

**WHAT CAN I DO**

What can I do  
To ease the load  
Of some lone pilgrim  
Along life's road?

What can I do  
When clouds obscure,  
To hold a friend  
Still to endure?

What can I do  
To quench a tear,  
Or drive away  
The ghost of fear?

What can I do  
To serve and give,  
To show an outcast  
How to live?

Perchance these words  
May cause you, too,  
To think and plan  
What you can do.

**Menu Hints**

Recipes for New and Novel  
Dishes; Household Ideas and  
Suggestions

By Betty Barclay

**DISHES WORTH SERVING**

**WINTER CORNSTARCH**

- 2 cups milk
- 6 tablespoons cornstarch
- 1/4 cup sugar
- 1 1/2 squares chocolate
- 1/2 teaspoon vanilla
- 1/4 teaspoon salt

Mix dry ingredients, make into thin smooth paste with a little milk. Add to heated milk in top of double boiler. Add melted chocolate. Stir to prevent lumps. Cook 20 minutes. Add vanilla and pour into moulds rinsed in cold water. Chill, serve with cream or whipped cream.

**TOMATOES STUFFED WITH VEAL**

Wipe and remove thin slices from stem end of six medium-size tomatoes. Take out seeds and pulp, sprinkle inside of tomatoes with salt. Cook two tablespoons butter with one-half tablespoon finely-chopped onion for five minutes. Add one-half cup chopped cold veal, one-half cup stale bread crumbs, tomato pulp and salt and pepper to taste. Cook five minutes, then add one egg slightly beaten cook one minute, and fill tomatoes with this mixture. Place in buttered pan, sprinkle with buttered cracker crumbs and bake for twenty minutes in a hot oven.

**CREAM OF POTATO SOUP**

- 4 medium potatoes
- 2 slices onion
- 2 strips bacon

Wash, peel, cut in cubes, and cook potatoes in enough water to cover until tender. Rub through a strainer. There should be 2 cups mashed potatoes and liquid. Add this mixture (left-over potatoes may be used) to 3 cups of thin cream sauce (3 cups milk, 3 tablespoons flour, 3 tablespoons butter). Season to taste. Add 2 tablespoons chopped parsley before serving.

A different flavor may be obtained by adding castor oil or celery instead of onion. Cut leeks or celery in very thin slices crosswise and cook in with the potatoes.

**RECIPES FOR THE WEDDING**

Packed in brown sugar or powdered sugar in an air-tight container, a wedding cake will keep for years—to be nibbled on anniversaries of the wedding day. Here are two recipes that may come in handy for June:

**WEDDING CAKE**

(Makes 10 pounds)

- 1 pound butter or substitute
- 2 1/2 cups sugar
- 10 eggs
- 1/2 cup orange juice
- 1 teaspoon cinnamon
- 1 teaspoon mace
- 4 pounds seeded raisins
- 1 pound citron or candied orange or lemon peel
- 2 pounds currants or seedless raisins
- 5 cups flour
- 1 teaspoon soda

Cream butter and sugar. Add egg yolks, spices and juice. Mix flour and soda with fruit and add to mixture. Fold in stiffly beaten egg whites. Pour into greased cake tins. Bake in slow oven (300 to 325 degrees F.) about 3 hours. It is well to make cake some days or even weeks before it is to be served, so that it may ripen. Wrap in wax paper and keep in tin box. Ice cake with white boiled icing the day before it is to be served. The cake that is put away to be kept for anniversaries should not be iced.

**CANDIED ORANGE OR LEMON PEEL**

Remove peel from 6 oranges (or 8 lemons) in quarters. Oranges and lemons with clean skins are best suited for candying. Cover with water to which 1 teaspoon salt has been added. Boil 30 minutes. Drain. Boil in fresh water until tender, about 1/2 hour longer. Drain. Divide peel into two equal parts. Bring 1 cup sugar and 1/2 cup water to boil. Add one portion of peel. Boil gently until syrup is nearly absorbed. Drain. Roll in sugar. Cut with scissors into bits. Repeat process for remaining peel. This should make somewhat more than a pound of candied fruit.

The worms that infest children from their birth are of two kinds, those that find lodgment in the stomach and those that are found in the intestines. The latter are the most destructive, as they cling to the walls of the intestines and if not interfered with work havoc there. Miller's Worm Powders dislodge both kinds and while expelling them from the system, serve to repair the damage they have caused.

**THE OLD MAN OF THE BIG CLOCK TOWER**



**HOME IS YOUR FIELD OF HONOR**

Home is your field of honor, there they wait. The battles to be faced and fought and won. Battles with self, that subtle foe and great. With whom the quiet strife is never done; Battles with circumstances that hold us tied. To hateful things, when we with courage high. Crusaders to a holy war, would ride. Here is the citadel you hold, and I. Here in our hearts, where none can ever see. Or understand or praise our victory: Here is our daily lives—O truth profound. Here is our battleground; Unseen, ignoble, squalid is this strife; But if we win, it makes more sure all life. And every time we fall, through you or me. Evil has won another victory. Oh, not afar, beneath some alien star. But here our field of honor waits us. See that we bear us like good fighting men.

These days it almost seems that spring is here. I've been out poking around in the garden and underneath the leaves and winter's accumulations there are signs that gardening time will soon be here. I've had a couple of seed catalogues in the mail and I notice that the stores are displaying the packets of seeds and those are the indoor signs that spring is just around the corner.

There's a sunny side to the backyard fence now that is nice and warm too on these bright days and the back concession lines are commencing to dry-out again, and the maple syrup is coming on the market freely. If there are any old-fashioned folks among the farmers these days there'll be quite a bit of maple syrup made to save on the sugar that has gone up in price with a new tax on it. Yes, I really believe we've got spring at hand and I can tell you that to the folks of my age it's the most welcome time of the whole year. It's almost like a new lease of life to get about after being shut up during the winter months, and I'm not half as much interested in my favorite almanac these days or watching the weather, because the sun is shining and I know there can't be any more long spells of cold weather.

I noticed last week that the editor of THE FREE PRESS was drawing attention to the fact that this year Acton should observe its sixtieth anniversary of incorporation. Of course I always enjoy these functions because so many of my old friends come home again and I get the chance to meet them once more and talk over old times. We had a great affair ten years ago, and that event is still very plain and outstanding in my recollections. My! how Mary and I would like to witness another such event and meeting of former friends. There are a lot who have passed on since that occasion. When I go over them in my mind it seems as if they were a multitude and another ten years hence the list will have grown again. That's the reason I suppose that I'm really anxious this year to see Acton observe its sixtieth anniversary, because one never knows how the ranks will be thinned out before another anniversary time rolls around. I'd suggest that the folks who are away from home write some letters, letting the home folks know how they feel about the plan and whether they would like to have a re-union again in Acton. I think a few letters to THE FREE PRESS editor from these folks would help, too.

Do you know I believe I've been reading those old Weekly Globes of 1877 more the past couple of weeks than I have the Globe of to-day. That's just the way with us old chaps—we seem to have more interest in the past than in present day affairs. Back in 1877 the Weekly Globe used to have front page articles and pictures on such articles and places as Charles Spurgeon; the colleges of Toronto; Rev. W. S. Rainford; and the Town of Gait;

and Fort Hope; Brantford; Sir Isaac Brock and so on. To-day the events of the day or night before, whether it be sport, murder, or war, or just political scandal, occupy the first place in the paper. I like these old papers very much but I enjoy getting the local recollections more from an old file of THE FREE PRESS which they occasionally let me borrow from the newspaper office. I'm going to just finish my space this week from the pages of local history as recorded fifty years ago in THE FREE PRESS.

Back in 1883 in Acton in April the operations had been resumed on Mr. J. Fyfe's residence. J. W. Bengough was drawing cartoons at a concert, under I. O. O. F. auspices.

The auditors' report was published and was a very brief affair. I'll just take a little glance over some of the amounts. The total receipts were \$10,381.15; and the year closed with a balance on hand for the Town Hall, School and Village payments of \$2,184.57; the debture indebtedness in 1883 was \$5,350, and taxes collected the year previous were \$2,395.88; Acton used to get a government grant then of \$112.00, and a county grant for the look-up of \$100; the county rate was \$239.87; and salaries were \$283.00; while the streets and walks required an expenditure of \$439.96. The amount that year were A. E. Matthews and Thos. Moore. In those days it was customary to have a balance on hand to start the year. My, how times have changed and it doesn't seem as much of an improvement; but then, we enjoy a lot of things now that we never dreamed of having a half century ago.

Back in the eighties at this time of year the spring millinery opening events were quite a feature and my, how the ladies did appear with the flower bedecked bonnets and headpieces. But they weren't a bit more queer than some of the little hats that they go around with now on the side of their heads.

It looks as if I only have space for these items this week, but next time I'll get an earlier start of the recollections of fifty years ago.

*The Old Man*

**QUAINT EASTER CUSTOMS**

Many were the quaint old customs associated with Good Friday, and Easter tide. Of these some have fallen into complete desuetude and are no longer heard of, but one or two remain with us, as, for instance, the eating of "hot-cross" buns on Good Friday, and the distribution of "pace" or "pasche" eggs on Easter Day. Of late years there has been an increasing tendency to neglect old customs; the numerous new attractions, in great part responsible for this. In the old days, however, when the people had to be content with simple pleasures, they clung zealously to practices handed down by their forefathers, writes Arthur Sharp in The Boy's Own Paper.

Take the hot-cross bun. At one time there used to be two noted bun houses held to be patronized by royalty, the popular legend having it that the king himself always stopped there to buy and eat a bun. These two houses were known by the rival titles of The Chelsea Bun-house and the Real Old Original Chelsea Bun-house. Goodness only knows where the truth lay between them, but we are assured that the buns sold at both were so very good that the worthy citizens, with their wives and families, walked a considerable distance on Good Friday morning or in the afternoon to partake of these rare delicacies.

The hot-cross bun is still very popular, and the bakers deliver them on the morning of Good Friday, there being scarcely a family table in England that has not its quota of buns on this day. There is some difference of opinion as to how this custom originated, and why so specially associated with this date. It is held by some that the custom has a very old origin, and may be traced back to a pagan custom of worshipping the Queen of Heaven, the adoration of the deity being accompanied by an offering of small cakes. This custom is to be found alike in China and in ancient Mexico, as well as other countries. In Egypt the cakes were horned to resemble the sacred heifer, and so termed bous or bou—in short, bun. But exactly what significance is attached to the eating of hot-cross buns in our day seems entirely obscured.

Among the peculiar customs connected with Eastertide was the game of playing a ball in the churches for what were known as tansy-cakes. We are told that bishops and deans took the ball into the church, "and at the commencement of the antiphon began to dance, throwing the ball to the choristers, who handed it on to each other during the time of the dancing and the antiphon. All then retired for refreshment; a gammon of bacon, eaten in abhorrence of the Jews, was a standard dish, with a tansy-pudding, symbolical of the bitter herbs commanded at the paschal feast."

In Chester, at one time, many old games were kept up at Easter. There might be seen the mayor and corporation, and the twenty guilds established in the city, with their wardens at their heads, setting forth in all their pageantry to the Rood-eye to play at football. The mayor, with his mace, sword and cap of maintenance, stood before the cross, whilst the guild of shoemakers to whom the right had belonged from time immemorial, presented him with the ball, "and all set to work right merrily." But strife did arise among the younger persons frequently it happened that "great ere of the same cittle," so that, in the time of Henry VIII., this piece of homage to the mayor was converted into a present from the shoemakers of six hand-darts of silver, to be given for the best foot-race, archery, horse-races, and other sports were indulged in. Mystery or

scriptural plays were also performed. Easter has always been associated with quaint customs, but, although one or two still remain, most of them have died out completely and are now almost forgotten. Times change, and customs change also.

**MEMORY GOOD, ALL RIGHT**

A candidate for election was being heckled at one of his meetings. One fellow at the back of the hall thought to kill him by ridicule. "Do you remember the time when your father used to drive a cart and donkey, collecting rags and bottles?" "I'm afraid I've forgotten the cart," replied the speaker, looking fixed at the interjector, "but I seem to recognize the donkey, all right."

**SLATS' DIARY**  
BY ROSS PARQUEAR

Friday—Ant Emmy says that down where she cums from they have had a ralerode for Over 50 yrs. and they ain't never had a Collision so fur. She admits that meebly having only one frane on the ralerode may have sum thing to do with the small No. of recks.

Saturday — Pa says that he is a paternizing the res-terant in the town. Pa says that before he ruh the uthier res-terant out of town why you cud go in and give an Order and get sevide but the way it is now why you go in and set down and make a Plee.

Sunday — On the way home from Sunday skool Jane told me she had ben reading where "Kisses causes" De-seases. Well I gess she is rite at that becuz the last time I kist Jane while we was a playing Post office why I had a attack of Pulpitashun of the hart.

Munday—They is a new kid in skool today and I think he must be very very deseafult perhaps becuz no kid cud Poss-ibly be good as that Kid Looks.

Tuesday—Joe Hix says the deprahun has ben terrible and he will be glad when time gets Good agen and his wife has plenty of work and he can get in the hamnick and have his self respect back agen.

Wednesday—well when I cum home from skool tonite I seen pa and ma a setting on the Davinport ad ma was all smiles and pa looked offly Blue. It was a long time before I found out what they was both of them thinking and I found out they was both of them thinking about the same thing. It was about he new dress ma wants to get this coming Saturday.

Thursday—Ant Emmy has found out what a Delegate at Large is. But she all ways that it ment a delegate who went to a convenshun and left his wife at home by her self.



**"Never mind—we'll soon fix that"**

Mrs. Hendry was in great distress. She had broken her spectacles and the prescription was at the optician's in the city.

"That means I can't go to the social tomorrow night," she said. "Whatever will I do?"

"Don't worry," Tom Hendry consoled her. "I'll just phone the optician right now and he can have a new pair here in tomorrow's mail."

In any emergency, great or small, your telephone is ready to help. Long Distance is easy to use, clear, quick and surprisingly inexpensive.

For 30 cents you can telephone about 100 miles by making an "anytime" call (station-to-station) after 8:30 p.m. See list of rates in front of directory.



**Long Distance**  
is surprisingly inexpensive

**Counter Check Books**  
ANY STYLE — ANY QUANTITY  
THE LOWEST PRICES OBTAINABLE

**The Acton Free Press**

**The Bank of Montreal**  
has Never Wavered  
in Its Course . . .

In times of expansion or depression, in the best and the worst of economic conditions, Canadians have learned to rely upon the unwavering safety and helpful service of the Bank of Montreal.

Older than the Dominion itself, yet young as the latest sound business enterprise of Canada, this bank keeps strong and efficient by pursuing its traditional policy of banking practice consistent with safety for depositors, and by adjustment of its services to the demands of modern business.

When dealing with this institution, you have the assurance of safety and good banking service, whether your account be large or small.

**BANK OF MONTREAL**  
Established 1817  
TOTAL ASSETS IN EXCESS OF \$750,000,000  
Acton Branch: H. I. G. FRASER, Manager

**Business Directory**

**MEDICAL**  
DR. J. A. MCNIVEN  
Physician and Surgeon  
Office and Residence—Corner Bowe Avenue and Elgin Street.

**LEGAL**  
Phone No. 22 P. O. Box 23  
HAROLD NASH FARMER, M. A.  
Barrister, Solicitor, Notary Public, Conveyancer, Etc.

FERRYMAN 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  
Offices:  
Acton Georgetown  
Over T. Seynuck's Cafe Main Street S.  
For Appointments Phone Acton 65—  
Georgetown 88  
Office Hours — Acton, Tuesday and Thursday, 1.15 p. m. to 5.30 p. m. Evenings on request.

**DENTAL**  
A. J. BUCHANAN, D. D. S.  
Dental Surgeon  
Office: In Leishman Block  
Hours: 9 a. m. until 6 p. m. Evenings by Appointment  
Gas for Extractions  
Closed All Day Wednesday Phone 148.

P. W. PEAREN, D. D. S., L. D. S.  
Dental Surgeon  
Successor to Late Dr. J. M. Bell  
Phone 29 Mill Street, Acton

**MISCELLANEOUS**  
FRANCIS NUNAN  
Bookbinder  
Account books of all kinds made to order. Periodicals of every description carefully bound. Ruling neatly and promptly done.  
Wyndham Street - Guelph, Ont.  
(Over Williams' Store)

Watchmaker Jeweller  
J. H. JORDAN  
GEOBOKTOWN  
Expert Repairs—Prompt Service  
We have for years been doing repairs for other jewelers across Canada, so are quite capable of doing yours.

**INSURANCE**  
FIRE, CAR, ACCIDENT  
SICKNESS, ETC.  
**E. HARROP**  
Representative  
GORE DISTRICT MUTUAL  
NORWICH UNION  
CANADIAN FIRE INSURANCE COMPANIES  
Successor to the late  
Mr. J. R. Kennedy  
PHONE 423

**NEW BUSINESS**  
PRINTED advertisement will attract new business to take the place of the old that you are losing. Get our prices on printing.

**THE ACTON FREE PRESS**