thought

"A SAIL SINKS OUT OF SIGHT" I watched a sail until it dropped from Over the rounding sea. A gleam of A last far-flashed farewell and like a

Yet to the helmsman standing at the Broad seas still stretch beneath the kliding keel Disaster? Change? He felt no slightest

Slipped out of mind, it vanished and

Nor dreamed he of that far horizon line. So may it be, perchance, when down Our dear ones vanish. Peacefully they

On level seas, nor mark the unknown We call it death. To them 'tis life' be-

### Menu Hints

Recipes for New and Novel Dishes: Household Ideas and Suggestions

By Betty Barclay

TOUCHING UP LEFT-OVERS

A few green vegetables are on the market. Others will appear from time to time. Eat them regularly. They are good for you. And remember to use prepared from almost any unused vegetables. A dash of sugar restore their natural sweetness and makes the leftover dish more palatable.

TURNIPS AND CARROTS 1 cup cold boiled carrots

- 1 cup cold boiled turnips
- 1 cup medium white sauce 1 teaspoon sugar
- 1 teaspoon lemon juice
- Salt and pepper Buttered toast

Cut the vegetables in cubes. Add th white sauce, sugar, and lemon juice, Season with salt and pepper. When thoroughly heated, serve on toast, garnish with parsley. A little garden space outside with blos-

MACEDOINE OF VEGETABLES 2 carrots, cooked and diced

- 1 cup peas, cooked -1 cup string beans, cooked 1 onion
- 14 cup celery, sliced
- 2 teaspoons sugar 14 cup meat stock or bouillon
- 1 tablespoon butter Salt and pepper

Slice the onion. Fry until soft in the outter. Add the other ingredients. Sintmer gently until the vegetables are well For life is filled with countless joys of heated and the stock is absorbed. Other combinations may be used according to what one has on hand.

ORANGE FIG SURPRISE 1 package powder for orange junket

- 1 pint milk
- 4 fig newtons

First break fig newtons into amai pieces, and place in the bottom of the dessert dishes. Then dissolve powder for orange junket in lukewarm milk, and No man grows weary of his fire. pour immediately over the fig newtons. Do not distrub until firm - about 10 The roses he has brought to bloom. minutes. Chill in refrigerator.

### LAZY DAISY SALAD (Individual Service)

Alternate segments of orange, which have been freed from enveloping menabrane, with banana fingers, which have been rolled in orange juice to prevent decoloration. Roll orange segments and banana finger both in grated coconut Arrange on bed of lettuce. Serve with boiled dressing.

### OH, STRAWBERRY SHORTCAKE

Spring is truly here when the firs strawberry shortcake makes its bow to the family. And with the co-operation these days of rapid transportation a lot of cake flour and combination baking powder you can make a shortcake with that chef-like touch.

INDIVIDUAL STRAWBERRY SHORT CAKE

3 cups sifted cake flour 3 teaspoons combination

powder

1 teaspoon salt

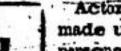
34 cup butter or other shortening %'cup milk

2 quarts strawberries, washed and

Sift flour once, measure, add baking by the committee of Messrs. N. F. Moore, powder and salt, and sift again. Out f. R. N. Brown, R. L. Davidson, W. A shortening; add milk all at once and stir Lasby, W. McDonald, D. McDougall, J carefully until all flour is dampened McGregor. Of course this committee Then stir vigorously until mixture forms has been more than directors. They've a soft dough and follows spoon around had their coats off on the job ever since bowl. Turn out immediately on slightly it's been undertaken. The result is floured board and knead 30 seconds. Roll good and on Sunday we'll all turn out 1/4 inch thick and cut with 3-inch flour- to pay tribute to Acton's pioneers in the ed biscuit cutter. Place half of circles re-established cemetery. on ungreased baking sheet; brush with melted butter. Place remaining circles on top and butter tops well. Bake in hot oven (450 degrees F.) 15 to 20 minutes. Cut strawberries in small pieces not require any particular attention. The and sweeten slightly. Reserve 8 whole berries for garnish. Separate halves of when seeded down will soon form a lawn hot biscuits, spread bottom, halves with that can be kept just the same as the soft butter and some sweetened straw-Park adjoining. Yes, Sunday will be berries. Place other halves on top, crust memorable day. It will show that side down. Spread with butter and re- pioneer lives and sacrifices are not for maining berries. Garnish with whip- gotten by the folk of to-day. If I could

ped cre'n and whole berries. Serves find the words, there's a lot of other nice Dough may be rolled 1/2 inch thick, my pen fails, the speakers on Sunday and baked, then shortcakes split will likely made up in their addresses. after beking

all mothers can put away anxiety their suffering children when For the balance of my space I'm just Mother Graves' Worm Exter- going to peek back at the doings of fifty relief. Its effects are years ago, as recorded back in 1884. It's some time since we looked at these



THE OLD MAN

OF AHE

POST OFFICE

SIMPLE THINGS

like to fling the doorway wide and

For happiness, it seems to me, is born of

Oh, I could write a thousand charms

A red geranium in a pot, a little child at

A maple tree in scarlet dressed, a patch

like to have a blazing fire in

my dreams to spin

soms red and white:

yellow bird that sings:

I've seen along the way.

to read at night.

of summer sky.

of our gold

never lost their fire.

which we never tire.

The joy which once we thought

had and do not seem to hold.

and watch the faggots burn,

And when October tints once more

will turn his eyes to see.

The more familiar joys become

Who wearies of a lovely moon and

of folks from quite a distance can gather.

in a short time and, if it's a fine day,

This service marks another event that

many of us have hoped for some time.

The old Cemetery had become badly

neglected and wasn't a place to be par-

ticularly proud to point out to visitors.

That is all changed now. On Sunday,

be welcomed and anxious to see this

spot. The change has been brought about through an interest of all, directed

Under the present lay-out the grounds

should be quite readily maintained. The

memorial exected from the stones i

quite permanent in its structure and will

grounds are getting fairly level and

things I would like to say, but where

Mary and I hope to be present at the

and at any time thereafter, visitors will

this will likely happen on Sunday.

wait for their return.

books and easy chair.

him are always fair.

deeper grows his love.

all that money brings.

of simple things.

- the stars above?

old familiar tree.

old records.

liquor traffic, between \$30,000 and other weather conditions. Makes hands \$40,000 was subscribed to a fund estab- soft and white. Creates an equalve, eslished for the purpose of fighting the sentially feminine charm. Persian Balm Scott Act."

"The work on the new factory of the Canada Glove Works is progressing. The brick work of the first two stories is almost completed."

"Shelburne was the victim of a \$25,000 conflagration last week. Boys with fire-

crackers caused it." "Last Thursday Mr. Robert Black raised his new sawmill on lot 21; con-

cession 2, Nassagaweya." "Thus far May has been a pretty wet month. This will insure good meadows." 'Fresh butter sold for 15 to 16 cents

on Saturday." "Residents will make a note in their diaries that 'it snowed here on May 15th.

"A violent hurricane struck the bush of Mr. Joel Leslie, a couple of miles from here, and went clean through it, clearing down every tree in its path. About \$300 worth of timber was destroy-

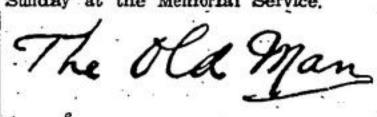
The Victoria Day celebration included a calithumpian parade at 9.15 in the morning. Athletic competitions were held in the afternoon, and a lacrosse match between the Acmes, of Georgetown, and the Wellingtons, of Toronto-Horse races included an open trot for a purse of \$60; a local trot for a purse of \$30: and a running race for a purse of \$15. In the evening a concert was given by Acton Cornet Band.

"Mr. W. H. Storey has launched a neat pleasure boat on Henderson's

"There is some talk of our stores being closed at 7.30 p. m. again. A very sen-

"Rev. T. A. Moore, of Salford, will occupy the pulpit of the Methodist Church here next Sunday morning and like an easy chair at times and books evening."

Well, I see my allotted space has run out again. I hope to meet you all on A bowl of soup and home-made bread, a Sunday at the Memorial Service.



CANADA'S PLAYGROUDS

The blush upon a maiden's cheek, the The natural parks of Canada contwinkle in her eye, \_\_\_\_\_ The natural parks of Canada con-All these have set my blood aglow and stitute one of the greatest playground inheritances of any nation. By timely action in advance of settlement and exploitation the Canadian Government was We weary of the fame we win and sicken able to reserve for the pleasure and health'of the people for all-time to come some of the most majestic scenic areas But man can sit with friends to-night in the world. The national parks are now 18 in number and have a total area And want them all to come again, not of 12,059 square miles. The largest is Jasper, which occupies 4,200 square miles on the eastern slopes of the Rocky There's none so bored by beauty but Mountains in Alberta. Banff, also on the eastern slopes of the Rockies in Alberta, with its 2,585 square miles, is the second largest. Prince Albert park in Saskatchewan has 1,869 square miles, and Riding Mountain park, in Manitoba, the 1,184 square miles. The parks are not only famous centres for tourists and campers, but are valuable sanctuaries So mindful of the thrill of power and for wild animal and bird life. The number of animals in the fenced areas is It seems to me the lasting joys are born placed at 12,740.

-Edgar A. Guest. A report on the national parks of Canada just issued shows that during the Next Sunday, June 3rd, will likely be fiscal year 1932-33 they attracted more a a day long to be remembered by many than 582,000 visitors. There are within of us older folks. At least I'm looking the park limits 496 miles of motor roads forward to it with a lot of pleasurable and the parks are also well served by anticipation. First, I'm hoping to see railway or steamship services. Year by many of my friends of former years year new areas are made accessible, return to Acton on that day for the while the rugged grandeur of natural service in the Pioneers' Cemetery. In conditions is faithfully protected.

## "NOT CONSTIPATED FOR SEVEN WEEKS"

Writes Mrs. Johnson After Using Kellogg's ALL-BRAN

Sufferers from constipation will be interested in this unsolicited "Your ALL-BRAN surely relieves constipation. I am so glad over the

good it has done me that I feel I must write and tell you of it. "For lunch I take a banana, a large one. Six tablespoons of ALL-BRAN in a sauce dish, and dip banana at each bite until all is

consumed. I haven't been consti-pated now for seven weeks."—Mrs. Louise Johnson (address furnished upon request). Constipation often causes headaches, loss of appetite and energy, sleeplessness. This condition is usually due to lack of "bulk" to exercise the intestines, and vitamin B

to further promote regular habits. Kellogg's ALL-BRAN has both, as well as iron for the blood. The "bulk" in ALL-BRAN is much like that in leafy vegetables. Within the body, it forms a soft mass. Gently, it clears out the wastes.

Try ALL-BRAN in place of patent medicines — often harmful. Two tablespoonfuls daily will overcome most types of constipation. Chronic cases, with each meal. If not relieved this way, see your doctor.

Use as a cereal, or in cooking. Recipes on the red-and-green pack-

Person Balm the one toilet requisite Acton's total assessment was \$183,500, for the dainty woman. Delightful to made up of \$157,325 real estate; \$25,275 use. Leaves no stickiness. Swiftly personal; and \$900 income. The figure absorbed by the tistues. Delicately of 1884 was an increase of \$7,000 over fragrant. Imparts a velvety loveliness the previous year, ... to the complexion. Tones up the skin. "At a recent meeting of the brewers, Soothes and banishes" all unpleasant distillers and others concerned in the roughriess or chafing caused by wind and

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