

"A SAIL SINKS OUT OF SIGHT"

I watched a sail until it dropped from sight. Over the rounding sea. A gleam of white. A last far-flashed farewell and like a thought slipped out of mind. It vanished and was not.

Yet to the helmsman, standing at the wheel broad seas still stretch beneath the "Dasher"? Change? He felt no slightest sign. Nor dreamed he of that far horizon line. So may it be perchance, when down the tide Our dear ones vanish. Peacefully they glide. On level seas, nor mark the unknown bound. We call it death. To them 'tis life beyond.

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 the left-overs. Delicious dishes may be prepared from almost any unused vegetables. A dash of sugar restores their natural sweetness and makes the left-over 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 the white sauce, sugar, and lemon juice. Season with salt and pepper. When thoroughly heated, serve on toast, garnish with parsley.

MACEDOINE OF VEGETABLES

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

Slice the onion. Fry until soft in the butter. Add the other ingredients. Simmer gently until the vegetables are well 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 small pieces, and place in the bottom of the dessert dishes. Then dissolve powder for orange junket in lukewarm milk, and pour immediately over the fig newtons. Do not disturb until firm—about 10 minutes. Chill in refrigerator.

LAZY DAISY SALAD

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

OH, STRAWBERRY SHORTCAKE

Spring is truly here when the first strawberry shortcake makes its bow to the family. And with the co-operation 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 baking powder
- 1 teaspoon salt
- 1/2 cup butter or other shortening
- 1/2 cup milk
- 2 quarts strawberries, washed and hulled

Sift flour once, measure, add baking powder and salt, and sift again. Cut in shortening; add milk all at once and stir carefully until all flour is dampened. Then stir vigorously until mixture forms a soft dough and follows spoon around bowl. Turn out immediately on slightly floured board and knead 30 seconds. Roll 1/4 inch thick and cut with 3-inch floured biscuit cutter. Place half of circles 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 and sweeten slightly. Reserve 8 whole berries for garnish. Separate halves of hot biscuits, spread bottom halves with soft butter and some sweetened strawberries. Place other halves on top, crust side down. Spread with butter and remaining berries. Garnish with whipped cream and whole berries. Serves 8.

Dough may be rolled 1/4 inch thick, cut and baked, then shortcakes split and baked.

Mothers can put away anxiety over their suffering children when Mother Graves' Worm Exterminator relief. Its effects are...

THE OLD MAN OF THE BIG CLOCK TOWER



SIMPLE THINGS

I like to fling the doorway wide and bid a friend come in. I like to have a blazing fire in which my dreams to spin. I like an easy chair at times and books to read at night. A little garden space outside with blossoms red and white. A bowl of soup and home-made bread, a yellow bird that sings; For happiness, it seems to me, is born of simple things.

Oh, I could write a thousand charms I've seen along the way. A red geranium in a pot, a little child at play. A maple tree in scarlet dressed, a patch of summer sky. The blush upon a maiden's cheek, the twinkle in her eye. All these have set my blood aglow and never lost their fire. For life is filled with countless joys of which we never tire.

We weary of the fame we win and sicken of our gold. The joy which once we thought they had and do not seem to hold. But man can sit with friends to-night and watch the faggots burn. And want them all to come again, not wait for their return. And when October tints once more an old familiar tree. There's none so bored by beauty but will turn his eyes to see.

No man grows weary of his fire, his books and easy chair. The roses he has brought to bloom, to him are always fair. The more familiar joys become, the deeper grows his love. Who wearies of a lovely moon and all the stars above? So mindful of the thrill of power and all that money brings. It seems to me the lasting joys are born of simple things. —Edgar A. Guest.

Next Sunday, June 3rd, will likely be a day long to be remembered by many of our older folks. At least I'm looking forward to it with a lot of pleasurable anticipation. First, I'm hoping to see many of my friends of former years return to Acton on that day for the service in the Pioneers' Cemetery. In these days of rapid transportation a lot of folks from quite a distance can gather in a short time and, if it's a fine day, this will likely happen on Sunday.

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 particularly proud to point out to visitors. That is all changed now. On Sunday, and at any time thereafter, visitors will be welcomed and anxious to see this spot. The change has been brought about through an interest of all, directed by the committee of Messrs. N. F. Moore, R. N. Brown, E. L. Davidson, W. A. Leiby, W. McDonald, D. McDougall, J. McGregor. Of course this committee has been more than directors. They've had their coats off on the job ever since it's been undertaken. The result is good and on Sunday we'll all turn out to pay tribute to Acton's pioneers in the re-established cemetery.

Under the present lay-out the grounds should be quite readily maintained. The memorial erected from the stones is quite permanent in its structure and will not require any particular attention. The grounds are getting fairly level and when seeded down will soon form a lawn that can be kept just the same as the Park adjoining. Yes, Sunday will be a memorable day. It will show that pioneer lives and sacrifices are not forgotten by the folk of to-day. If I could find the words, there's a lot of other nice things I would like to say, but where my pen falls, the speakers on Sunday will likely make up in their addresses. May and I hope to be present at the service.

For the balance of my space I'm just going to peek back at the doings of fifty years ago, as recorded back in 1884. It's some time since we looked at these

old records. ACTON'S total assessment was \$183,859, made up of \$157,325 real estate; \$26,776 personal; and \$9,758 income. The figure of 1884 was an increase of \$7,000 over the previous year. "At a recent meeting of the brewers, distillers and others concerned in the liquor traffic, between \$30,000 and \$40,000 was subscribed to a fund established for the purpose of fighting the 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, concession 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, 1884."

"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 destroyed."

"The Victoria Day celebration included a healthful parade at 9:15 this morning. Athletic competitions were held in the afternoon, and a lacrosse match between the Aces 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 little pleasure boat on Henderson's pond."

"There is some talk of our stores being closed at 7:30 p. m. again. A very sensible idea."

"Rev. T. A. Moore, of Salford, will occupy the pulpit of the Methodist Church here next Sunday morning and evening."

"Well, I see my allotted space has run out again. I hope to meet you all on Sunday at the Memorial Service."

THE OLD MAN

CANADA'S PLAYGROUNDS

The natural parks of Canada constitute one of the greatest playground inheritances of any nation. By timely action in advance of settlement and exploitation the Canadian Government was able to reserve for the pleasure and health of the people for all time to come some of the most majestic scenic areas in the world. The national parks are now 18 in number and have a total area of 12,059 square miles. The largest is Jasper, which occupies 4,200 square miles on the eastern slopes of the Rocky 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, 1,184 square miles. The parks are not only famous centres for tourists and campers, but are valuable sanctuaries for wild animal and bird life. The number of animals in the fenced areas is placed at 12,740.

A report on the national parks of Canada just issued shows that during the fiscal year 1932-33 they attracted more than 582,000 visitors. There are within the park limits 496 miles of motor roads and the parks are also well served by railway or steamship services. Year by year, new areas are made accessible, while the rugged grandeur of natural conditions is faithfully protected.

"NOT CONSTIPATED FOR SEVEN WEEKS"

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

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