FRIENDSHIP

- H you walk as a friend you will find friend wherever you choose to fare; If you go with mirth to a far strange land you will find that mirth is
- For the strangest part of this queer world is that like will join with like And who walks with love for his fellowman an answering love will strike.
- "If you walk in honor then honest mer will meet you along the way; But if you are dalse you will find men false whereever you chance to stray. For good breeds good and bad breeds bad. we are met by the traits we show: Love will find a friend at the stranger's door where hate will find a foe.
- For each of us builds the world he knows which only himself can spoil; And an hour of hate or an hour of shame can ruin a life of toil; And though to the utmost ends of the
- earth your duty may bid you fare, H you go with truth and a friendly heart you will find friends waiting there."

Menu Hints

Recipes for New and Nevel Dishes: Household Ideas and Suggestions

By Betty Barelay

TIMELY CEREAL IDEAS

Spinach is nearly always a problem, for in spite of all that is known concerning its healthful qualities, in the majority of homes there are those who will not eat it. To prepare a spinach dish that is practically guaranteed to overcome this obstacle, cook spinach in the usualmanner. When spinach is nearly done melt butter in a pan. Pour in corn flakes and toss until well covered with butter. Place spinach in serving dish, spread the hot, buttered corn flakes over the spinach, and serve.

Particularly during the summe months, supper foods for the younger children should be light, appetizing and easily digestible. They must supply the needed energy, but they should not be the kinds which take a long time to digest. If they are, they are liable to keep the children from falling asleep quickly after he is tucked between the sheets. Corn flakes and other prepared cereals, with milk or cream and fresh fruit, provide an excellent means of meeting all these requirements. From the point of view of the busy mother. they are easy to serve and reduce the time spent over the kitchen stove.

Chopped nut meats are not always available when preparing Waldorf Salad. In place of them sprinkle bran flakes over the salad just before serving. The bran flakes supply a delicious crispness to the texture of the salad, while their nut-like flavor goes well with the apples. Prepared cereals provide a pleasing variation from bread crumbs in breading chops, fish, or vegetables such as egg plant and tomatoes. They give a golden topping to the casserole and add to its appetite appeal.

LEMON JUNKET ICE CREAM

- (Automatic Refrigerator) 1 cup milk (% pint)
- 1 cup heavy cream (% pint) 1/2 cup sugar (or 1/2 cup corn syrup and

Dissolve tablet for junket in tablespoon

- 14 cup sugar) 114 tenspoons lemon flavoring
- 1 tablet for junket 1 tablespoon cold water'

cold water. Mix milk, sugar, and lemon flavoring. Warm to knewarm (110 degrees P.)-not hot, stirring constantly. Remove from stove. Be sure the sugar is dissolved. Add the dissolved tablet pour at once into the refrigerator tray. Let stand in room undisturbed until firm and cool-about ten minutes. Then beat in cream which has been whipped, and place in freezing compartment at as cold a temperature as possible. When partly frozen (it will be thick around the edges), scrape from the sides and bottom of the pan and then beat the contents up in refrigerator tray quickly with a fork or large spoon and place back in refrigerator to finish freezing.

SOUFFLES ARE PUFFED UP Souffles are aristocrats, but really, the literal translation of souffle is "puffedup." Nevertheless, uppish as they try to be souffles are very delicious and delightful to serve when guests are being entertained. A touch of sugar to a vegetable souffle tends to bring out the real flavor of the vegetables. Try one of these recipes and see for yourself:

CORN SOUFFLE

Mix in a saucepan two tablespoons of flour with one tablespoon melted butter. Pour in slowly one cup of milk. Bring to the boiling point. Add one can of corn, one teaspoon-sugar, one teaspoon salt, pepper to taste, and the well-beaten yolks of two eggs. Fold in the whites of the eggs, beaten stiff. Then turn into a buttered baking dish, and bake for thirty minutes in a moderate oven. Serve im-

mediately. PARSNIP SOUFFLE

Cook four medium-size paranips in boiling water until tender. Remove skins and rub through a colander. Mix together one teaspoon salt. one-eighth teaspoon pepper, one teaspoon sugar. Add to the parsnips together with one tablespoon butter. Melt two tablespoons of butter in a saucepan, stirring in two tablespoons flour and one cup milk. When the mixture is thick and smooth add to the parsnips, together with the yolks of two well-beaten eggs. Beat the white of the eggs until stiff and fold into the mixture. Place in a well-buttered baking dish and bake for 25 minutes in a moderate oven. Remove and serve immedi-

UNCLE TIMOTHY'S CIRCUS (Continued from Page Three)

with his eyes to the ground. As it happened, he ran out into the clearing, and before anybody could say anything he had nearly bumped right into Gypsy. was certainly a sight for sore eyes: For the second time that day, he escaped the skin of his teeth.

By this time the whole town was in a fever of the wildest excitement terror. Crowds were gathered everywhere, hiding behind the corner of buildings where they could escape easily if the elephant looked that way. While the turmoil was deepest the constable ar-

Shoot her!" shouted voices from the hotel: "she's nearly killed Uncle Tim Lucas." At this the constable drew his revolver

and advanced cautiously, clicking the

But before he was ready to fire he had been warned a dozen times not to shoot the elephant with a revolver. "It'll only wound her, and she'll turn and kill everyone," screamed some one

trigger as he went.

from the hotel.

Nothing loth to be thus easily relieved

withdrew and sent four young men, who than elephants. were known to be good shots, to bring _ "Don't you dare fire in this direction!"

their rifles. In the meantime Gypsy had finished the candy, and had walked round the that tone of voice without obeying. While corner of the hotel. Here she explored the young marksmen were considering Suddenly he must have been conscious Aunt Nancy's summer kitchen and drank what to do next Aunt Nancy disappeared of something wrong. He stopped running up a churnful of buttermilk which had into her kitchen. A moment later we and raised his head. There was the been set in the window to keep cool saw her at the corner with a pail. The elephant! The way he turned and ran Then she deliberately pulled down the elephant saw her too, and with a joyful table and swept away, with a terrific bed of candy-tuft. what must have seemed sure death, by clatter and bang, all of Aunt Nancy's pots and pans, which had been neatly Nancy: "ought to known she'd want hung along the wall.

> At this final desecration Aunt Nancy. who was glaring from her dining-room window, could stand it no longer. She head as if she wanted more. Down the sprang out on the back porch and came hill at the end of Aunt Nancy's garden down smartly on both feet. Then she lifted her gingham apron. "Shoo!" she said.

At this the elephant lurched back in astonishment and trumpeted with uplifted trunk. At that moment the four men appeared near the barn with their rifles. They knelt down and four triggers clicked sharply. We all held our breath. "Get her to turn." we heard the constable say. "We must hit her in the

"All fire together when I give the word," said Jason Coles. They sighted deliberately and then Aunt Nancy suddenly became aware of

from a dangerous mission, the constable what was going on. Guns were worse

she shricked. "Put them guns down." No one heard Aunt Nancy speak in stovepipe, tipped over the tubs and the trumpet he crashed through a precious "That elephant's thirsty," said Aun

something to drink this hot weather." The elephant emptied the pail at one twist of her trunk and then lifted he there was a little creek among the willows. Gypsy spied the glimmer of the water, and without waiting to make any explanations she swung down the slope leaving footprints in the vegetable beds as big as post-holes. At the creek she waded in and drank and drank, throwing the mud and water high over her dusty sides. Then she tipped forward to her knees, kirked back, lay down, and wallowed in the mud. Aunt Nancy went back into her kitchen.

"These men!" she exclaimed in her most contemptuous voice, and fainted quite away, for the first time in her

That afternoon the citizens of Dolevville carried peace offerings of hay, bread, cabbages, summer squashes and many other delicacies to the elephant in the hope that she would not take-it into her head to walk through any more summer kitchens-and chicken coops. Gypsy ate them all and reached her trunk for more without once offering to leave her mud bath. It is doubtful if she had been treated to such a meal before in

The bad boy of the town wasn't content with the trouble Gypsy had already. caused. He went down to the river bank with a squash that looked by the way he was carrying it to be pretty heavy. He held it out toward the elephant, and Gypsy grabbed it and bit into it. bad boy, like a fool, stood there to see what would happen. Gypsy crunched into that squash, and every body saw with horror that it was filled pebbles. Just as quick as a flash Gypsy not used to such treatment, raised her trunk and shot forth a stream of water that just bowled that young rascal right over! It was the first time we had ever seen an elephant behave like a fire-hose

and maybe we didn't laugh. After a long day's guardianship of that elephant, I do believe we all got pretty

In the evening the keeper appeared with the money for Uncle Tim. When

he heard the stories of Gypsy's pranks he laughed immoderately.

"Didn't give her enough to drink," he said; "she wouldn't hurt a baby." Straight down to the creek he strode, called the great animal, and she came staggering and dripping out of the water. whining and trembling for mercy like that baby."

a disobedient puppy. Doleyville narted with its elephant with profound joy. Other circuses came afterward, but Aunt Nancy put her foot down hard-no more showmen and elephants for her hotel. And Uncle Timothy

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ASLEEP AGAIN!

Father (at 1 a. m.)—Is that young man esleep. Marie? asked me to marry him and make him the happiest man-in the world.

NO WONDER!

"How old is your little brother?" asked

Bennie. "One year old," replied Ted. "Huh!" remarked Bennie. "My dog's year old, and he can walk better than

"Well, he ought to," answered Ted "He's got twice as many legs."

NO TIME TO SUCCEED

One of the country's eminent financiers said in a recent article that men who have no time to read, have no time to succeed. He himself tries to read at least two hours a day, because he finds that his mind works better after the stimulus of other people's ideas. Probably he is rather particular about his reading, too, but he certainly takes time for it. He believes that it is partly due to this habit that he had achieved a success so far out of the ordinary."

It pays to do whatever is necessary to keep yourself in the pink of condition. It takes time to keep the body in shape, but the minutes you spend in setting-up exercises, or the hours you give to walking or skating, are well invested. I Daughter-Hush, father! He has just takes time to keep the mind alert, but the time you give to improving reading advances your success. If you lack time . Father-Just as I thought. Wake him to make your body and mind efficient, you lack time to succeed.

Give Acton Business Men the First Opportunity

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Every Citizen of ACTON and District is vitally affected by the amount of money kept circulating at home. Read these editorials with care. The suggestions offered therein, if followed, will banish Depression here, Let this list be your shopping guide.

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Life is Always a Give and Take Proposition

The depression just passed and from which, at this time, we appear to be emerging, has brought out, definitely and incontrovertably, the fact that, under modern conditions, no man, community or nation, can live entirely unto itself. The citizen of a community who selfishly refuses to consider the interests of the district in which he lives and who consistently persists in building up some other town or city by spending all his money away from home, must expect to have his own opportunities proportionately decreased thereby.

A man may say that he has a right to spend his money where he pleases and that no one can stop him if he buys his family's requirements miles away from where he lives and where he earns his money. He is right. There is no law to stop him unless it is the law of self-perservation, made so apparent in the last three years. For years many citizens of Acton and district have been assisting in building up some other man's city. Do these citizens, in times of financial stress, return and offer aid in giving relief?

A man could also send his children to other districts to be educated, but, usually he doesn't exercise that right. He sends his children to local schools, the upkeep of which is made possibly by men who have made, re-invested and spent their money at home. This argument applies to our churches as well. Leaders of thought locally would do well to consider the sources of their revenue and to counsel accordingly.

Acton offers its residents all the Religious, Educational and Amusement Privileges one could desire. It is not of mushroom growth and its Business Section, where one may secure almost all one wants, is founded firmly and securely in the pioneering days of the district.

All business, generally speaking, reflects the general financial atmosphere of a community. Each success is reflected in one's neighbor.

Therefore, to share this benefit personally and collectively, we repeat the logical request above:

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