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DRESS AND THE H. O. L.

High cost of living! 'Cause such dis- Every year the size of Buzia's gown is growing fast. High cost of living! 'Cause such dis- Every year the size of Buzia's gown is growing fast. High cost of living! 'Cause such dis- Every year the size of Buzia's gown is growing fast.

Menu Hints

Recipes for New and Novel Dishes: Household Ideas and Suggestions

SALAD DRESSINGS

The art of preparing salad dressing is the key to success in making tasteful salads. A few tested recipes for dressings are given below.

BOILED DRESSING NO. 1

- 2 tablespoons flour
2 tablespoons sugar
1/4 cup vinegar
1 level tablespoon mustard
1 teaspoon salt
dash of pepper
2 tablespoons butter
1 cup cream

Mix the flour, sugar, mustard and salt well, and add to the vinegar and butter. Cook the mixture in a double boiler until it thickens, stirring constantly to keep it smooth. Cool, and then add 1 cup of cream. Do this gradually or fold in whipped cream just before using the salad.

BOILED DRESSING NO. 2

- 1 tablespoon mustard
1 tablespoon flour
2 tablespoons sugar
2 tablespoons butter
1/4 cup milk
1/2 cup vinegar
3 egg yolks
1 teaspoon salt
1 speck of cayenne pepper

Heat milk in double boiler. Mix dry ingredients and pour hot milk over. Return to double boiler and stir constantly for five minutes. Add egg yolks, stir until thick. Add vinegar slowly, add butter, stir until dissolved. If heated vinegar is used, it may be added more quickly.

CREAM SALAD DRESSING

- 1/2 cup heavy sweet cream
1/2 teaspoon sugar
1 teaspoon mustard
Vinegar or lemon juice

Beat cream until stiff, add mustard, sugar and vinegar, or lemon juice to suit taste. Beat again, and the dressing is ready for use.

FRUIT SALAD DRESSING

- 2 eggs
1/2 teaspoon salt
2 lemons
4 tablespoons sugar
1/2 cup whipped cream

Beat eggs until light. Add salt and lemon-juice and sugar. Stir over boiling water until thick. Fold in cream before serving.

HONEY SALAD DRESSING

- 3 tablespoons salad oil
1 tablespoon fruit juice
2 tablespoons honey
1/2 teaspoon salt

No matter how glumly advertisers may describe their canned and bottled goods, wise housewives know that guests like nothing better than a helping of something that is home-made.

HOME ON THE RANGE

Watch for the time when various berries, fruits and vegetables are at bottom price locally—and then put up a liberal supply for the cold days ahead. You'll never make too much for home-made jellies and pickles go like wild fire.

THE UNKNOWN ISLES

Off the mainland of British Columbia is a group of islands about which the general public knows little. They are called the Queen Charlottes. Moreby, the second largest, is almost wholly mountainous and contains some of the most inspiring scenery on the West Coast. Graham, the largest island, is partly spruce and hemlock forest, partly muskeg and partly mountainous but is noted chiefly for the length, the breadth and the beauty of its sea-beaches. Blue, white-crowned cormorants break on the shining sands to dissolve in curdled foam and flying spindrift; farther up the shelving beach whiter sands sparkle for fifty yards or more to highwater mark, where thousands of drift logs amass and are covered by the weather. In contrast to the beach are sand dunes and behind the sand dunes forest and muskeg where bear and other heavy mammals graze. On the muskeg, white-checked geese and Scaup Cranes build their nests and raise their young. Strange creatures are cast on the sands: sponges, starfish, sard-dollar, coral sponges, and a roosting tide lays bare polished agates of many beautiful shades.

The beaches are a resting and feeding place for countless numbers of birds, little white birds of the snipe family on their journeys to and from their Arctic nesting ground swarm over the sands and following the receding waves and tide in their search for food. Bald eagles, with shining heads, sable ravens and snowy-breasted gulls patrol the shores from which they seldom are absent. Cut-throat trout and Coho salmon ascend the many rivers and are taken with fly and trolling spoon.

THE OLD MAN OF THE BIG CLOCK TOWER



GRAN'MA ALAS DOES

I want to mend my wagon, And has to have some nails; Jus' two, free will be plenty, 'Cause she's got to mend our rails. The splendidest cob fences We're makin' ever was! I wis' you'd help us find 'em, Gran'ma 'l'as does.

My horse's name is Betsy; She jumped and broke her head; I put her in the stable, And fed her milk and bread. And 'twas in the stable, We didn't make no muss; I wis' you'd let it stay there, Gran'ma 'l'as does.

I'm goin' to the corn-field, To ride on Charley's plough; I s'pect he'll like to have me, I want to go right now. Oh, won't I 'gee up' awful, And 'twas in the stable, I wis' you wouldn't boomer, Gran'ma never does.

I want some bread and butter, 'Cause she's the worstest kind; But 'twas in the stable, 'Cause she wouldn't mind. Put plenty sugar on it, I tell you what, I know I's right to put on sugar, Gran'ma 'l'as does.

Well, I finished up the old Zenas house last week. The next lot on Main Street to the Zenas Adams' house and lot was the property purchased by Mike Speight, the blacksmith, about eighty-five years ago. That part of the property on which Noble McLam's house and lawn and the blacksmith shop are now located, was part of the Adams' orchard. Speight's original blacksmith shop was south of the Agnes Street right of way. The first building in this part of the orchard was the cottage built by Mr. Speight for his foreman, Dave Williamson after he married Lizzie Wilds. It was a very comfortable and happy home and convenient to the shop. After Dave bought the McPherson farm in Nasasagaya and left the blacksmithing, Jim McLam, who had married Betsy Milne, and had followed Dave Williamson as Mike Speight's foreman, moved into this house. He lived there for a good many years, bought out his old boss, improved the residence and won many friends and a good measure of prosperity. His brother, Noble, succeeded him in this home through enlargement and the addition of modern improvements and conveniences. Mr. and Mrs. McLam had a very comfortable home here until Mrs. McLam passed on a few years ago.

When Michael Speight was engaged in blacksmithing in Acton the business was an energetic one. The lumber mills at St. Helena, Speyside and Smith's were in full swing and most of the lumber was teamed to Acton. With the many teams engaged it meant much work for the blacksmiths. In those days there were generally as many as four blacksmith shops in Acton, and all were busy.

Sixty or sixty-five years ago Mr. Speight built the shop now owned by James Oilmour. It was equipped with a steam engine, trip hammer, power drills and other machinery. At the time it was regarded as the best shop in Haldon. The Speight wagon was then at the height of its popularity. John Speight and Samuel painted them. The Speight shops were hives of industry. In the course of time Mike decided to go back to his boyhood's home at Markham, where the Speight Manufacturing Company, operated by three other brothers was doing a big business. Eighty or one hundred men were employed, and Mike took the management of the blacksmithing end of the business. When Mr. Speight moved to Markham, all the members of his family but his son, Charlie, went with him. Charlie spent the whole of his life in Acton.

As noted above, when Michael Speight retired from business here, James McLam bought the shop, contents, and good will. He was a good blacksmith, popular with the patrons of the shop, and conducted the business until obliged, through ill-health to retire. During his many years as proprietor of the shop he not only did a large general business but also filled 'milk orders' for Messrs. Boardman & Co. during the construction of their Langens, in the way of building iron, carrier chains, braces, brackets and other heavy iron work.

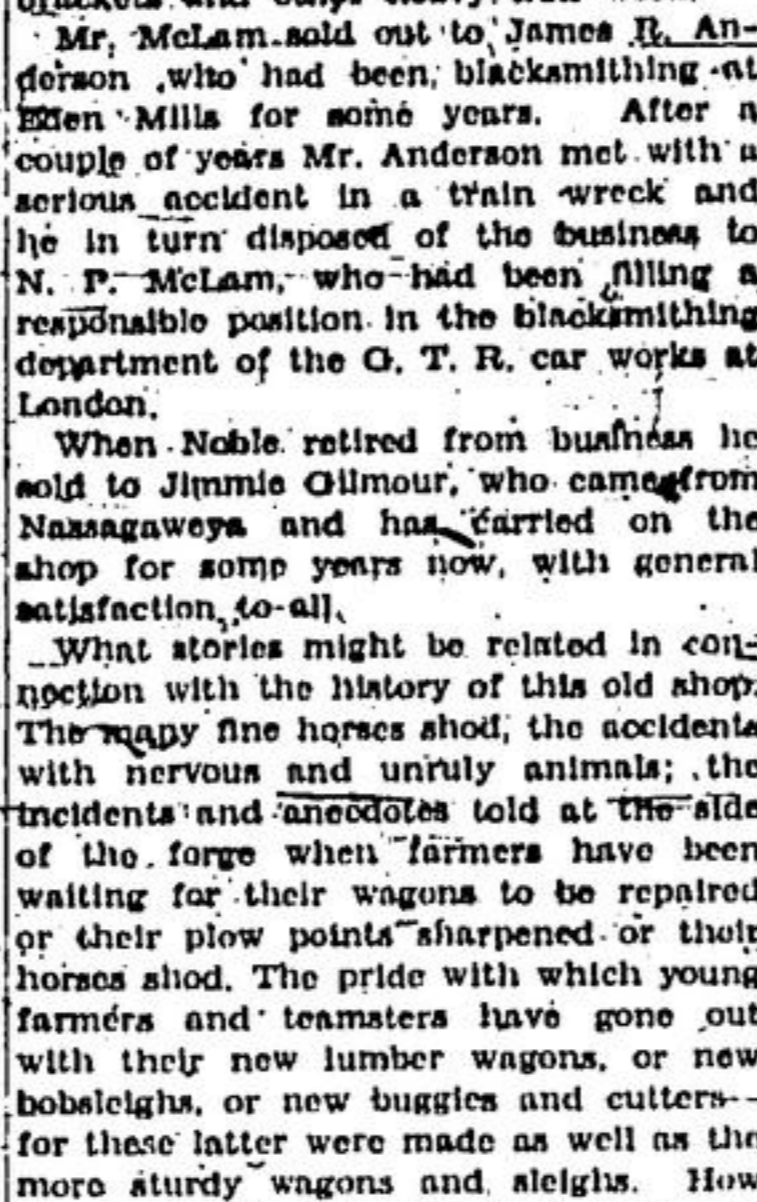
Mr. McLam sold out to James H. Anderson, who had been blacksmithing at Ewen's Mills for some years. After a couple of years Mr. Anderson met with a serious accident in a train wreck and he in turn disposed of the business to N. P. McLam, who had been filling a responsible position in the blacksmithing department of the O. T. R. car works at London.

When Noble retired from business he sold to Jimmie Oilmour, who came from Nasasagaya and has carried on the shop for some years now, with general satisfaction, to all.

What stories might be related in connection with the history of this old shop. The raggy fine horses shod, the accidents with nervous and untidy animals; the incidents and anecdotes told at the side of the forge when farmers have been waiting for their wagons to be repaired or their plow points sharpened or their horses shod. The pride with which young farmers and teamsters have gone out with their new lumber wagons, or new bobblelegs, or new buggies and cutters—for these latter were made as well as the more sturdy wagons and sleighs. How we remember Mike Speight, with his merry ways, and all the men and apprentices who worked with him, and afterward. To every one of them might be attached items of interest and qualities of merit. How memories of boyhood cluster about the old smithy, with its ringing anvils and its showers of sparks, and its blacksmith's brassy muscles and well-skilled eyes and hands. And where's the lad who has not loved to loiter at the blacksmith's forge, and any day?

Weekly Garden Graph

Written by DEAN HALLIDAY For Central Press Canadian



CUT WHEN TWO LOWER FLORETS HAVE OPENED

Cutting Glads for Indoor Blooms. Cut gladiolus spikes in the cool of the early morning or late evening, and immerse deeply in water. Be sure to make a slanting cut.

The accompanying garden-graph shows the spikes ready to be cut, having only two florets open. Cut at this time the rest of the florets will open gradually in the house, the lower flowers being removed as they wilt.

If you wish to use the bulbs another year, be careful not to cut the spikes too near the base. Leave at least four leaves to supply the bulb with food for next year's bloom.

A TRICK WITH DOMINOES

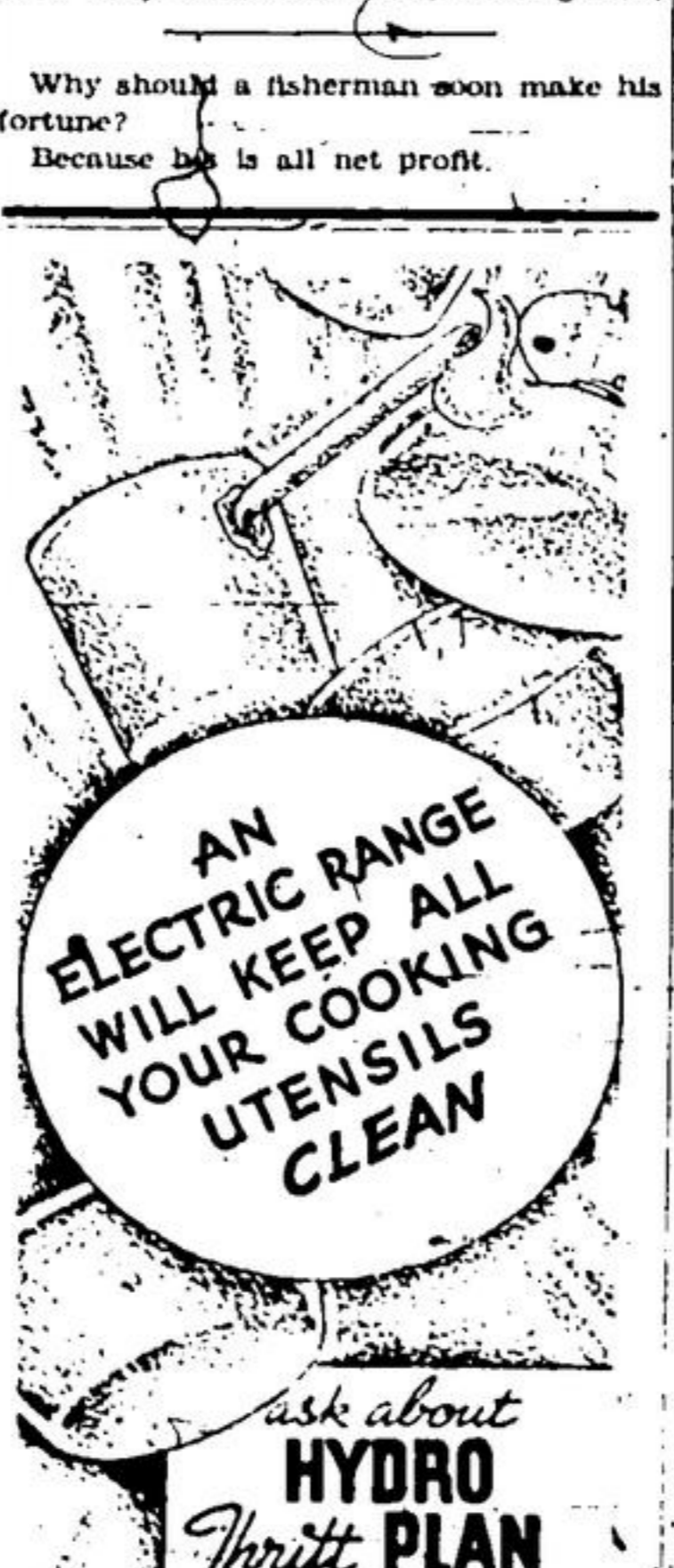
A set of dominoes is laid on the table, and the audience is asked to arrange them as for a game. The performer writes two numbers on a slip of paper, and when the game is completed those numbers prove to be the end numbers of the line of dominoes.

THOSE LIMITATIONS

A witness in a case started to pour out all he knew in a perfect torrent of words. The judge pulled him up, telling him he must first take the oath. "Now," said the judge, "tell me what you have to say." "Well," said the witness, "after the limitations you've imposed on me, I guess I've got nothing to say."

PICOBAC PIPE TOBACCO FOR A MILD, COOL SMOKE

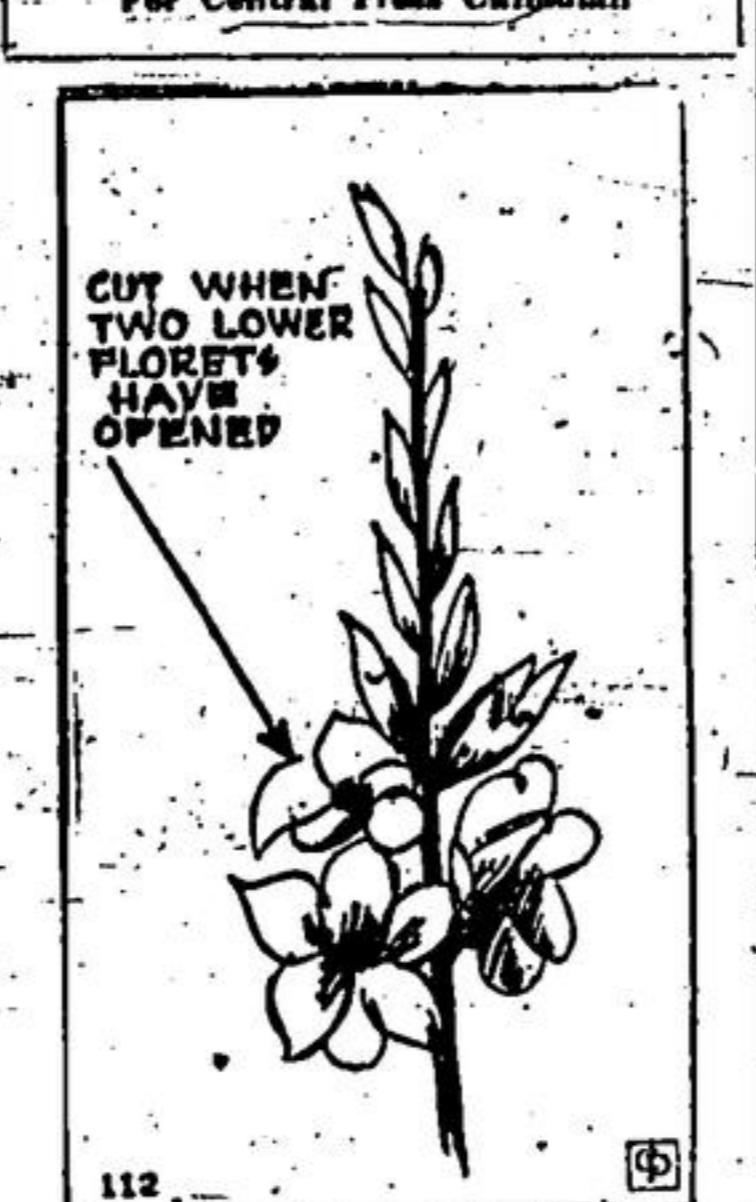
Donkhor Women Protest Imprisonment of Veregin



These women members of the Canadian Donkhor settlements in Western Canada are pictured attired in the costume they wear in their farm homes as they gathered outside the court house at Nelson, B.C., to protest arrest and conviction of their leader, Peter Veregin, the younger, on a highway charge. Veregin was sentenced to a three-month jail term and groups of the peasant women, still loyal to him as their spiritual leader, demanded that the police either release him or place them in jail also. They were eventually persuaded to disperse. Founded in Russia over 200 years ago, about 20,000 Donkhor settlers in Canada some years ago under the leadership of Peter Veregin, the elder. He was killed in an explosion at Prince George, B.C. his son, the present Donkhor chief, according to the leadership. The women are shown during their verbal demonstration.

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NATIONAL PARKS IN WESTERN CANADA

To the Canadian Rockies and other scenic areas of Canada's great West come thousands of tourists each year from all parts of the world to enjoy the exceptional opportunities offered for rest and recreation. In these vast regions the Government of Canada has set aside in National Parks more than 12,000 square miles of playgrounds where all may sojourn close to nature but with the comforts and amenities of modern civilization. It is one of the chief charms of the Rockies that one may travel through the very heart of the region by luxurious trains or motor cars and find accommodation to suit almost every pocketbook yet half an hour's walk from the railway or motor road Nature is found as wild, as solitary and as beautiful as it was a century ago.

There are thirteen National Parks in Western Canada—nine scenic parks and four animal parks. Like the recreational and historic parks situated in the eastern part of the Dominion, they are administered by the Dominion Government through the National Parks Bureau of the Lands, Parks and Forests Branch of the Department of Mines and Resources. Eternal vigilance is exercised to preserve the beauty and grandeur of the forests from the dangers of fire, and to safeguard the rich heritage of wild life within the park boundaries. By the construction of good roads and the provision of other modern conveniences of travel not only is the purpose for which the National Parks were set aside being realized, but the greatest possible enjoyment of these great natural treasure houses is afforded both the citizens of Canada and the visitors within her gates.

With the exception of Glacier National Park, on the summit of the Selkirk range in southeastern British Columbia, reached only by rail, all National Parks in Western Canada are accessible by automobile.

CONSTITIION CUTS DOWN YOUR ENERGY, DULLS HAPPINESS

Don't let common constipation take all the fun out of living. This condition drains your vitality and enthusiasm. It may also be the cause of dull headaches, poor appetite, sleeplessness, you feel puny.

Why endure half-sick days when you can correct constipation due to worms low in "bulk" by eating a diet of Kellogg's cereal? Millions of people have used Kellogg's ALL-BRAN with satisfactory results. Laboratory tests prove it's safe and effective.

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Proud Bartells Receive Trophy



Dick Bartell and his son, Skippy, are all smiles as they pose with the statuette presented to the Giants' fiery shortstop by admirers before the start of the Giant-Phillies game at the Polo Grounds in New York, which was designated as Bartell Day. Then Bartell further thanked the fans with three prodigious hits, one of them a four-bagger, which helped defeat the visitors, 7 to 2. It was the Giant's fourth straight victory and it kept them right in the thick of the first place scramble in the National League.

Business Directory

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DR. WM. G. CULLEN, L. M. C. C. Physician and Surgeon Office Hours—1-4 and 7-8 p. m. Sundays by Appointment Wilbur Street—Just North of Mill Street Telephone 128

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AT ACTON Going East Daily, except Sunday 6.00 a.m. Daily, except Sunday 9.54 a.m. Daily, except Sunday 6.32 p.m. Sunday only 8.19 p.m.

Going West Daily, except Sunday 8.48 a.m. Daily, except Sunday 2.28 p.m. Daily, except Sunday 7.05 p.m. Daily, except Sunday (Reg.) 12.28 a.m. Sunday only 11.23 p.m.

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