set in a more beautiful location than the Georgian Bay Islands Park. This park, which comprises thirty of the 30,000 islands in the Georgian Bay, 1s situated in an area where the natural beauty has remained untouched.

The Georgian Bay, on which some of the principal towns are Owen Sound, Collingwood, Midland and Parry Sound, to guests on the porch or lawn in hot of course, I would not expect anything of bass, maskingnee, pickerel, lake trout, entire Georgian Bay region are found from resting on the bottom. good hotels, boarding houses and resfirst class motor highways from all parts Canadian National and Canadian Pacific summer by thousands of vacationists.

### . THE WILT DISEASE OF CHINA

You need the money for your mother. Is early autumn season. Much of its popu- is simple and easy; there is no steam hens—from over 35,000,000 in 1930 to less larity with gardeners, however, has been and no hot water to handle. He nodded. "Yes, Miss Clare, that's lost owing to the difficulty experienced Methods of Canning—(1) Cold Pack— supports the claim by produce men now "Then listen to me, Carl, and try to is largely due to a disease known as into the jar and covered with some boil- be a shortage of dressed fowl for the understand. I have a job, too, that I aster wilt, which is caused by a soil ing liquid such as syrup or water. The coming poultry season. Indications are am anxious to be allowed to do. Do fungus attacking the plants through the root system and eventually causing them

to wilt and die. In spite of this disease asters may be plants should be used or else seed dis-He promised, and I gave the broom infection practised by soaking in mer-One day he came to school with a ban- being "aster-sick" and should be avoided used than with other vegetables making

to a depth of ten inches and thorough difficult to keep and one period of cook-"Why don't you ask some of the boys wetting with the solution. It should ing used. then be covered with sacks which have "Because they would expect me to pay been soaked in the formalin solution,

to wilt disease and the seed of such He stared at me in evident surprise, plants also possesses this quality. "Why, Miss Clare, I don't bother you selecting seed from plants showing this in water and put in containers. A third resistance and by-developing new varie- method is to add a teaspoon of lemon "No, you don't bother me, but you ties from such selections considerable juice or vinegar to one pint and cook

Finally, if the disease appears, soil At the door he turned and said, "Til contamination and further spread may tary measures, i. e., the pulling and enough water to prevent burning. Put in-

#### expanse of snow to the ruddy glow of CARING FOR SOME OF THE EARLY PRODUCTS

for the thrifty housewife to lay by some 21/2 hours in a hot water bath, or 3 hours "All right," I replied. "But you aren't of the surplus in suitable form for use in the oven at 275. Tighten tops and during the months when the fresh are invert. not available.

to the variety and healthfulness of for sour cherries and medium for sweet. family menus. Their acids, mineral Cook 15 minutes in a water bath, or 30 matter and bulk balance a tendency to- minutes in oven at 275. Medium syrup wards an excess of fats and starch in is made with one cup of sugar to one I agreed that Carl's philosophy was the diet and do much to keep the body cup of water. Thick syrup is made with in good condition. This means greater one cup of sugar to 1/2 cup of water. started for our respective homes, turning efficiency and greater ability to resist disease. Edible wild greens, such as lamb's quarters, and the young shoots of milkweed, can be used before the

ment to them. The following information may be sugare the result of the work of these para Food," Bulletin No. 252, will be sent to each Institute.

Why Food Spoils-It is a help in canthoroughly and strength and soundness ning to know that the agents that cause foods to spoil are minute, living organisms belonging to the lowest order of plant life, moulds, yeasts and bacteria, Some people try so hard to go to sleep and living upon food cause fermentation readily where acid is present, so fruits, in preventing bacterial growth but makes the product less wholesome.

ensure a good quality of product, can quart of juice add one cup or more of The same is true of happiness. Some fresh fruits and vegetables. Choose each sugar. Heat the juice until the sugar product when at the height of the season is dissolved, skim, and bring to the happy that they make themselves miser- or when each crop is at its best. Always boiling point. Pour into sterilized glasses They are always analyzing their test the jars before using and use new and adjust cover and cook in water bath feelings, wondering whether or not their rubbers each time. To test jars, par- for 5 minutes. The juice may be used mood is a happy one and generally de- tially fill with water, adjust rubber and for putting in sauces, fruit beverages ciding it is not. Feverishly hunting for top, seal tightly and invert to test for and for combining with other fruit juices happiness is as little likely to attain it, leakage. Before using, put the jars on to lend tartness to jellies. as desperately trying to go to sleep is a rack in a container of cold water, sur- Gooseberry Jam-4 cups berries, 3 cups likely to assure a good night's sleep. If round with cold water and boil for fifteen sugar, and 1 cup of water. Wash gooscsome of you settled down to do your minutes. Leave in the water until they berries and remove stems and blows. best and stopped worrying, you would be are ready to be used and do not touch Cook in a granite saucepan with water surprised some day to find a song of the inside of jar or glass top with any until the skin breaks. Add sugar and sheer happiness bubbling from your unsterile object. When preparing food boil 20 minutes. Put into sterilized jars and filling jars, work quickly.

The Pack-Corn, beans and spinach rubbers which have been dipped in boil- currants are hard and shrunken. ing water, and top. Seal and then loosen a quarter of a turn and cook.

There are four methods of canning all in Ontario, is one of the finest fishing in general use, the hot water bath, grounds in Canada. There the lover of steamer, steam pressure cooker and oven. angling may be assured of good catches Hot water baths are manufactured commercially, but a new wash boiler, a deep paraffin. etc., and for those who do not care to pail, a kettle, or any other container fish there is a wealth of beautiful scen- which has a close fitting cover makes an ery and every facility for swimming, excellent home canner when equipped boating or canoeing. Throughout the with some means of preventing the jars.

Any steamer which maintains a temtaurants which cater to visitors at mod- perature equal to that of-boiling water erate rates. All points are accessible by may be used successfully as a canner. Steam Pressure Cookers are built solidof Ontario and are also served by the ly and permit the use of steam under pressure which means the temperature is Railways. The district is visited every raised above the ordinary boiling point of water, and, consequently, the cooking

period is shortened. Oven-An automatic heat control or heat would result in breakage. Put Jars 1929, and 1930. Equally significant is annual flowers of the late summer and on the rack of the oven. Oven canning the reduction in the number of laying

in successfully growing it. This difficulty By this method the uncooked food is put being freely voiced that there is likely to filled jars are then cooked. This method that the crop of chickens will be fairly may be used for most fruits and all vege- heavy in volume and particularly well tables and meats.

(2) Intermittent Cold Pack-This is a variation of the Cold Pack Method. The jars are filled and given three periods cooking. It is used for corn, peas, beans and greens, and makes for safety if the

(3) Hot Pack-The food and water are obedient, but utterly indifferent, and are to be grown is most important. Once, put in a kettle over direct heat and without interest in his lessons. I was soil has grown asters which developed brought to the boiling point before being greatly relieved by the change in his wilt it becomes contaminated and the put into jars and then given one period behavior, but his lack of interest irked disease germ persists in that soil for a of cooking. This method is best for long time. Such soil is spoken of as corn and greens as there is less water

(4) Acid-As bacteria do not grow so doggedly on with his usual tasks after be treated with formalin 1: 50 strength readily in an acid medium, acid in the school, but he was very slow and awkward, and losses to the plants reduced. This form of lemon juice or vinegar may be and I could see that his wrist-hurt him treatment requires spading of the soil used to each can of the vegetables most

> To Can Asparagus-Wash and remove scales and break off the lower tough part. If wanted whole, stand upright in two inches of water and boil covered for four or five minutes. Put in containers, fill with boiling water, add hair and avoid using the same soil year after a teaspoon of salt, to a pint, and cook two hours in a hot water bath or steam-Certain of the asters are resistant er. Cook two and a half hours in the oven at 275 Fahrenheit. 'Or cut aspara-By gus in one-inch pieces, bring to a boil

Spinach, Beet Tops and Greens-Wash carefully, steam or heat in a covered jars, out through with a sharp knife, twice, at right angles. Add half a tea-The above information relative to spoon of sait to a pint and cover with

#### and then cooked one and a half hours. Peas-Use only young, freshly-gather-'ed peas. Bring to a boil with water to When vegetables and fruits are in cover, put in jars, add half a teaspoon season and plentiful, it seems natural of salt to a pint. Adjust cover and cook

Oherries-Wash, stone and pack Their use in various forms adds much jars and cover with bolling syrup; thick Strawberries-Wash, hull, put in containers and cover with boiling, medium syrup. A second method which tends

parts of sugar to 2 parts of water, for seven minutes. Let stand over night, put in containers, fill up with symp and products: Later in the season a copy of cook 16 minutes in water bath, or 35 the revised bulletin, "The Preservation of minutes in the oven at 275 Fahrenheit. Rhubarb . Preserve - Put equal weights of rhubarb and sugar in a granite kettle and allow to stand overnight. In the morning put on stove, bring to a boil slowly and cook until the rhubarb is tender. Put in containers and

to prevent berries crowding to the top

is to cook them in a syrup made of 3

Rhubarb and Wild Strawberries-Use that they keep themselves awake. They and putrefaction. They do not thrive so Mix and allow 3 of a cup of sugar to 1 cup of fruit. Allow to stand overnight. which contain organic acids are easier to Boil slowly half an hour. Seal in steril-

small pieces, add just enough water to cover, and simmer until very soft. Strain Use Fresh Fruits and Vegetables-To the juice through a jelly bag. To each

and seal.

Black Current Jam-Wash and preshould be packed rather loosely. This pare currents. Add water until it can allows the heat to penetrate the centre of be seen between the fruit. Bring to a the jar more quickly and ensure more boil and cook 5 minutes. Strain off the even sterilization. After food is put into juice, measure it, and to each cup add 1 jar, fill up with boiling water, or liquid cup heated sugar. Boil 5 minutes. Add in which the vegetable has been pre- currents, boil 2 minutes, and pour into cooked and use a knife dipped in boiling sterilized jars and seal. If black current water to remove any air bubbles. Adjust jam is made in the usual method the

Strawberry Jam-Wash and hull berries. To each pound of fruit, add % pound sugar. Let stand overnight. In the morning cook 30 minutes, or until the jelly test is observed. Pour into

Barber's Itch and Ringworm are relieved by the use of Douglas' Egyptian Liniment; quick, certain results. Relieves the most obstinate cases.

#### AVERAGE IS HIGHER

An increase of 17 eggs per hen in the average production of farm flocks throughout Canada is indicated in a report just issued by the Dominion Bureau of Statistics. These show that in 1931 there were 36,940,616 egg-producing hens on farms which laid a total a of 286,882,147 dozen eggs, or an average thermometer is necessary when canning of 112 eggs per bird as compared with in glass jars in an oven. Too much the average of 95 eggs per bird for 1928, finished but that fowl may be scarce.

MODEL No. 242 Lights instantly Retail Price Only \$9.00

Coleman &

TWO PALS for EVERY

#### BUT IT DID NO GOOD

Seymour-When you discovered that there was no heat in the radiators did you call the janitor? Oswalt-Yes, indeed-every name could think of.

Not to correct one's fault is to make new ones.-Confucius.

## Proud to show visitors

our

YOU like to know that the foods you eat are made under sanitary conditions. That's why we are always delighted to have people see "where Kellogg's Corn Flakes are made.¹

We have thousands of visitors, every year, who take home with them a picture of sunlit kitchens, gleaming machinery. employees in fresh white uniforms . . . of cleanliness and care for quality. If you ever come to London, Ontario, we hope you'll stop and see us.

You'll know then why W. K. Kellogg makes this unconditional guarantee: "If you don't think Kellogg's the best and freshest corn flakes you ever tasted, return the empty redand-green package and we will cheerfully refund your money."



## **Business Directory**

MEDICAL

DR. J. A. McNIVEN Physician and Surgeon Office and Residence Corner Bowe Avenue and Elgin Street.

LEGAL

P. O. Box 33 Phone No. 22 HAROLD NASH FARMER, M. A. Barrister, Solicitor, Notary Public, Conveyancer, Etc.

PERRYMAN BLOCK - ACTON, ONT MONEY LENT ON MORTGAGES Hours-9.30 a. m. to 5.00 p. m. Saturdays-12.00 o'clock

KENNETH M. LANGDON Barrister, Solicitor, Notary Public

Georgetown Over T. Seynuck's Cafe Main Street 6. For Appointments Phone Acton 65-

Georgetown 88 Office Hours - Acton, Tuesday and ings on request.

DENTAL

A. J. BUCHANAN, D. D. S. Dental Surgeon Office: In Leishman Block

Hours: 9 a. m. until 6 p. m. Evening by Appointment Gas for Extractions Closed All Day Wednesday Phone 143

P. W. PEAREN, D. D. S., L. D. S.

Dental Surgeon Successor to Late Dr. J. M. Bell Phone 29

MISCELLANEOUS

### FRANCIS NUNAN

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

promptly done. Wyndham Street (Over Williams' Store)

Jewelle

Expert Repairs We have for years been doing repairs for other jewellers across Canada, so

> TAIT OPTICAL CO. 110 Wyndham Street

> > GUELPH

# Debts Collected

The sooner you send your list of

outstanding accounts to **KELLY & AIKEN** The Collectors

at Orangeville, the quicker you will have funds on hand to meet your own requirements.

Established 1890 and "Still Lead

### We Are Celebrating Our 25th

Anniversary As a token of our sincere appreciation for the support and confidence shown us during the 25 years we have been established, we desire, in some tangible way, to mark this occasion with some contribution on our part, and are therefore offering for a limited period, a special discount of 33 1/2 %.

During this limited period every patient will receive the same exacting care, attention, and thorough examination that over 10,000 of our satisfied patients have re-You may take advantage of this

styles are the latest-our quality the best. The First Exclusive Optical

Establishment in This District

A. D. Savage

Registered Optometrist (By Government Examination) Savage Building - Guelph Phone 1091W

Coleman CAMP STOVES and LANTERNS Coleman Camp Stoves are miniature gas ranges that give

and outdoor light.

real instant-gas cooking service. Light instantly just like gas . . . no preheating. Cook real meals in an appetizing way . . . ) anything you want any way you want it. Everything is built-in. Folds up like a suitcase with

planning a touring

trip, going camping or fish-

ing, or just on a picnic . . .

you'll need "good eats" and

good light. The Coleman Sport-

Lite Lantern and Camp Stove

will deliver "right now"...

man Sport-Lite Lentern is small

in size but big in brilliance.

Only 12 inches high, weight

only 3 lbs., yet gives up to 150

candlepower of pure white light.

Pyrez glass globe protects

mantle . . . makes it an indoor

The Instant Lighting Cole-

anywhere and any time!

everything stowed inside. THE COLEMAN LAMP AND STOVE COMPANY, LEG. TORONTO/ . ONTARIO

ASK YOUR DEALER

### Watchmaker J. H. JORDAN GEORGETOWN are quite capable of doing yours.