

**LIFE'S COMMON THINGS**  
The things of every day are all so sweet. The morning meadows wet with dew. The dance of daisies in the moon, the Of far off hills where twilight shadows lie. The night with all its tender mystery of sound. And silence, and God's starry sky! Oh! life—the whole life—is far too fleet. The things of every day are all so sweet. The common things of life are all so dear.

The waking in the warm half-gloom To find again the old familiar room. The scents and lights and sounds that never tire. The homely work, the plans, the lilt of baby's laugh. The crackle of the open fire. The waiting, then the footsteps coming near. The opening door, the handclasp and the kiss— Is heaven not after all, the now and here? The common things of life are all so dear.

**SUMMER SQUASH RECIPES**  
By Barbara B. Brooks

Summer squash is scarcely the forgotten vegetable but in many homes it is a neglected one. The old cook books are most versatile with suggestions for preparing this delicate vegetable. In the very old books one finds recipes for cooking "gourds" a descriptive and quite proper classification for our so-called squashes. After about 1830 the gourd became known as vegetable marrow and this name is still commonly used, especially in the English books.

In one form or another, summer squash can be found in the markets the year around. During the summer months one can choose from a great variety of fantastic shapes, colorings and markings. There is the Italian zucchini, a small, dark green, striped species, resembling a cucumber, except that it is smooth surfaced. The fruit of the New Guinea Bean is a squash that is two or three feet in length. From Central America comes the chayote, a staple food there for centuries, but a new comer in world markets. This is a one-seeded squash, slightly more fibrous than other species. Because it has its form perfectly after cooking it is excellent for stuffing and baking. In sweet pickles or cold in salads.

Common garden varieties of summer squash are the "pattypan," pale green and white, shaped like a small shallow bowl with scalloped edges, and the small yellow crook-neck. When young, these are thin skinned with tender seeds and can be cooked with the seeds and without paring. All varieties have a very high water content. Little water need be added in cooking. Usually the squash must cook until part of the water has evaporated. Steaming or baking are excellent methods. If boiled, cook uncovered, simmer gently and stir frequently.

The delicate flavor of squash must be preserved and accented with skillful seasoning and flavoring. It is in this matter that the old cook books excel. The following recipe for pickled marrow has been handed down through several generations.

**PICKLED MARROW**

- 1 quart vinegar
  - 4 ounces sugar
  - 1 1/4 ounces ginger (broken into pieces)
  - 1 1/4 ounces dry mustard
  - 1/2 ounce turmeric
  - 6 chillies (whole)
  - 1 clove garlic (finely chopped)
  - Marrow (summer squash)
- Boll vinegar, sugar, flavorings and seasonings until strength is extracted. Pare marrow, remove seeds and cut in 2-inch pieces. Add to boiling vinegar mixture, cook gently for 10 minutes. Turn into large pan to cool. When cold, carefully pack pieces of marrow in glass jars, pour over vinegar mixture, cover tightly and store in dry, cool place. Pickle will be ready to serve in 2 or 3 weeks.
- Spanish squash is another way of preparing in which flavor is added. The recipe can be varied at will and really is a sort of summer garden hash. Cook the squash with chopped onions green peppers and tomatoes. Season to taste. Corn niblets are good in this too.
- There is something about toasted corn flakes that brings out the delicate and distinctive flavor of summer squash. Crushed corn flakes are delicious for crumbling strips or slices for fried squash. Dip in corn flake crumbs then in egg and again in crumbs and fry in deep fat. Or use corn flakes as a topping in casserole and stuffed squash recipes.

**SUMMER SQUASH OUSTARD**

- 2 lbs. summer squash
  - 1/2 lb. well-flavored American cheese
  - Pepper
  - 1/2 teaspoon salt
  - 2 eggs
  - 3/4 cup milk
  - Corn flakes
  - 1 tablespoon butter
- Boll the summer squash until very tender, drain, and put into a dark baking dish. Add the cheese, except a little which should be reserved for the top, put in small pieces. Add a bit of pepper and the salt, the eggs beaten just enough to blend yolks and whites, and the milk. Sprinkle the remaining cheese over the top of the squash, then cover all with crushed corn flakes. Dot with butter and bake slowly (at 325 degrees F.) for 30 minutes, or until the top becomes a delicious brown and the mixture is firm when tested with a silver knife.

**STUFFED PATTYPAN SQUASH**

- 5 small pattypan
  - 3 tablespoons butter
  - 1 tablespoon thick cream
  - 1/2 teaspoon salt
  - 1/4 teaspoon salt
  - 1/4 teaspoon white pepper
- Put the whole squash to boll in cold

water and cook until tender, but not soft. Drain and scoop out, leaving enough pulp to keep in shade. Mash the scooped-out portion add one tablespoon of the butter the cream and seasonings and simmer three minutes. Fill the shells with the mixture and place in shallow baking pan. Toss the corn flakes in melted butter until well mixed and sprinkle over the stuffed squash. Pour a little water in the baking pan and bake in hot oven (475 degrees F.) until well browned.

It is usually safe to say that when a child is pale, sickly, peevish and restless, the cause is worms. These parasites range the stomach and intestines, causing serious disorders of the digestion and preventing the infant from deriving sustenance from food. Miller's Worm Powders, by destroying the worms, correct these faults of the digestion and serve to restore the organs to healthy action.

**HOPE FOR IMPROVEMENT**

A parson was invited to dinner at the house of a farmer. On receiving a generous helping of roast chicken, the guest exclaimed: "Well, here's where a chicken enters the ministry."

The host looked up with a dry smile. "Well, let's hope he does better there than he did in his lay work."

**AN EXCITING GAME**

The game should be played out of doors, or in a large and nearly empty attic or room. Do not try to play it in a room full of furniture.

Each player takes the name of one of the days of the week. If more than seven want to play you can take months instead, and call the game, "January, February." If less, you must just choose the names of as many days or months as there are players.

The first player—Monday or January—takes a small, soft ball, and throws it against a wall or tree, calling out at the same time the name of one of the other days or months. The player who has days or months. The player who has chosen to be that day or month must try and catch the ball before it falls to the ground. If he does so, he throws the ball, and calls out another name to catch it.

But whenever the players who has been called fails to catch the ball, the one who has just thrown it picks it up, and throws it at one of the others, who must all run away, and try and escape being hit. If he hits no one, then the next player, Tuesday or February, or whichever day or month's turn it is, throws the ball, and calls out another name to catch it. When any player has been hit three times, he—or she—is out.

"I like England because it's so much like Virginia." Lady Astor.

**HELP FOR THE HOUSEKEEPERS**

At no time in the history of Canada has the expenditure of money by the housekeeper been more necessary than it is to-day. As every woman knows, in order to obtain the highest food value and to ensure health when food money is limited, the housekeeper must have a special knowledge of the foods that will best supply the needs of the family at lowest cost. It is to meet this problem of the harassed keeper of the home that the Dominion Department of Agriculture has issued a pamphlet on healthful meals at low cost written by the dietetic experts, Edith L. Elliot and Laura C. Pepper.

Among the many helpful hints is a schedule of the minimum food supply for one week for a family of two adults and three children over two years of age at 13 cents per day per person, or a total expenditure of \$4.65 per week. Adjustments, of course, may be necessary as prices vary as to locality, but the principle remains the same. This supply is aimed to meet emergency needs such as are unfortunately prevalent among that part of the population which is living dangerously near, or even under, the line of bare subsistence. The pamphlet is meant to apply to them, and, incidentally, should prove of great value to social service workers and public health officials.

dispelled in language so simple that the youngest school child would understand, the shibboleths vitamins A, vitamin B, etc., being disentangled in such statements as milk and its products, eggs, liver, and green vegetables are good sources of vitamin A, which builds up resistance to disease and promotes growth, while most foods, especially whole grain cereals, leafy vegetables, milk and yeast, contain vitamins B and C, which stimulate appetite, promote good digestion, and prevent disorders of the nervous system.

No postage stamp is required on the envelope containing a request for the pamphlet, which is sent free of charge by the Publications Branch, Department of Agriculture, Ottawa.

Persian Balm is magical in creating alluring complexions. A little gentle rubbing and your skin is invigorated and touched with the true beauty of youth. Charmingly fragrant. Delightful to use. Cools and carresses the skin. Relieves all roughness and chafing caused by weather conditions. Tones and stimulates. Enhances and protects the loveliest complexion. Unrivalled as a perfect aid to beauty and charm.

**A DIFFERENCE**

Kind Old Gentleman—"Are you in pain, my little man?"  
Boy—"No-o! The pain's in me."

**BODY BUILDING FOODS**

Minerals which build up bone and teeth in human beings are found in the following foods—milk, buttermilk, cheese, lean meat, liver, eggs, spinach, dried peas and beans, cabbage, cauliflower, celery, string beans, carrots, potatoes, turnips, peanuts, apples and oranges. The foods which produce iron to build up the blood in the human body are liver, lean meat, spinach, molasses, bran, whole wheat, rolled oats, potatoes, carrots, turnips and peanuts.—Edith Elliott and Laura Peper in "Healthful Meals at Low Cost," issued by the Dominion Department of Agriculture.

He who seeks the truth must not count tongues.—Leibnitz.

**UNWRITABLE**

A schoolgirl was asked to write an essay on motor cars, which was to consist of two hundred and twenty words. This is what she produced: "My uncle bought a motor car. He and father were riding in the country when it broke down going uphill. I think this is about twenty words. The other two hundred are what uncle said as they were walking back to town: But my father told me I must not write them!"

Always keep Douglas' Egyptian Liniment at hand, ready to bring immediate relief to burns, sores and festers. Stops bleeding at once. Prevents blood poisoning. Splendid for sore throat and quinsy.

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**Give Acton Business Men the First Opportunity**

**Acton's Prosperity Campaign**

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.

**Dollars Spent in Acton Will Remain Home to Boost**

**THE LOCAL MERCHANTS DO THEIR PART**

The person who makes his living in a community, receiving the money of the community for his labor, and then spends his income outside of his community, is helping to exhaust the resources of the community just as the man who expends his energy through dissipation or over-exertion faster than he builds it up, is exhausting his physical resources.

One may do this, of course, without noticeably affecting the strength of the community, but when a dozen men or women do it, the effect becomes noticeable and when a hundred do it the resources of the community become exhausted. Those who are responsible for this situation may think they have profited individually by their actions but they have not realized that in the end they must pay.

The merchants of any community are the backbone of that community, as far as its prosperity and progress are concerned. The success or failure of an individual merchant may not be of particular concern to the people, but the success or failure of the merchants as a whole is a matter of the very greatest concern.

Every dollar sent away from Acton helps to diminish the ability of the local merchants to provide a market for the farmers' products or to do any of the many other things which the merchants of every town do for their community.

Business in a community cannot be conducted on a one-sided basis. A man cannot take out of his community a good living for himself and family and give nothing in return. He may do so for a short time and get away with it, but in the end he must pay.

**Get the Habit of Shopping At Home—In Acton**

<p><b>Ladies' and Men's Wear</b></p> <p><b>B. D. RACHLIN &amp; CO.</b> CLOTHING AND SHOES For Every Member of the Family You'll find New Comfort in a Pair of Fitted Shoes from Us This Ad. is Worth 10c on Any Dollar Purchase Mill Street Acton</p>	<p><b>Confectioners</b></p> <p><b>GOOD MEALS</b> Regular Dinner and Supper and a la carte Service ICE CREAM and HOME-MADE CANDIES <b>HAROLD WILES</b> Mill Street Acton</p>	<p><b>Butchers</b></p> <p><b>GEO. W. BENTON</b> Your Meat Requirements Can Be Supplied by Us to Your Satisfaction A TRIAL IS SOLICITED Mill Street Phone 94</p>	<p><b>General Merchants</b></p> <p><b>WOOD'S GROCERY</b> Successor to Nelson &amp; Co. OUR AIM GOOD MERCHANDISE — LOW PRICES — GOOD SERVICE Phone 37 Mill Street Acton</p>
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