### IT TAKES OF LITTLE

Just a slighting word or a doubting sneer, And our footstops lag, though the goal Just a scornful amile on some line held So little it takes to make us sad.

Just a cheering clasp of a friendly hand. Just a word from one who can understand: And we finish the task we long had planned.

And we lose the doubt and the fear we So little it takes to make us glad.

## Menu Hints Resines for How and Novel Diches: Household Ideas and

#### GALADS AND DESSERTS FOR HOT WEATHER

Salada and desserts which may be moulded or frozen in the refrigerator and which give a somewhat feative air to a simple moal are particularly welcome to the housewife during the hot summer months. - It to not hard to prepare such dishes during the cool of early morning, and it is a great relief to know that a tempting salad or dessert is ready to serve when the lunch or supper hour arrives.

The Milk Utilisation Service Dominion Department of Agriculture recommends the following:

#### CHEESE SALAD

- 14 cups cream choose br. creamed tage cheese 1 green pepper, chopped
- 1 cup orushed pineapple; well drained "16 cup nuts, chopped
- 14 cup mayonnaise

1/2 cup cream, whipped

Salt, paprika, celery salt to taste Boften cheese with fork. Add green pepper, pineapple" nuts, mayonnaise, whipped cream and aedsonings. into freezing tray and let stand four hours. Slice and serve on crisp lettuce Seaves. Garnish with watercress. Salad may be from by packing carefully sealed mould in six parts of ice to one part salt and allowing to stand four to six hours.

Salad may be moulted, instead frozen, by using 1 tablespoon granulated gelatine soaked in 2 tablespoons of water. and dissolved over boiling water. Add with other ingredients to cheese,

## JELLED TOMATO CHEESE BALAD

- 1 tablespoon granulated gelatine. 4 cup cold water
- 11/2 cup condensed tomato soun I cup cream cheese or cottage cheese
- % oup mayonnaise 1 tablespoon onkin juice
- chopped celery

% teaspoon salt 1/2 cup cream, whipped

Book gelatine in cold water about 5 minutes. Heat soup over boiling water add salt, cheese, onlon juice l'extracted by grating onion). Heat until cheese is softened. 'Add soaked gelatine and stir until dissolved. - Chill, and when partially set, add mayonnaise, whipped and sometimes we children used it for a parents, one died in infancy. All but cream and olives or celery. Turn into playroom. . The kitchen was the place of one of the others became teachers. It mould that has been rinsed in cold water greatest attraction, although I must say cost our parents a good deal of self lettuce and serve with mayonnaise. the hay and straw in the old barn had fit us for it, but mother used to say Aprinkle with paprica. This saind many many attractions that seemed to keep us "Money will change the outward appearbe frozen by following directions given for "Cheese Salad." .

# PRUIT RICE

- 1 tablespoon granulated gelatine & cup cold water
- 1 cup hot cooked rice h teaspoon salt

J. Leaspoon vanilla

- 2 tablespoons fruit sugar
- 1 cup whipping cream % cup diced or crushed fruit
- cup blanched almonds

in hot rice. Add salt, sugar and vanilla, thicken, fold in whipped cream fruit and Pineapple, peaches, bananas strawberries, maraschino cherries, or a combination of fruits may be used.

#### MOCHA MARLOW 20 marshmallows

- 1 cup hot coffee
- oup toested almonds (may be omitted)
- 1 cup whipping cream Pinch of salt

Playoring Add marshmallows to hot coffee and stir until dissoved. Chill and allow partially set. Whip cream and marshmallow mixture. Add flavoring. Preest "Cheese Salad."

# MORNS VS. COURTESY

- Impatience never got anybody anywhere except into trouble. Too many motorists expect an automobile horn to work miracles. They forget it was made for one purpose: A horn should warn. There is nothing quite so irritating as: a horn-tooting motorist, with the possible exception of a mospuito in a sleeping porch. Both merit the same our aideration.

An ancient Chinese philosopher said: "The big voice betokens the small mind." Flye thousand years have not eltered this truth, although it, is expressed on our streets and highways to-day with less

grace and more profanity. Impations motorists should remember that an enery bull is feared for his horns, and that "Try Courtesy"



THINGS THAT COUNT

Not what we see, but what we choose; These are the things that mar or bless The sum of human happiness

The things nearby, not things afar; Not what we seem, but what we are: These are the things that make or break; That give the heart its joy or ache.

Not what seems fair, but what is true: Not what we dream but good we do: These dre the things that shine like

Like stars in fortune's diadems. Not as we take, but as we give:

Not as we pray, but as we live:

Both now and after time shall cease. I conclude this week the story of the must be the highest they could think of, candidate. old Zenas 'Adams' house, and I'm very much obliged to Jack Mackensie for sup-

These are the things that make for peace

plying me with this authentic history of missionary sister, "Ah-wus-kgherze-gokone of the village landmarks. My father's parents came to live with maple trees in front on the road side us and they occupied the large square This must have been 80 or 90 years ago. h cup stuffed olives, sliced or to cup room off the hall to the right and this They had become quite large and thrifty room also communicated with the kitch- when, in doing road work a ditch was en. We did not call him gfandfather, but dug too close to the trees and several of used the old Puritan name instead them died. The last I knew there were

"Grandsire," and this we shortened to either four or six of them standing. Are "Grandsir," and this room was called they still there? If so they must be "Grandsir's Room." The room at the magnificent trees by this time, after so left of the hall was supposed to be for a many years of growth. How I should parlor, but was seldom used for that pur- love to see them. pose. Sometimes it was a school room Of the eleven children born to our that hunting hen's eggs and playing in sacrifice to give us the opportunity to

out from under mother's feet a good deal

From the further end of the hall was and so faithful was she to the duties of a a built-in stairway, which lead to the upper rooms, with a landing place and narrow hall connecting the rooms. The room containing the front window was a large altting room, with spare bedroom off it. Our father's health had suffered so in the years, he travelled as a preacher. riding those long distances on horseback and stopping on the way often to preach three or four times or more and then at Soak gelatine in cold water. Dissolve night having to turn into a cold, damp bed somewhere, that he resolved that if should be a "prophet's chamber" where the preachers, after their long rides, should have a warm, comfortable room

Cool and chill. When mixture begins to be ever built a house for himself, there and bed and this was the "prophet's chamber," and many a preacher found the comfort and rest he needed there, so that "Brother Zenas Adamses" came to be known far and near as the preachers'

> The two brothers, Eura and Zenas, were both ordained ministers of the Methodist Church, and in those tarlydays, before there was a church organization at Adamsville, they took it upon themselves to look after the spiritual inthrests of the neighborhood and in this work they found in their wives most active helpers.

The question of education for their

family, as well as the children of the Ohristlan mother that when saked on naighborhood was a very vital one with her dving bed if there was any message our parents, and White-sould be done she wanted to send to her children, she about it? Our mother had been a said, "No, I have no anxiety-all is teacher before her marriage. She was peace-I have raised a large family of a woman of strong constitution and full children and have the consolation of of courage, so she decided to start a knowing that all who are not already in school herself, which she did, taking all heaven are on the way there," And this her own children with her, even to her surely was consolation to us all, that baby (Joseph), into the school room, and mother felt that her work for her family the work was efficiently done. Then our had not been in vain.

father built a school house on his own | We two are the only-ones-left nowsland, near, the creek that fed the large | "and we are on the way there"-and mill pond, doing the work himself. Be- soon the family will be all united once aldes being a school house, this became a more

meeting house also, where the people When father was on his dying bed, gathered for preaching, prayer meetings, word was sent to his brother, Ears, who etc. After a time older members of the was preaching on the Markham circuit, Adams families took charge of the school, to come. He said to the messenger, who first one and then another, until finally was about starting, "Tell Ears I want we. the people of the neighborhood began to him to preach my funeral sermon," and think they should build a school house Exra .did as requested—taking for his and hire a teacher, and it was done. - teks "Blossed are the dead who die in After our father's death, mother con- the Lord, yes saith the Spirit, for they tinued to work the farm for a while, but rest from their labors, and their works the time came when it seemed best for do follow them."

business reasons, and also to give her Yes, blessed father, blessed mother, family better educational opportunity, to you rest from your labors, and your move to Toronto, This she did, leaving works do follow you.

the house in the care of an agent for | - Written by Miss Agnes M. Adams, rental. This was just at the time the 403 N. Ninth Street, St. Clair, Michigan. Grand Trunk Railway was under con-

struction and the tannery was being on-

TWENTY YEARS AGO

arged. It was a difficult matter to find

nouses for people to live in, so mother

had a rather temporary addition built

at the back and finished off the wood-

shed for living rooms. The agent was

not very careful shout the tenants he

families in the house, and it was very

much abused. At last the place was

sold and I have never seen it since. We

front. They were planted by my sister.

and so it was "Beyond the sky." These

trees are to me a memory of my noble

way". -My father planted a row of

HE FOUND ALL-BRAN

Get rid of half-sick days with

"always tired feeling." Frequently.

they come from common constipa-

All you have to do is eat a de-

licious cereal regularly: "Every

morning, for years, I have had a

good helping of your ALL-BRAN.

and it means regular, daily elimi-

nation."-Mr. E. N. Kring fuddress

better than drugging yourself with

Within the body, ALL BRAN ab-

sorbs twice its weight in water.

forms a soft mass, gently cleanses

Est two tablespoonfuls daily,

either as a cereal with milk or

cream or in recipes. Three times

daily in severe cases. Sold by all

grocers. Made and guaranteed by

Kellogg's ALL-BRAN is so much

on request).

the system.

natent medicines.

Kellogg in London.

admitted. At one time there were seven From

the Issue of The Free Press of Thursday, August 2nd, 1917

The mercury got up to 90 degrees b are glad to see the old house looking so the shade here on Sunday and Monday like itself. The verandah at the front is It registered 98 degrees in Toronto on

quite an Amprovement to its appearance. Sunday. I am glad to see the maple trees in Mr. Wm. D. Lasby, of Townsend, Montario, and little son, Joseph Oliver, is Charlotte, who for 14 years was a misvisiting his father. Oliver Lashy, Esq. sionary among the Indians. Over four and other friends here.

years of this time she was among the One of the jail breakers, who broke Cree Indians at Norway House, Hudson out of Milton Jati after assaulting the Bay Territory, before the country was Governor and Turnkey was arrested in opened up for white settlement. After- Toronto on Saturday night. wards she taught at the Indian Reserva-Mr. Alex. Maude, who has a good post-

tions two miles, south of Sarnia, and tion at the steel works at Sault Ste. finally she taught on the reservation at Marie, was home to arrange for the re-Christian Islands, in the Georgian Bay, moval of his family to the 800. Here, at the request of the Indians, she Pte. D. Smith was presented with a

consented that they give her an Indian | gold watch at a civic reception on Monname. She gave the customary feast day evening. to the tribe. Only the Chief knew what As a result of the appointment of the name was to be until pronounced by Richard Blair, M.P., of Peel County, to him, and then it was "Oh-wus-kgherze- the Senate, an election will now be gokway." meaning "Beyond the sky necessary in the riding, and it is rumored woman." She was so exalted in their that Sam Charters, County Registrar, estimation that in choosing a name it will be asked to become the Conservative

> - BORN ALLAN-In Erin Township, on Friday, July 27th, 1917, to Mr. and Mrs. R. N. Allan, a son, MARRIED

BRUSH-CAMPBELL - In Toronto, on Saturday, July 28th 1017, by Rev. G. M. Dunn, Samuel Brush, eldest son of Matthew Brush, Actoh, to Edith, second daughter of the late Bandsman John Campbell, of the 68th Buttalion.

# Cest Balloon Flight Almost Ends in Disaster



Lifted by 80 balloons, four feet in diameter, the Pleiades, latest of all aerial craft, is shown at the right as it rose from Soldier Field at Rochester, Minn.; carrying Dr. Jean Picard, famed stratospheriat, on a six hour flight, during which he drifted 100 miles and rose to a maximum height of 11,000 feet. The test flight, to prove the featbillty of flight with a multiple arrangement of harnessed balloons, almost ended in disaster when the release arrangement in the gondola fulled to function and he was forced to fire a .22 calibre revolver into several of the hydrogen-filled bugs. It is believed one of the bags caught fire. In the upper left, is Dr. Picard wearing a football helmet, which he were to avoid getting his head bumped. In the lower left he is shown just before the take off.

## Business Directory

MEDICAL '

DR. J. A. MONIVEN Physician and Sergion Office and Residence-Ocean Bow Avenue and Elgin Street.

DR. B. J. NELSON Physician and Surgeon Electro Therapy

DR. WM. G. CULLEN, L. M. C. Physician and Services Office Hours-1-4 and 7-9 B. Sundays by Appointment Wilbur Street-Just North of Left at Telephone 128

· LEGAL ···

H. N. FARMER, M.A. Rollelter, Nelary Public, Conveyancer, etc. ACTON, ONTARIO

Hours-0.30 a. m. to 12.00 noon

Wednesday and Saturday-9.30 a, m. to work" undertaken. Olienta' cannot be seen or work done after hours except

by previous arrangement.

· 1.00 p. m. to 5.00 p. m.

KENNETH M. LANCDON Barrister, Solicitor, Notary Public

Over T. Seynunk's Cafe Male Street Por Appointments Phone Acton 45-0 Georgetown 88

Office Hours - Acton, Tuesday or Thursday, 1.15 p. m. to 4.50 p. m. 1900 ings on request.

. DENTAL

A. J. BUCHANAN, D. D. 8 Dontal Surgeon

Office: In Leishman Block by Appointment

Oas for Extractions

Closed Wednesday Afternoon Phone 148 P. W. PEAREN, D. D. S., L. D. S

Denial Surgeon Moved to our New Quarters in the

Phone 29

VETERINARY

B. D. YOUNG, V.S., B.V.Sc. Voterinary Surgoom Office: Brookville, Ontario

Phone-Milton 146r4

GENERAL

INSURANCE

WE SPECIALIZE IN

Life - Fire - Health and

Accident - Automobile -

Windstorm - Plate Glass -

Boiler - Fidelity Bonds -

Farm Insurance - Annuities

and All General Lines of

Insurance

Ocean Steamship Tickets

LEADING COMPANIES -

EXCELLENT FACILITIES

Representative Protective America

tion of Canada (for Masons Only)

Fred L. Wright

Office — Cooper Black Office 96 — Phones — Resid. 1963

TIME TABLES

GNADIAN NATIONAL PAILWAYS

-ALBO-

# Dream-time For Quints Entertaining Their Public



Entertaining their ever-growing public, which just now, with the tourist season at its height means a considerable army of visitors each day, is a wearing business at times for the famous Pive of Callander, the Dionne Quintuplets. Like all other good actresses they must

have lots of sleep and a mid-day nap is part of their routine. At Left little Yvonne is spreading her rug, but it seems that Marie is the one who really gets the "shuteye." "Life is such a dizzy round," murmurs Marie, as she dreamily ponders the immediate future

AT ACTON

Geing But Daily, except Sunday ...... 6.00 a.m. Dallo, except Sunday ...... 9.86 a.m. Dally, except Sunday ...... 6.23 p.m. Sunday only ...... 8.19 p.m. Going West Daily, except Burkley ...... 8.48 a.m. Dally, except Sunday ...... 2.28 p.m. Daily, except Bunday ...... 7.06 p.m. Daily, except Sunday (flag) ..... 12.36 a.m. Sunday only ...... 11,23 p.m. STANDARD TIME

MUGGS AND SKEETER EHUX! YEW DON'T NO. I HAVEN'T CAUGHT ANYTHING AHILL EXT ENTHING YET ... BUT I YEW KITCH ... RAW! LESSEE WHUT YER WILL !







(Copyright, 1937)