

THE WORST THING

Valence when you have done your best, to find that it is not enough. The thing that failure leaves within your breast—An action that knows no remorse, gives no rest—When you recall you did not do your best.

Menu Hints

Recipes for New and Novel Dishes: *Honeydew Melon and Squash*

By Betty Barclay

MINCE PIE STARTS AS VARIETY QUEEN OF THE FAMILY

Since meat, that time honored main favorite, is being groomed as variety queen of the pie family. Apples, cranberries, prunes and apricots and candied cherries and pineapple are just a few of the fruits that have been proven tasty allies of mince pie. This variety in spicy delicacies is especially popular nowadays because modern mince pie is on the march and fits the economy budget. Packed full of healthful fruits, modern mince pie is an epicurean treat that is as nourishing as it is tasty.

MINCE MEAT APRICOT PIE

9 ounces mince meat
1 1/2 cups apricot juice and water
3 tablespoons sugar
1 cup freshly cooked or canned apricots, drained

Break mince meat into pieces. Add apricot juice and sugar. Place over heat and stir until all lumps are thoroughly broken up. Bring to brisk boil; continue boiling for one minute. Allow to cool. Line a 9-inch pie plate with pastry and fill with mince meat mixture. Place drained apricots over top. Put upper crust on filled lower one and press edges firmly together. Trim off surplus pastry. Bake in hot oven (400 degrees F.) 35 minutes.

SPICY PRUNE PIE

9 ounces mince meat
1 1/2 cups prune juice and water
2 cups freshly cooked or canned prunes
3 tablespoons sugar

Put in mince meat. Add prune juice, water and sugar. Place over heat and stir until all lumps are thoroughly broken up. Bring to brisk boil; continue boiling for one minute. Allow to cool. Line a 9-inch pie plate with pastry and fill with mince meat mixture. Put prunes in halves, remove pits and place evenly over top of mince meat. Place upper crust on filled lower one and press edges firmly together. Trim off surplus pastry. Bake in hot oven (400 degrees F.) 35 minutes.

WINTER SQUASH IN THE SHELL

1 Hubbard squash
2 tablespoons butter
1 egg
Salt and pepper
Milk

Part of a second squash may be used to make the shell full.

Cut off the top of a small Hubbard squash, remove seeds and stringy portion. Place in a pan to bake or steam (about 2 hours) until tender. Remove pulp from shell, being careful to keep shell intact, mash pulp and season. Return mixture to shell. Smooth the surface to a dome shape, score with a knife, brush over with milk and beaten egg. Add bits of butter and place in oven a few minutes to brown.

HOW TO COMBAT CRICKETS IN HOUSES

According to the Dominion Entomologist the pale-brown house cricket, *Gryllus domesticus*, caused annoyance and damage in dwellings during the summer and autumn, in a number of towns and cities, especially in Ontario and Southern Quebec. This insect is European in origin, and its presence in the Dominion was first recorded about fifty years ago. It is now widespread in Eastern Canada, and also in the United States, east of the Rocky Mountains. House crickets may breed prolifically in garbage dumps during the warm months of the year, and from thence find their way into neighboring dwellings, sometimes in large numbers. The common black field cricket, *Chorizanthe f. f.*, is also a nuisance in houses wherever it is abundant in the field.

The monotonous chirruping or "song" of the cricket is produced by the male rubbing together the outer parts of his wings, which bear special structures for this purpose. This noise is very annoying to many persons, especially as it is made chiefly at night, when crickets are most active. Furthermore, crickets will feed on almost any organic substance, and as a result, sometimes do much damage by eating holes in clothing and other fabrics. They are elusive insects and often difficult to locate. A fact that further exasperates distressed householders, however, and usually may be found hiding in cracks and crevices in walls and brickwork close to furnaces, fireplaces, chimneys and ovens. Where conditions are suitable, the house cricket may continue active all winter.

Crickets that have established themselves in dwellings may be destroyed by means of fresh pyrethrum powder or sodium fluoride. These materials should be blown liberally into the places in which the crickets are hiding, by means of a dust gun or insecticide puffer, bearing in mind the fact that sodium fluoride is poisonous to humans and animals. Pyrethrum fly sprays are also effective, which in actual contact with the insects

Chronicles of Ginger Farm

Written Specially for The Acton Free Press
GWENDOLINE F. CLARKE

The time is 12:45 a.m.; the place—a temporary bedroom at my sister-in-law's house, off St. Clair Avenue, Toronto. I am propped up in bed, writing, and fear that my fountain pen might leak on to the snowy sheets has led me to write in pencil.

You will remember I was saying last week I hoped to spend a few days at the Book Fair, and here I am. Really, I can hardly believe my good fortune. I was certain just when I had planned to go away our threatening machine would come along, and up set the apple cart completely. As a matter of fact, our threatening machine did come along, but luckily it was not the one that we have, so I was safe.

As usual, it was quite a chore getting away—between getting my own things ready for the trip and leaving enough at home to keep the family fed and cared for was no small task. Partner is pretty well on with his ploughing, so he did not mind a few extra chores so very much. Anyway, it is just as well to make a break sometimes—a few days absence seems to raise one's value in the family estimation.

To-night—Saturday—was my first appearance at the Book Fair, and it was a session I particularly wanted to attend, because I was so anxious to see and hear Kathleen Strange, who wrote "With the West in Her Eyes."

I feel I have a lot in common with Mrs. Strange, because she was an English born girl, who married and settled in Western Canada after the War, just as I did—and apparently neither of us hardly knew a cow from a horse in those days. We both liked writing, and there, perhaps, the similarity ended. Mrs. Strange married a Man—an ambitious man, with the wherewithal to carry out his ideas. I married a man who enlisted as a private, and we started life with very little capital, beyond courage and enthusiasm. Mrs. Strange won a \$1,000 prize for her book—I have neither book nor prize, but I am glad she has both. It is an interesting book—I enjoyed reading it, but I felt all the time that she wrote of the West only as she knew it, and that her experience was very different from the vast majority of Western farmers' wives.

Personal hardship was something that had never come her way. I felt in reading the book that life had dealt very kindly with her—when I saw her to-night, I was even more sure. On the stage, she looked like a young girl—very charming, very vivacious and so absolutely natural and unpoised. Her address was both interesting and amusing, and she quite captivated her large audience.

Arthur Stringer, my next speaker, wrote *Prairie Wife, Prairie Mother and Prairie Child*, and of course many other books. He, too, was very interesting. One of his remarks, I thought, was particularly true. He spoke of the jealousy existing between members of various professions or trades, but said that that jealousy did not exist among writers. That, I believe, is true. Writers and authors who have "arrived" always seem willing to assist their less fortunate fellows.

Mr. Louis Blake Duff was the last speaker, and anyone who has heard his name will know we heard a laughable and clever address. The joint chairmen for the evening were W. A. Deacon, whose name is familiar to *Globe and Mail* Readers, and Leah Gordon Barnard, who has such splendid short stories in *Maclean's Magazine*.

Now you may think the Book Fair has very little to do with *Ginger Farm*, but it is my contention that outside interests make everyday life more livable and if one tries to keep well informed in regard to current thoughts, one is far better equipped to deal with a growing family. Time was when I thought from three to ten was the inquiring age, but now I am inclined to think 'teen age youngsters have an even greater thirst for knowledge than little children. Daughter staggers me with the problems she trots out for discussion. Saturday and Sunday is on long "why" and "do you think" until my head is in a whirl. I am asked to express an opinion on everything from the Shanghai situation to the unenviable position of the Duke of Windsor, of whom Daughter is a loyal supporter. Right from the very beginning of the trouble, her sympathy has been with our former King, and her opinion has never wavered, no matter what the rest of us think.

I rather admire this tendency of modern youth to stick to its own convictions. As we are apt to think of our young people as frivolous and out for nothing except a good time, and that they look on their parents as out-of-date and old-fashioned. Are we so not sometimes guilty in that respect? We cannot expect high spirited youngsters to confine their interests to how farm work is progressing, whether the fall ploughing will get done or whether the quilt mother intends to make shall be pieced or appliquéed. No, if we would share their confidence, we must share their interests and we can only do it by widening our own.

And now for pleasant dreams—good night and—until next week—good-bye.

Books that Matter

A Weekly Feature Published by the Association of Canadian Bookmen and the Canadian Weekly Newspaper Association

Ever alert to render a wider and more helpful service to our readers, this paper, through the co-operation of the Canadian Weekly Newspaper Association and the Association of Canadian Bookmen, will feature each week a department headed *Books That Matter*.

The Association of Canadian Bookmen, with headquarters in Toronto, is a national organization under the patronage of His Excellency Lord Tweedsmuir. Its avowed purpose is to further the knowledge and appreciation of good books in the Dominion and thus to assist in making Canada a better place in which to live. Professor William Edgar is the President, and its membership includes over 2,500 readers.

The books discussed in this paper will be carefully selected by the reviewer, who is perfectly free to condemn or praise, as he pleases.

Each week this column will attempt to familiarize our readers with some of the more significant, if unusual, books which Canadian publishers are offering for their enlightenment and entertainment. For the most part, the books mentioned in this column will deal—at least for the next two months—with outstanding problems in the field of social and international relations. There may be occasional excursions into the realm of religion. In all cases it is important to note that they will be reviewed from a distinctly Canadian angle.

The two Associations sponsoring this service, have become fortunate in securing the General Secretary of the Social Service Council of Canada, Rev. C. E. Silcox, of Toronto, to be the first to assume the responsibility for this column. He is Canadian-born, a graduate in English and History from the University of Toronto. To complete his varied academic career, he spent five years in post graduate work at Brown University of over twenty years in New England, he has travelled extensively in Europe and throughout the length and breadth of the Western Hemisphere, being indeed one of the few men to conduct scientific social studies in every major country of the New World from Canada to the Argentine. His own books have been generally characterized by reviewers as precise, accurate, challenging and written in an unusually crisp English. His own private library, consisting of many thousand volumes and covering a wide range of subjects testified to his vital interest in books, while his experience as General Secretary of the Social Service Council of Canada makes it necessary for him to examine critically a wide variety of social problems in the Dominion, and there come to his desk many of the most notable books and magazines in the social field published in the English-speaking world.

Mr. Silcox is at liberty to state his mind freely concerning the volumes he reviews and we trust that readers of this paper may not only profit by the reviews which he may write, but will also communicate with either the reviewer of this paper any suggestions whereby this new service may be improved from time to time, and thus made to meet more completely the Canadian booklover's need of counsel and advice.

While public libraries report that there has been a great increase in the circulation of books dealing with social problems, relatively few such books are written by Canadians or published first in Canada. The reasons for this are fairly obvious. Some of the books are somewhat technical, and the number of Canadians trained in the social sciences is still relatively small. Then, again, our population is not large and while an American book dealing with such problems might easily find ten thousand readers in a country where 125,000,000 speak English, a publisher in Canada, where 28% of our total population of 11,000,000 read for the most part only French, will be fortunate if he can dispose of 1,000 copies. Hence, the Canadian author of the more serious books can not look forward to any financial reward. The typographers alone get paid for their labor. Beyond this a large proportion of our population is rural and while many rural Canadians are highly intelligent and enjoy reading, it is difficult for local booksellers to stock many of the new books or for local public libraries to make more than a few modest purchases. And not many Canadians are so affluent that they can afford more than a few of the volumes which they would be glad to possess if they had the means.

Although publishers know that certain titles which they may be importing are highly significant, they also know that in all probability the total number of sales for such books in Canada will be small, therefore, they cannot well afford to distribute review copies gratuitously to a great variety of papers and magazines. If this were done, some of the books would inevitably fall into the hands of reviewers unfamiliar with the specialized subject matter treated, and perhaps incompetent to judge either their significance or their limitations. The Canadian Weekly Newspaper Association and the A.C.B. have, therefore, developed a plan whereby two or three of the leading books of the class mentioned will be reviewed weekly by one or more writers, especially familiar with literature in this field, and these reviews will be published exclusively in the rural weeklies of Canada. From time to time

MOTHER HELPED BY KELLOGG'S ALL-BRAN

"I have suffered from terrible constipation since the birth of my first child. I tried everything. Very reluctantly, I tried your ALL-BRAN with no faith in it at all.

"Much to my surprise, I have been able to take any medicine since starting to use ALL-BRAN."—Mrs. Doris Eyrle King (address on request).

Common constipation is usually due to a low fiber diet. Kellogg's ALL-BRAN supplies this needed "bulk."

Within the body, this cereal absorbs twice its weight in water, forms a soft, bulky, gelatinous mass, and in turn, stimulates the intestinal muscles, and iron for the blood.

Enjoy this food instead of taking laxatives and drugs. Serve as a cereal, with milk or fruit, or cook into recipes.

ALL-BRAN is sold by your grocer. Made and guaranteed by Kellogg in London.

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HINTS ON FASHIONS

Business Girl's Frock Should Be Simple — You Ski in White and Navy

various shades, blue among them. Simple styles such as this one, with a bit of trimming, such as bright colored belts, buttons or studs, are the rule for business, college or home wear. Royal blue woolen, with red belt, is a popular type.

For the junior misses, velvet and corduroy frocks are making a big hit. The colors that are most often chosen are black, royal blue, wine and a deep, mossy green. Often there is a cap of the same material—a most attractive costume for gay young things in their teens.

Green Alpaca Dress, Gold Studs

What is considered perfect taste for the well-dressed young business woman to wear? A good deal of research has gone into that important question. Young men are allowed what they will—even if it runs to "loud" suits, ties and socks. But young women, it seems, are the cynosure of all the eyes that work in or enter the office, and they must be dressed attractively but not to noticeably.

This model in bright green alpaca is said to be the correct thing, simple as to line and not to arresting. It is built on shirtwaist lines, with neat turned-over collar, trim belt, and two flap pockets. Gleaming gold studs down the front are the only bit of trimming, and the model is the world's fastest professional typist, Miss Irma Postman, of New York.

Woolen dresses are receiving a good deal of attention at this season of the year. Woolens are great favorites and are chosen first in black, and then in

Business Directory

- MEDICAL**
- DR. J. A. McNIVEN**
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For Appointments Phone Acton 65-47
Georgetown 88
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- ## TIME TABLES
- ### CANADIAN NATIONAL RAILWAYS
- AT ACTON
- | Going East | Time |
|----------------------|------------|
| Daily, except Sunday | 7.00 a.m. |
| Daily, except Sunday | 9.04 a.m. |
| Daily, except Sunday | 9.54 a.m. |
| Sunday only | 7.10 p.m. |
| Going West | Time |
| Daily, except Sunday | 8.40 a.m. |
| Daily, except Sunday | 2.30 p.m. |
| Daily, except Sunday | 7.07 a.m. |
| Daily, except Sunday | 12.30 p.m. |
| Sunday only | 11.30 p.m. |
- STANDARD TIME
-
- ## GRAY COACH LINES
- COACHES LEAVE ACTON
- | EASTBOUND | Time |
|------------|-----------|
| 9.51 a.m. | 3.37 p.m. |
| 12.11 p.m. | 8.37 p.m. |
| WESTBOUND | Time |
| 8.53 a.m. | 8.13 p.m. |
| 11.28 a.m. | 6.13 p.m. |
| 1.18 p.m. | 8.46 p.m. |
- Through to London
s—except Sun. and Hol.; b—Sun. and Hol.; c—Sat.; d—except Sat., Sun. and Hol.; e—Sat., Sun. and Hol.