### OUR COUNTRY'S FLAG

Boy! Bare your head, when the flag OFFIT Look your loyalty as it waves Those crosses came out in a splendid Over your forefathern' gallant graves;

Those colors were fashioned by heroes' They flash to the people in farthest

But how it gleams, A bit of bunting. Pashioned of valor and woven dreame-The winds in its folds.

O lift your hearts as the flig goes by.

They are lifting high.

#### SANDWICH SECRETS By Barbara B. Brooks

'Almost any cupboard or pantry will supply sandwich ingredients at almost any hour of the day or night. Nothing elaborate is essential if the sandwich maker has a speck of imagination and a flare for the fine seasoning.

Good bread is casy emough to ge these days. You can buy it at your neighborhood grocery or bakery. Remember to ask occasionally for some of the special kinds, such as rye, raisin, date or nut as well as old stand-byswhite, whole wheat, bran and graham. There is also a variety of sizes, and shapes from which to select. Por a real treat turn old-fashioned

once in a while and bake a batch bread or rolls at home. It really isn't difficult and you will have lots of fun Choose a carefully tested recipe and follow it exactly being sure to use quality ingredients. A spread of fresh, sweet butter is enough filling for a homemade bread sandwich. But add sam and the crusty heel of a brown. freshly baked loaf tastes better than any

The following bread recipes have been sandwich fillings made with foods usually on hand are given. These are but a few of the possibilities for combining overyday ingredients.

BARDINE AND COTTAGE CHEESE Mash equal quantities of boned and skinned sardines und cottage or cream cheese. Season with lemon juice, salt and paprika. Very good with rye bread.

ONION AND BACON To creamed butter add 14 as much minced onion and fried dioed bacon,

## HAM AND TOMATO

Rub bowl with garlic. Croam 1/4 lb. butter, add 1 pint minced ham, minced parsley, cayenne and Yew drops lemon fuice. Spread two slices of bread with mixture. Place thin slices of tomato between. Add mayonnaise if desired.

## OUCOMBER AND BACON

Let aliced cucumbers stand in vinegar water and salt mixture about half ar hour. Drain well. Place on buttered bread and top with alloes of crisp bacon and another slice of buttered bread.

DRIED BEEF AND CHEESE Grind together equal parts dried bee

and cheese. Moisten with tomato purce or catsup.

And now for the home-made breads;

ALL-BRAN REPRIGERATOR ROLLS 1 cup shortening

I oup bolling water

% dup sigar

1 cup all-bran 14 teampoons salt

2 eggs (well beaten)

I compressed yeast cakes

1 oup lukewarm water 6 cups flour or more (alfted before

Mix shortening, bolling water, sugar, all-boun and salt, stirring until shortening is melted. Let stand until mixture is hokewarm. Add eggs and yeast cakes dissolved in luke-warm water. flour. Beat thoroughly. Cover bowl and per hour. It appears that was the first place in refrigerator over night or until move toward care of the streets and ready to use. Form balls of the dough walks in the then newly incorporated to all mustin tins about half full. Let vilkue.

rise two hours. Bake in hot oven (450 degrees P.) about 20 minutes. Yield: 34 dozen small rolls.

Note: Dough can be made into Parker House or cloverleaf rolls if desired.

# BEST BRAN BREAD

' 1 yeast cake 3 teaspoons salt

1/2 cup brown sugar (or mohases)

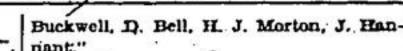
34 cups lukewarm water 5 cups bread flour

3 cups all-brun 3 tablespoons shortening

speckled beauties." I just reprint that Crumble yeast into a bowl, add the salt, sugar and water. Mix until amooth Add 3 cups of nour. Beut well. Add the shortening which has been softened. Beat well. Add ull-bran and the remaining 3 cups of flour. Mix thoroughly, keeping sides of bowl clean. Borinkle knedding board lightly with flour, turn dough on board and knead until dough & smooth and elastic. Put into greased bowl und turn it over said to be the best ever laid in town." poveral times until outside is covered with thin coating of shortening. Allow definite site for the new Cemetery have to rise until dough is doubled in bulk, chosen the six acres in front of the or until blisters or gas sacks begin to Steele, property, adjoining the Manse appear on top of the dough. Punch estate." dough down in centre and fold over from four sides to centre and punch. Dominion Day celebration. The pro-Turn the dough over. Let rise 45 gram of rucing and athletic sports ofminutes. Punch again and turn dough fered \$300 in prizes, and the day was t over. Let rise 15 minutes. Shape into successful one. There was a calithumloaves and let rise until light (about plan parade and lacrosse match in the one hour) and bake in a moderate oven morning. In the afternoon there were (400 to 425 degrees P.) for 16 minutes, the horse races and athletic sports. If then reduce heat to 380 degrees F. for was estimated that 3,000 attended. remainder of baking period (50 to 60 Perhaps you would like to recall the

members of Acton lacross team of that Less yeast (as little as 14 cake) may day. They were O. D. Speight, W be used if a longer time is given the Epelght, J.-Lawson, R. Ourroll, N. Mc-

Yield: 1 two-pound loaf.



THE OLD MAN

OF AHE

WHEN I CONSIDER

When I consider all the things I own

Tis then I feel how happy I should

Birds on the bough and the sweet song

Tis then I know I'm richer than

And when I ponder on my realm

Embracing all that sage and prophe

The then I know my wealth can ne'e

So, I consider I'm a man of wealth,

to make you feel thankful.

15 cents a bag.

the previous year.

both of these catches.

Church here on Sunday."

But I'm supposed to more or less deal

I notice that it is just tifty years ago

in the past, and I'll get back into the

field I belong in and recollect on the

that Acton appointed a street commis-

sioner, with remuneration of 20 cents

Potatoes sold in Toronto in 1885 for

to \$178.38, thirty dollars in excess of

'Mr. Thos. T. Mobre and his friend

Mr. Ross, of York, went out last Priday

evening on a trout flining trip and suc-

coeded in basketing 80 fine trout. So

elated were they with the success of

Priday's excursion, Saturday morning

bright and early, they started again and

early in the forenoon returned with '60

item for the benefit of the editor and

can tell them that Mr. Moore didn't

ravel many miles from Acton to land

. "Rev. J. S. Coling will preach his clos-

"The new sidewalk on Mill Street is

The Committee appointed to select a

"Big plans were being made for the

Lam, W. Smith, R. Lawson, A. C. Camp-

bell, A. Ramshaw, A. G. Easton; G.

ing sermons as pastor of the Methodist

his friends, who went fishing. And

happenings of half a century ago:

cliff, and shore,

Cloudland and woodland, mountain, to healthy action.

Here are some more items of '85: "Mr. D. Wheelihan, of Nassagaweya, sold 19 head of cattle recently for

"Mr. A. W. Green informs us that he has sold his driving mare to Mr. Mc-Cormick, London, for \$400." "Rev. R. Phillips, the newly appoint-

ed pastor of the Methodist Church here, will preach his inaugural sermon next Sunday. "No doubt there are but few of our readens aware of the fact that when

tained the following townships: Beverley, Dumfries, Esquesing, East and West Plamboro, Nassagaweya, Nelson and Trafalgar." Mesers. Beardmore & Co. have built a

new barkhouse, 60x150 feet, at their

Halton County was first formed it con-

plant here." The employees of the Storey Glove Co. met on the eve of Dominion Day and presented Mr. W. II. Storey with a beautiful allk flag to adorn the new factory

I note, too, that THE PREE PRESS had completed its first decade of publication, so that this year it will be celebrating it's sixticth anniversary. It's Yollowed along with Acton pretty well, and no doubt had something to do with its advancement and progress. I've had a great deal of pleasure out of my contributions to its columns during the last day, so I'll take this occasion to wish

child is pale, sickly, peevish and restless, the cause is worms. These parasites range the stomach and intestines causing serious disorders of the diges-Treasures which mone can steal away tion and preventing the infant from deriving sustenance from food. Miller's Worm Powders, by destroying the worms, corrects these faults of the diges-

## BUILDING CONTINUES TO GAIN

tion and serves to restore the organs

Reaching the highest point in three and a half years with the eception of May, 1934, construction contracts awarded during May totalled \$16,302,400 Gems of the poets, speech of minted compared with \$11,379,400 in April, according to a review issued by Maclean Building Reports Ltd. Contracts award-

ed in May, 1934, totalled \$17,383,100. For the first five months of the pre-With books, with friends, with happisent year contract awards totalled \$57,-073,100, and show an increase of 17.1 per And, owning not u single foot of earti cent. compared with awards totalling \$48,707,800 in the corresponding period

weather to come in May, but this year Ontario led the provinces in the May things seem a bit twisted. But I think returns with contracts awarded to the most everyone was pleased with the value of \$6,165,800, followed by British abundant rains of the past weeks - Columbia with \$3,086,700; Quebec, with except perhaps the garden party folk. \$2,418,300; Alberta, \$1,482,700; New I had the pleasure of a little jount Brunswick, \$1,373,600; Manitoba, \$780,through the country the other day. My 000; Nova Scotla, \$599,200; Saskatchefriend drove off the main highways and wan, \$381,600; and Prince Eward Island up and down these concession lines with \$14,500. During May 180 engineer about Acton that I know so well. The ing projects, totalling \$6,870,200, residcrop prospects were a real pleasure to untial construction made up of 30 apart see. The stock in the fields were con- ments and 1,310 residences totalling \$3,tented because there was plenty of pas- 939,400, and business construction ture. Y tell you folks there's nothing the value of \$3,632,000 were the prinbeats a trip in the countryside in June cipal factors.

# NO DANGER

"I hope you are not afraid of microbes," apologised the paying-teller as he cashed the stenographer's check with

soiled currency. "Don't worry," said the pert young thing. "A microbe couldn't live on my

# "TOOK ALL KINDS OF PILLS, THEN CEREAL BROUGHT RELIEF"

Constipation, Due to Insufficient "Bulk," Relieved by Kellogg's ALL-BRAN

A fine letter from Mrs. Snyder: "I have had trouble" with my bowels for years, taking all kinds of pills and drugs, with no relief.

"One year ago, I saw Kellogg's ALL-BRAN and bought a package. I have good movements every day. I am 73 years old. I am telling my friends what bran has done for me. -Mrs. Sallie Snyder. Address upon

\*Constipation due to insufficient "bulk" in mouls.

Research shows that Kellogg's ALICBIAN furnishes "bulk" to exorcise the intestines. ALL-BRAN ulso supplies vitamin B, as well as iron, an element of the blood.

ally sufficient to correct common constipution. With each meal, in serious cases. If not relieved this way, see your doctor. The "bulk" in ALL-BRAN resists digestion better than the "bulk" in leafy vegetables. How much better

Two tablespoonfuls daily are usu-

to use this food in place of patent medicines. At all grocors in the red-andgreen package. Made by Kellogg in

London, Ontario. Keep on the Sunny Side of Life

# The Open Road

SUPPOSE you came suddenly upon two roads. One straight, well-trodden . . the other thin and twisting off into undergrowth. If you didn't want to arrive at any place in particular, you might select the latter. But not otherwise.

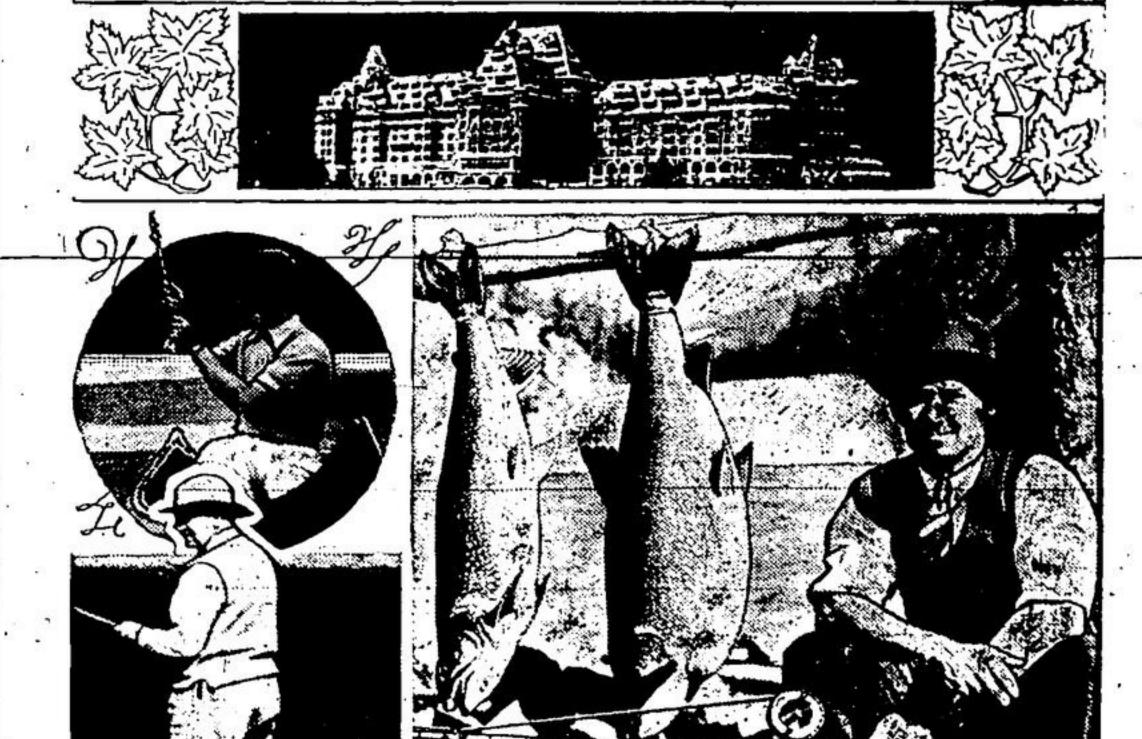
BEFORE you as a buyer, run two roads. One is the road of knowledge, of an advertised product. Thousands use it. There is no mystery about it, no doubting, with nothing hidden. It leads the way definitely to a fountain pen, a floor wax, or a toothpaste that will give you satisfaction. When you use an advertisement, you use an open road.

WHEN you don't use advertisements, you go the doubtful road. You have only hazy knowledge of the product ahead. No trademark or name to depend on guides you. The result may or may not be worth the effort. You don't know.

READ the advertisements. Anything that is widely advertised---breakfast food, chewing gum, groceries---has proved itself good by advertising.

Advertisements put you on the open road to satisfaction

# Where Dreams Come True



NOT much has been said about glorious start on the new season and in two days another party of the fishing near Bunff by producing more than 565 visitors caught 360 pounds of Springs Notel in the Rocky Moun- pounds of trout in two days. lake trout, running from five to tains, probably because when vis- Bill Hall, of Banff, led the 25 pounds, with the average about itors had finished "writing home" parade with two trout, the larger [18 pounds. about the somery, facilities for one a fisherman's dream tipping While catches like these are not golf, tennis, and swimming, moun- the scales at 40% pounds, and at all uncommon in the West, it tains to be climbed on foot or the other registering a more usual has been discovered fairly rehorse, the health-giving qualities 2014 pounds. He was out for cently that trolling is not at all of the air, and the fun to be only an hour and a quarter in necessary to get the big ones. found thereathe year round, there the early afternoon from the time Visitors at the Canadian Pacific

fish abound in the nearby lakes | minute fights. and streams. Minnewanks, the Visitors have also made good throughout the Rockles, learn lake of Indian legends, frozen catches this year. On the same soon after their arrival that there over for a week after the open-day sportsmen got eight fish are fine fishing grounds in the ing of the fishing season, made a averaging about 18 pounds each, near vicinity,

were no suitable i descriptive of the first cast until the second Railway hotels at Banff Springs words left for the fish.

But many types of fighting that the pair put up 30 and 40- and at Lake Louise, as well as at

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