

**THE BIRD!**  
 The mother-bird upon the nest,  
 When I, her friend, draw near,  
 Presses the egg beneath her breast,  
 Trembling with pride and fear.  
 Love, like a voice, from out her eyes,  
 Tells all her heart to me,  
 And in her helplessness there lies  
 An unresisted plea.  
 —Christine Swamy.

**Menu Hints**  
 Recipes for New and Novel Dishes; Household Ideas and Suggestions

By Betty Barclay

**SEVERAL SPRING DAINTIES**

**JELLIED FRUIT SALAD**  
 (Serves 8-10 in individual molds)  
 Gelatine Base  
 2 tablespoons gelatin  
 6 tablespoons cold water  
 1 1/2 cups boiling water  
 1 cup orange juice  
 6 tablespoons lemon juice  
 1/4 cup sugar  
 1/2 teaspoon salt

Soak gelatine in cold water 5 minutes. Add boiling water, orange and lemon juice, sugar and salt. Cool.

**Salad**  
 When beginning to stiffen, add:  
 1 cup orange pieces, drained  
 1 cup diced bananas  
 1 cup diced canned pineapple, drained  
 Pour into individual molds and chill until firm. Serve with lemon mayonnaise.

**JELLIED VEGETABLE SALAD**  
 (Serves 8-10)

Follow directions for making gelatine base as given in Jellied Fruit Salad. When beginning to stiffen, add:

1 cup cooked peas  
 1 cup diced cooked beets  
 1 cup cooked carrots, diced  
 Serve with any desired dressing.

**ORANGE SHRIMP JELLIED SALAD**  
 (Serves 8-10)

Follow directions for making gelatine base as given in Jellied Fruit Salad. When beginning to stiffen, add:

1 cup orange pieces  
 1 cup chopped celery  
 1 cup shrimps cut in pieces  
 Service with lemon mayonnaise.

**ORANGE CHEESE JELLIED SALAD**  
 (Serves 8-10)

Follow directions for making gelatine base as given in Jellied Fruit Salad. When beginning to stiffen, add:

1 cup orange pieces  
 1 cup celery  
 1 cup cream cheese balls  
 Serve with lemon mayonnaise.

**MAPLE JUNKET**

1 tablet for junket  
 1 pint milk  
 1/4 cup sugar  
 1/4 cup boiling water  
 1 tablespoon cold water  
 1 teaspoon vanilla flavoring  
 1/2 cup maple syrup

Dissolve tablet for junket in 1 tablespoon cold water. Put sugar in a small sauce pan, and heat carefully, stirring constantly until melted and golden brown. Add water drop by drop to caramelized sugar and stir until dissolved. Water and heat slowly until the sugar dissolves. Add milk and vanilla flavoring. Warm until lukewarm, not hot. Remove from stove. Add dissolved tablet, stir a few seconds and turn at once into individual dessert glasses. Let stand in a warm room until firm—about 10 minutes. Then chill in refrigerator before serving. Put two tablespoons of maple syrup on each dish of junket when ready to serve.

**SKINNY PURSE PUDDING**

6 cups whole rice  
 6 cups whole milk  
 1/2 cup rice  
 1/2 cup sugar  
 1 teaspoon salt  
 1/2 teaspoon nutmeg  
 1/2 cup raisins

Put all together in a buttered pan in a moderate oven. Stir frequently at first, and then occasionally. Bake 2 hours. Should be creamy. Better cold than hot.

**ECONOMY MEAT PIE**

Cut left-over meat and vegetables into uniform medium-sized pieces. Mix with an equal amount of medium cream sauce (1 cup milk, 2 tablespoons flour, 2 tablespoons butter). Season well with onion, salt, pepper, etc. (Use left-over gravy with cream sauce if possible). Cover with a thick pie crust, biscuit dough or layer of left-over mashed potato mixed with milk (one slightly beaten egg can be added to potato if desired). Bake in a moderate oven until the crust is cooked, or until browned and heated through if potato is used.

Persian Balm is a sheer delight to use. Cools and relieves irritations caused by weather conditions. Imparts a rare charm and beauty to the complexion. Fragrant and velvety smooth. Never leaves a vestige of stickiness. Swiftly absorbed by the tissues and stimulates the skin. Persian Balm is the peerless toilet requisite. Every woman will appreciate the subtly distinctive charm achieved by the use of this magical lotion.

**THAT'S DIFFERENT**

Sympathiser: "And did her father come between you?"  
 Jilted Suitor: "No—behind me!"

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



**OUT FISHIN'**

A feller isn't mean  
 Out fishin';  
 His thoughts are mostly clean,  
 Out fishin';  
 He doesn't knock his fellow-men,  
 Or harbor any grudges there;  
 A fellow's at his finest, when  
 Out fishin'.

The rich are comrades to the poor,  
 Out fishin';  
 All brothers of a common lure,  
 Out fishin';  
 The urchin with the pin an' string  
 Can chum with millionaire an' king,  
 And happy as a lark, they sing,  
 Out fishin'.

A feller's glad to have a friend,  
 Out fishin';  
 A helpin' hand he'll always lend,  
 Out fishin';  
 The brotherhood of rod an' line  
 An' sky and stream is always fine—  
 Men come real close to God's design  
 Out fishin'.

A feller isn't plottin' schemes  
 Out fishin';  
 He's only busy with his dreams,  
 Out fishin';  
 His liver's a coat of tan;  
 His creed: To do the best he can;  
 A feller's always mostly man,  
 Out fishin'.

Bless me if Sunday isn't the last day of April and on Monday morning the trout fishermen can bid themselves to the streams about for the first fishing of the year. In spite of the fact that the fishermen are more numerous these days than in my day, they tell me that the boys still get some fairly decent catches of the speckled beauties nowadays. I don't go out very often myself any more. Fact is, my years and the rheumatism in my legs aren't the best companions to make a fishing trip enjoyable. In my younger days it wasn't necessary to go very far from town for good fishing. As a matter of fact there used to be some nice speckled beauties right over in Corporation Pond, and the streams about would usually contribute over a dozen or so at any time. Guess it's these warm spring days that got me thinking about the fishing of other days, but I'll leave this pastime for younger chaps this first of May.

But I promised you last week that I'd start early in my article this week to put down items of fifty years ago that occurred in and about Acton at this time of year.

You all remember how the Scott Act used to be the temperance issue in those days. A year's activities in Halton County were summed up. There were \$2,332.54 collected in fines for men living on the law, and about thirty-four convictions made.

Here are some items just as given a half century ago:  
 "Eggs are down to thirteen cents, and are so plentiful that merchants find them almost a drug on the market."  
 "Mr. A. E. Matthews now sports a brand new nickel-plated bicycle of the latest improved pattern. Al will make a first-class bicyclist."

"It is the intention of the Village Council to continue to enforce the cow by-law to the letter. Cow owners should secure suitable pasturage at once."  
 "The School Trustees are having fifty maple trees planted in the school grounds."  
 "A fire in Oakville destroyed the best business portion of the town and did damage to the amount of \$40,000."  
 "The Committee on Streets and Walks of the Council request that the sum of \$300 be placed at their disposal for the purpose of building walks as pointed out in the report."

"Moved by D. Henderson, seconded by C. S. Smith, that the use of the hall be granted to the Acton Brass Band for practice two nights each week, free of charge."  
 "The prospects for Acton Cricket Club are certainly very good this season. The Club now numbers over 80 members."  
 "Neither of Acton's new police cells have yet been occupied, although they

**WHEN THE HAY "KILLS OUT"**

Following the exceedingly dry summer of 1931 and lack of snow covering during the following winter large acreages needed to "hay crop" failed to produce a "catch" for 1932. In many sections of Eastern Canada drought conditions prevailed in 1932 throughout a large part of the growing season and conditions during the winter of 1932-33 have not offered ideal protection for new seedlings. There is every reason to believe that hay and pasture in the 1933 season will be very thin in these districts and in all probability many fields will be entirely "killed out." It will be necessary, then, for many farmers to resort to emergency crops.

The Field Husbandry Division of the Dominion Experimental Farms Branch has for many years conducted experiments both at Ottawa and on various Branch Stations in connection with emergency hay and pasture crops, particularly from the standpoint of methods of seeding and time of seeding. Some of these experiments have dealt with the seeding of grasses and clovers in the late summer or fall after the grain crop is harvested, when it can be determined that the spring seeding of the hay or pasture crop has been destroyed on account of drought or other unfavorable conditions. Seedings on ploughed stubble, disked and unworked stubble have been tested, the seedings being done in August, September, October and also in the following spring before the frost has left the ground. None of the mixtures or times of seeding have proven satisfactory. It is recommended, therefore, when the new seeding kills out due to summer drought or winter killing, that the land be ploughed or cultivated thoroughly and an annual hay or emergency crop planned in the usual way.

Several mixtures of grains have been found reasonably satisfactory as annual hay or pasture crops, both from the standpoint of yield and quality. Probably one of the best and most practical mixtures is one made up of 2 bushels of oats and 1 bushel of peas seeded at 2 1/2 to 3 bushels per acre. Other mixtures which give almost as good results consist of 2 bushels of oats and 1/2 of a bushel, seeded at 2 1/2 bushels per acre. This latter mixture contains no legume and has a feed ratio low in protein. It may, however, be grown on soil comparatively low in fertility. Where vetches grow successfully a mixture made up of 2 bushels of oats, 3/4 of a bushel of peas and 1/4 bushel of vetches makes a splendid mixture. Oats alone seeded at 2 1/2 to 3 bushels per acre or full rye alone at 1 1/2 bushels per acre will produce fairly good hay or pasture. These crops may be pastured as soon as growth is well under way. They may be seeded as early in the spring as it is possible to prepare the land. For hay the crops should be cut when in the milk stage and when cut may be dried or cured and made into hay in the same way as a crop of clover.

Acton's beautifiers were listed in The Free Press of 1883 and the list comprised those who had planted trees that year. There were, according to this list, 321 trees planted in Acton that year. Little did we think that these trees would be considered a nuisance in these days and have to be cut and trimmed out of shape to accommodate the wires for telephone and electricity.

Now I've got my space filled up again and the garden plot is calling me and so is Mary. We are still old-fashioned enough to put in a few vegetables each year, although the young folks tell us that we could buy them cheaper. It's other days cling and I sometimes think conditions would be a mite better if these old habits were not so completely forgotten. Next week I'll have my gardening pretty well under way and even if the crop isn't big, the outdoor exercise does us both good.

*The Old Man*  
 Miller's Worm Powders destroy worms without any inconvenience to the child, and so effectively that they pass from the body unperceived. They thoroughly cleanse the stomach and bowels and leave them in a condition not favorable to worms, and there will be no revival of the pests.

**THE PERENNIAL BORDER IN MAY**

The perennial border may be quite attractive in the month of May if a sufficient number of plants of a comparatively few kinds of flowers have been planted. At the Central Experimental Farm, Ottawa, it has been found that the most satisfactory method for general effect for small borders is planting a large number of small clumps of each sort. Daffodils and tulips are very effective in many small clumps between the other plants. The daffodils and early tulips will be in bloom the early part of May while the Darwin and Cottage tulips will give the general effect during the latter part of the month. One of the perennials which can be grown readily in large numbers from seed is the Iceland Poppy and this charming plant scattered throughout the border will bloom throughout the month. Other good perennials which bloom in May are the Virginia Cowslip, (Mertensia virginica), Gladiolus Flower, (Trollius); Trilliums of several species, of which the most satisfactory is Trillium grandiflorum which has done particularly well under cultivation at the Experimental Farm, Ottawa. The Primula, while beginning to bloom in April, extend their blooming season well into May, the many varieties of the Polyanthus being particularly showy.

**JUST BORROWERS**

"So you see," said the teacher, summing up, "we borrowed our numerals from the Arabs, our calendar from the Romans and our banking system from the Italians. What else have we borrowed?" After a moment Jackie had an answer ready.

**STILL LOST**

There was a timid knock at the door. "It you please, kind lady," said the beggar, "I lost my right leg."  
 "Well," snapped the woman, as the door was slammed in his face, "I haven't got it."

**THE HOUSEHOLD PRESERVATION OF EGGS**

The outcome of investigational work in preserving eggs carried on for many years by the Department of Agriculture at Ottawa is that two preservatives (1) Lime-water and (2) "Water-glass" have been proven eminently satisfactory and distinctly superior to the large number of the preparations tested.

Lime-water is prepared by shaking freshly burnt quick lime, thinning with water to the consistency of cream and further diluting, with constant stirring, to the desired volume. The resultant lime-water may be used at once—without settling—or allowed to stand for an hour or so and the clear upper liquid poured off from the deposit of undissolved (excess) lime. By following these directions and using quick-lime at the rate of 1 pound to 5 gallons of water, a "saturated" lime-water will be prepared suitable and satisfactory for the preservation of eggs. If quick-lime is not obtainable, slaked lime (hydrated lime) as used in the preparation of Bordeaux mixture may be used. The eggs previously placed in a crock, water-tight barrel or other suitable receptacle, are covered with the lime-water. Store in a cool place. Do not add salt to the lime-water, and the vessel containing the eggs should be kept covered.

"Water-glass," the well-known preservative, chemically known as silicate of soda, is readily obtainable at druggists and grocers, being sold in both liquid and solid form. It has been extensively experimented with using solutions varying in strength from 2 1/2 to 10 per cent. of 2 pounds to 2 1/2 to 10 gallons of water; a 5 per cent. solution gave better results than strong solutions. It is readily-soluble and no special directions for preparing this preservative solution are necessary.

The results from "water-glass" have on the whole been very fairly satisfactory but lime-water has proved superior in the Ottawa tests—the eggs, on breaking, showing less discoloration of the "whites" with more globular yolks.

The essentials necessary to good results are: (1) That perfectly fresh eggs only should be used. (2) That the eggs throughout the whole period of preservation, should be completely immersed even until required for use. (3) That the eggs should be stored in a cool place. A temperature of 40 to 45 degrees F. undoubtedly materially assists towards retaining good flavor.

**J. Cadesky**  
 OPTOMETRIST  
 WILL VISIT ACTON ON  
**Monday, May 1st**  
 Anyone suffering from Eyestrain, Defective Vision or Headache should not miss the opportunity of consulting this eyesight specialist. Appointments may be made with Mr. A. T. Brown, Druggist.  
 CONSULTATION FREE  
 Office Hours: 9 a. m. till 4 p. m.

**NOTICE**  
**To Patrons of Waterworks Service!**  
 The attention of all Patrons of the Waterworks Service in Acton, who are in arrears for rates, is called to Sections 25 and 26 of the Public Utilities Act, which empowers the Commission to discontinue the service where arrears are not paid and also to collect all arrears after the service has been discontinued, by the sale of chattels. It is also pointed out that the charges for a three months period may be placed against the lands and returned on the Tax Roll and collected as taxes.  
 Section 25 (3) of the Act says: "In default of payment the Corporation may shut off the supply but the rents or rates in default shall, nevertheless, be recoverable."  
 Notice is also given that after May 1, 1933, the services on all properties in arrears will be discontinued, as provided by the Act. The Commission gives this extension of time and notice in order to assist all to meet their obligations, but is necessarily governed by the Act respecting the collection of arrears and the enforcement of its provisions.  
**Acton Public Utilities Commission**  
 Acton, April 18, 1933.

**"Best secretary we ever had"**  
 This was the verdict of the Elm County Association members before Phil Burton had been in office six months. His minutes were always clear and he knew how to read them. But best of all was the way he lined the crowd up for each meeting.  
 The usual notice, quite apt to be forgotten in the stress of other matters, was not enough for Phil. The night before each meeting he would call each member on the telephone and remind him. The result was bumper meetings that got down to business and produced results.  
 The telephone is indispensable. It is so much part and parcel of your daily life that you cannot do without it.  
 For 30 cents you can telephone about 100 miles by making an "any-one" call (station-to-station) after 8:30 p.m. See list of rates in front of directory.

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**The Public Health**  
 CITIZENS ARE REQUESTED TO COMPLY WITH THE PUBLIC HEALTH ACT

Notice is hereby given that all residents of Acton are required forthwith to clean their cellars, drains, yards, water closets, outbuildings and other premises, and remove therefrom all dirt, manure, and other substances, which may endanger the public health, and to have the same completed by the tenth day of May next, on which day the Sanitary Inspector will commence a general inspection.  
 All citizens are earnestly requested to keep their premises constantly clear and thoroughly disinfected.  
 E. THELFORD,  
 Reeve of the Municipality,  
 Acton, April 10, 1933.