

WHAT HAVE WE DONE TO-DAY? We shall do much in the years to come. But what have we done to-day? We shall give our gold in a princely sum. But what did we give to-day?

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

DELECTABLE BREAKFAST DISHES Here are two recipes for breakfast that fit nicely into winter mornings with their pancakes, waffles and muffins. Best of all, these dishes are good for you as well as good.

STEWED APRICOTS Wash dried apricots. Measure before putting on to cook, as the amount of sugar to be added later depends on the amount of fruit. Cover apricots with water, bring to the boiling point and boil gently for 40 minutes. During the last five minutes of cooking add the sugar, using one-fourth cup for each cup of apricots. Serve cold.

CHILDREN'S DELIGHT 1 tablet for junket 1 pint milk 1 teaspoon vanilla flavoring 2 tablespoons cold water 3 tablespoons honey 1/4 cup heavy cream

FRUIT SHERBERT (Makes 2 quarts) 1/2 cup orange juice 1/4 cup lemon juice 2 1/2 cups sugar 1 quart milk

ORANGE NUT WHEAT (Serves 6-8) 1 cup whipping cream 1 cup peanut brittle rolled fine (3 oz.) 1 cup orange pieces

ORANGE WALDOFF SALAD (Serves 12) 1 quart diced apples 2 tablespoons lemon juice 1 cup diced celery 2 cups diced oranges 1/2 cup raisins 1 cup mayonnaise 1 1/2 heads lettuce

WINTER GARDEN SALAD (Serves 10) 1 cup broken nut meats 3 cups diced oranges 1 1/2 cups diced grapefruit 2 cups diced apples 1 1/2 cups sliced bananas Lettuce

Another Short Story The "Roustabout" HERBERT F. COOLIDGE

"You can't tell how far a frog will jump by the size of his spookies," remarked Thompson, the cattle-buyer. "And, what is more, you never can tell what a man will do till you see him in action."

"My first winter away from home I worked in a slaughter-house near Los Angeles. Foreman Prout, an old friend of my father, was strictly business and a fierce worker; Schmidt, the journeyman butcher, was a friend of no man, himself least of all. There were no feather-bed berths in the establishment. We roustabouts, Antone and I, had to sleep more than lively.

"Antone had the hardest time of it, chiefly because he was a Mexican. Prout had an idea that only white people, particularly Americans, had the right to live, anyway. Schmidt naturally didn't like Antone because he disliked every one, especially roustabouts.

"Just before Christmas, rheumatism, an old enemy of my family, tied my hand and foot. I was as helpless as an infant, and to pass the time away I got my hand and his brother to wheel me over to the slaughter-house, and put me on a raised platform, where I could watch the boys work.

"There were extra orders for the Christmas trade. The crew was short-handed by one roustabout, and not particularly cheerful. "Antone drove a whale of a steer into the chute. He was a tremendous fellow and a tiger for goodness. Schmidt noosed him swiftly, and he and Antone hurried across the room to their places at the windlass.

"The windlass rope passed through a ring in the floor to the steer's horns. The system at that establishment was to draw the animal's head down to this ring, thus facilitating a painless death-blow.

DOMINION EXPERIMENTAL FARMS Weekly News Letter

Wintering the Brood Sow The brood sow deserves her fair share of winter accommodation. A pen that is well bedded, dry and free from draughts is essential. Place the feed trough some distance away so that she is forced to exercise outdoors daily. Eradicate lice and round worms; there is no market for them. Feed a mixture of grains to maintain the sow in fair flesh, but use barley sparingly unless the sow is very thin. Provide clover or alfalfa hay to be eaten at will. Be kind to the sow, but not "too kind," or wean, unthrifty pigs will result.

Feeding The use of fish oils, especially cod liver oil, for stock and poultry feeding, is becoming common practice. From the Chemistry Division of the Dominion Experimental Farms comes the warning that unfortunately there are on the market not only oils which are low in vitamins but also many which are highly rancid and dangerous. Oils of doubtful quality should be chemically tested before use.

Awful Asthma Attacks. Is there a member of your family who is in the power of this distressing trouble? No service you can render him will equal the bringing to his attention of Dr. J. D. Kellogg's Asthma Remedy. This remarkable remedy rests its reputation upon what it has done for others. It has a truly wonderful record, covering years and years of success in almost every part of this continent, and even beyond the seas.

THE LAW OF KINDNESS A business man, owner of a chain of women's wear shops, left his office late one afternoon and was about to enter his car, when he looked down and saw a wallet lying on the sidewalk. In it were a dollar bill, two theatre tickets, and a driver's license, identifying the purse.

Sanctuary Up in Muskoka, in the land of sparkling lakes and pure air, stands the Muskoka Hospital. On the banks of the Humbler River, also an ideal location, are the sanctuaries for those who have been stricken with consumption.

Druggist Tells Easy Way to End Bladder Weakness Pleasant, Inexpensive Home Treatment Quickly Relieves Daily Irritation and Getting-Up-Nights No matter what your age may be, how long you have been troubled or how many medicines you have tried—without success—if you are a victim of Bladder Weakness and Urinary Irritation, causing days of troublesome annoyance and nights of broken rest—you should try the amazing value of Dr. Southworth's URATAES once!

THE ACTON FREE PRESS

"Boys and girls out of work need wholesome recreation even more than when they are busy."—Alfred K. Smith.

"There has been an overproduction of optimism in the United States in the last few years."—Charles M. Schwab.

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The "Dream Car" of the Future The illustration above portrays the Aero-Dynamic Research Institute's idea of what our automobile will eventually look like.

HE WAITED IN VAIN She had been parked near a fire plug for three hours. As she unlocked the car and got in, a cop who had been waiting for the culprit to show up, sauntered up and remarked very kindly:

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