

RESPIRE

There's a look of Fall in this cool, slim moon; After blossoms make brave the grass, The winds are wearing their dancing shoon.

Menu Hints

Recipes for New and Novel Dishes; Household Ideas and Suggestions

TRANSFORMED LEFT-OVERS

Left-over steak, tomatoes, green peppers, carrots and even toasted bread may be utilized to form very tasteful and healthful dishes.

Carrot Tips

Cut cooked carrots in cubes, reheat in a medium white sauce seasoned with salt, pepper and a little sugar.

COLD WEATHER CALLS FOR SWEETS

This is the season when your "sweet tooth" needs to be catered to. The human body needs fuel to keep it warm and sweets are the quickest energy fuel known.

SANDWICHES FOR GUESTS

Serve unusual sandwiches to guests. They will appreciate an opportunity to get away from the humdrum varieties.

Date Sandwiches

- 1 cream cheese
1/2 cup dates
1/2 cup English Walnut meats
1 tablespoon sugar

Run the dates and nut meats through the food grinder, using the coarse plate. Mix with the cheese and season with the sugar.

Crab Sandwiches

- 1 cup crabmeat cooked or canned
3 tomatoes
1/2 teaspoon sugar
1 tablespoon pimentos, chopped
mayonnaise, salt and pepper

Mix pimentos and sugar with mayonnaise. Add to finely flaked crabmeat. Arrange sliced tomatoes on buttered bread. Sprinkle with salt and pepper.

Quick action saves trouble, worry. Keep Douglas' Egyptian Liniment always handy. Stops bleeding instantly. Cauterizes wounds. Quickly relieves Barber's Itch and Ringworm.

KEEPING HIS FEET ON THE GROUND

"At last, my angel," said the happy man, after he had settled with the minister, "we are really and truly one."

Another Short Story

Getting Rid of Nelly

REBECCA DEMING MOORE

CONGRATULATIONS, Ethelwyn; you're really going to get on in college, if I'm a prophet. declared Sally, settling herself cozily among the cushions in the window seat.

"Oh, that's nothing," Ethelwyn interrupted. "You know it was always easy for me to write."

"Unless what?" Ethelwyn queried. "You don't mind if I speak plainly, do you—an old friend who's known you since primary-school days?" Sally asked.

"No, it won't do here at all. There's that latest wail of yours,—that dumpy ugly creature with the brilliant plaid clothes who's always glued to your side. Nelly's her name, isn't it? Why she doesn't call herself Eleanor or Helen now that she is in college. I can't imagine. You've got to get rid of Nelly."

"Now don't misunderstand me," Sally coaxed, putting her arm around her friend. "I dare say Nelly has a long list of virtues. Please don't enumerate them. You must just forget her virtues and remember she's sure to frighten the Scribes away from you. It's only your own kind heart that makes you take up with her."

"But," Ethelwyn began. "I'm afraid I can't stay to hear your hints," Sally interrupted, consulting her watch. "Here it is almost dinner time and I'm half a mile away from my hall. If you are a sensible girl and want to be a Scribe one of these days and an honor to your parents and your school then she is in line to be a Scribe."

"At last, my angel," said the happy man, after he had settled with the minister, "we are really and truly one."

Sally doesn't understand," she told her.

All the wretchedness of that moment came back to Ethelwyn now. Text books had to be bought at once for the opening classes. Sally, her only friend, was detained at home by a wedding in the family and would not return until the next week.

Then a falling book had started her, and she glanced up to meet a pair of miserable eyes very red about the rims. The friendly smile that so many of Ethelwyn's battles came struggling out.

The owner of the red-rimmed eyes made a sorry attempt at a return smile and spoke in an uncertain voice. "College is pretty queer at first, isn't it? But I suppose it will be different when we get used to it."

A few moments later the two girls were exchanging experiences; Ethelwyn heard all about the home that Nelly had just left and that now seemed so far away, of the adored big brother who had sent her to college and of her struggles with entrance examinations.

The dejection vanished at once from Nelly's attitude. She sat up straight and declared eagerly, "I'm glad enough for the books you will need at first, and then we'll find a way to make up the rest. I've heard of girls who made lots of money by selling candy at college. I have some splendid recipes. You go ahead and get your books and it will all come out right, I'm sure."

So Ethelwyn had bought the books, and later the candy business prospered so well that the debt was paid and each girl had a little profit for a rainy day. In other respects things had not gone well with Nelly. She was not very quick at her studies and her preparation in a small country high school had been none too sound.

"You are a lucky girl!" Sally exclaimed as Ethelwyn read the contents of the note. "Anne Stebbins is one of the finest girls in college. She'll be senior president next year without a doubt. You must behave your very best at her party. She doesn't care to everyone, but she will to you, and the girl that Anne Stebbins takes up is made for the rest of her college career. So mind don't stop to stroke any stray cats on the way."

"But, Sally," Ethelwyn interrupted. "I've promised Nelly for that date. She's been planning her birthday treat for months, and her brother is coming all the way from Sawyer's Falls on purpose. She's set her heart on my being with

them. I don't see how I can disappoint her."

"Nelly again!" said Sally in disgust. "Well, all I've got to say is that, if you refuse Anne Stebbins' invitation, you're crazy and you deserve not to be elected to the Scribes."

It cost Ethelwyn some tears to pen her regrets for the "spread." Since she had begun to know anything of the more prominent girls in college, Anne Stebbins had been her ideal. From her own seat on the freshman side of the chapel she had admired the junior's fine strong face, and every month when the college magazine came out she had turned its pages eagerly to read articles and stories.

The fifteenth came at last and with it Alfred Morris. Ethelwyn was determined that no hint of her disappointment should mar Nelly's pleasure, so she wore her prettiest dress and did her best to put Nelly's tall serious brother at ease. After the tea was once broken, the birthday party developed into a joyous affair. Nelly was radiant, and only one fleeting moment of regret came to Ethelwyn when on the way home they met a group of Scribes evidently returning from the "spread."

"And it's all due to you," she declared to Ethelwyn. Ethelwyn vehemently denied any part in her friend's success. Ethelwyn's own mall that day had been as surprising as Nelly's. There was a little note bearing the golden quill, the letterhead of the Scribes. It was a formal invitation to join the club. But the second note pleased her still more. It was signed by Anne Stebbins and ran:

"I can't help sending this little note to tell you how much I hope you will decide to become one of us. We want our organization to stand for something more than a mere literary club or a band of friends. We need such girls as you to help us, girls who know the meaning of loyalty, real friendship and service."

Dr. J. D. Kellogg's Asthma Remedy is not something that is merely to be hoped for; it is to be expected. It seldom fails to bring relief, and in your own individual case it will do the same. So universal has been the success of this far-famed remedy that every one afflicted with this disease owes it to himself to try it.

"MAGIC" PERFORMED BY HOTEL MANAGER

The feats of "magic" performed by the manager of the Chateau Laurier Hotel in Ottawa in accommodating the great crowd of guests that assembled under the Chateau roof at the time of the Imperial Economic Conference are featured by Isabel Paterson in a special article printed by the New York Herald Tribune.

Outstanding Value—Always "SALADA" TEA "Fresh from the Gardens"

The Greatest Bargain in Nourishment! EDWARDSBURG CROWN BRAND CORN SYRUP



"Yes—we're both feeling fine" Joe Thompson and his wife were glad when Gwen finished Business College and got a good position in the city.

J. Cadesky OPTOMETRIST WILL VISIT ACTON ON Monday, November 7

Business Directory

MEDICAL DR. J. A. McNIVEN Physician and Surgeon Office and Residence—Corner Bower Avenue and Eglin Street.

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

FERRYMAN BLOOR - ACTON, ONT. MONEY LENT ON SECURITIES

KENNETH M. LANGDON Barrister, Solicitor, Notary Public

DENTAL A. J. BUCHANAN, D. D. S. Dental Surgeon

P. W. PEARE, D. D. S., L. D. S. Dental Surgeon

MISCELLANEOUS FRANCIS NUNAN Bookbinder

J. H. JORDAN Jeweller

Expert Repairs Prompt Service

COLLECTIONS DO WE GET RESULTS?

KELLY & AIKEN The Collectors

Hundreds Have Taken Advantage

Of Our Special 25th Anniversary Discount and Made It The Event of the Year

A. D. SAVAGE REGISTERED OPTOMETRIST

NEW Customers

Let the Advertisements be Your Guide

WHEN YOU BUY

Let the Advertisements be Your Guide

Let the Advertisements be Your Guide

Let the Advertisements be Your Guide