

OUR COUNTRY'S FLAG

Boy! Bare your head when the flag goes by! OHT! Look your loyalty as it waves! These crosses came out in a splendid sky.

SANDWICH SECRETS

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 only enough to get 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-bys—white, whole wheat, bran and graham.

For a real treat turn old-fashioned once in a while and bake a batch of bread or rolls at home. It really isn't difficult and you will have lots of fun besides. Choose a carefully tested recipe and follow it exactly being sure to use quality ingredients.

The following bread recipes have been triple-tested. Some suggestions for sandwich fillings made with foods usually on hand are given. These are but a few of the possibilities for combining everyday ingredients.

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

ONION AND BACON To creamed butter add 1/4 as much minced onion and fried diced bacon. Spread thinly.

HAM AND TOMATO Rub bowl with garlic. Cream 1/2 lb. butter, add 1 pt. minced ham, minced parsley, cayenne and few drops lemon juice. Spread two slices of bread with mixture. Place thin slices of tomato between. Add mayonnaise if desired.

CUCUMBER AND BACON Let sliced cucumbers stand in vinegar, water and salt mixture about half an hour. Drain well. Place on buttered bread and top with slices of crisp bacon and another slice of buttered bread.

DRIED BEEF AND CHEESE Grind together equal parts dried beef and cheese. Moisten with tomato puree or catsup.

And now for the home-made breads:

ALL-BRAN REPRODUCTION ROLLS

- 1 cup shortening
1 cup boiling water
1/2 cup sugar
1 cup all-bran
1 1/2 teaspoons salt
2 eggs (well beaten)
2 compressed yeast cakes
1 cup lukewarm water
4 cups flour or more (sifted before measuring)

Mix shortening, boiling water, sugar, all-bran and salt, stirring until shortening is melted. Let stand until mixture is lukewarm. Add eggs and yeast cakes dissolved in lukewarm water. Add flour. Beat thoroughly. Cover bowl and place in refrigerator over night or until ready to use.

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 molasses)
3 1/2 cups lukewarm water
5 cups bread flour
3 cups all-bran
3 tablespoons shortening

Crumble yeast into a bowl, add the salt, sugar and water. Mix until smooth. Add 3 cups of flour. Beat well. Add the shortening which has been softened. Beat well. Add all-bran and the remaining 3 cups of flour. Mix thoroughly, keeping sides of bowl clean.

Loss yeast (as little as 1/4 cake) may be used if a longer time is given the bread to rise.

THE OLD MAN OF THE BIG CLOCK TOWER



Buckwell, D. Bell, H. J. Morton, J. Han-

nant." Here are some more items of '85: "Mr. D. Wheelahan, of Nassagaweya, sold 19 head of cattle recently for \$1,700."

"Mr. A. W. Green informs us that he has sold his driving mare to Mr. McCormick, London, for \$400."

"Rev. R. Phillips, the newly appointed pastor of the Methodist Church here, will preach his inaugural sermon next Sunday."

"No doubt there are but few of our readers aware of the fact that when Halton County was first formed it contained the following townships: Bever-

ley, Dumfries, Esquimaux, East and West Flamboro, Nassagaweya, Nelson and Trafalgar."

Messrs. Beardmore & Co. have built a new barkhouse, 60x150 feet, at their plant here."

The employees of the Storey Glove Co. met on the eve of Dominion Day and presented Mr. W. H. Storey with a beautiful silk flag to adorn the new factory building."

I note, too, that The Free Press had completed its first decade of publication, so that this year it will be celebrating its sixtieth anniversary. It's followed along with Acton pretty well, and no doubt had something to do with its advancement and progress. We had a great deal of pleasure out of my contributions to its columns during the last twelve years or more. I won't be having another column until after the birthday, so I'll take this occasion to wish for it many years of success, years long after my pen has ceased to write for its columns.

The Old Man

It is usually safe to say that when a child is pale, sickly, peevish and restless, the cause is worms. These parasites range the stomach and intestines causing serious disorders of the digestion and preventing the infant from deriving sustenance from food.

BUILDING CONTINUES TO GAIN

Reaching the highest point in three and a half years with the exception of May, 1934, construction contracts awarded during May totalled \$16,302,400 compared with \$11,370,400 in April, according to a review issued by Maclean Building Reports Ltd. Contracts awarded in May, 1934, totalled \$17,383,100.

For the first five months of the present year contract awards totalled \$57,073,100, and show an increase of 17.1 per cent, compared with awards totalling \$48,707,800 in the corresponding period of 1934.

Ontario led the provinces in the May returns with contracts awarded to the value of \$6,165,800, followed by British Columbia with \$3,886,700; Quebec, with \$2,418,300; Alberta, \$1,482,700; New Brunswick, \$1,373,600; Manitoba, \$760,000; Nova Scotia, \$599,200; Saskatchewan, \$381,600; and Prince Edward Island with \$14,500. During May 189 engineering projects, totalling \$6,870,200, residential construction made up of 30 apartments and 1,310 residences totalling \$3,039,400, and business construction to the value of \$3,632,000 were the principal features.

NO DANGER

"I hope you are not afraid of microbes," apologized 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 salary."

"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 request.

*Constipation due to insufficient "bulk" in meals.

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

Two tablespoons daily are usually sufficient to correct common constipation. 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 many vegetable meals. How much better to use this food in place of patent medicines.

At all grocers in the red-and-green 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.

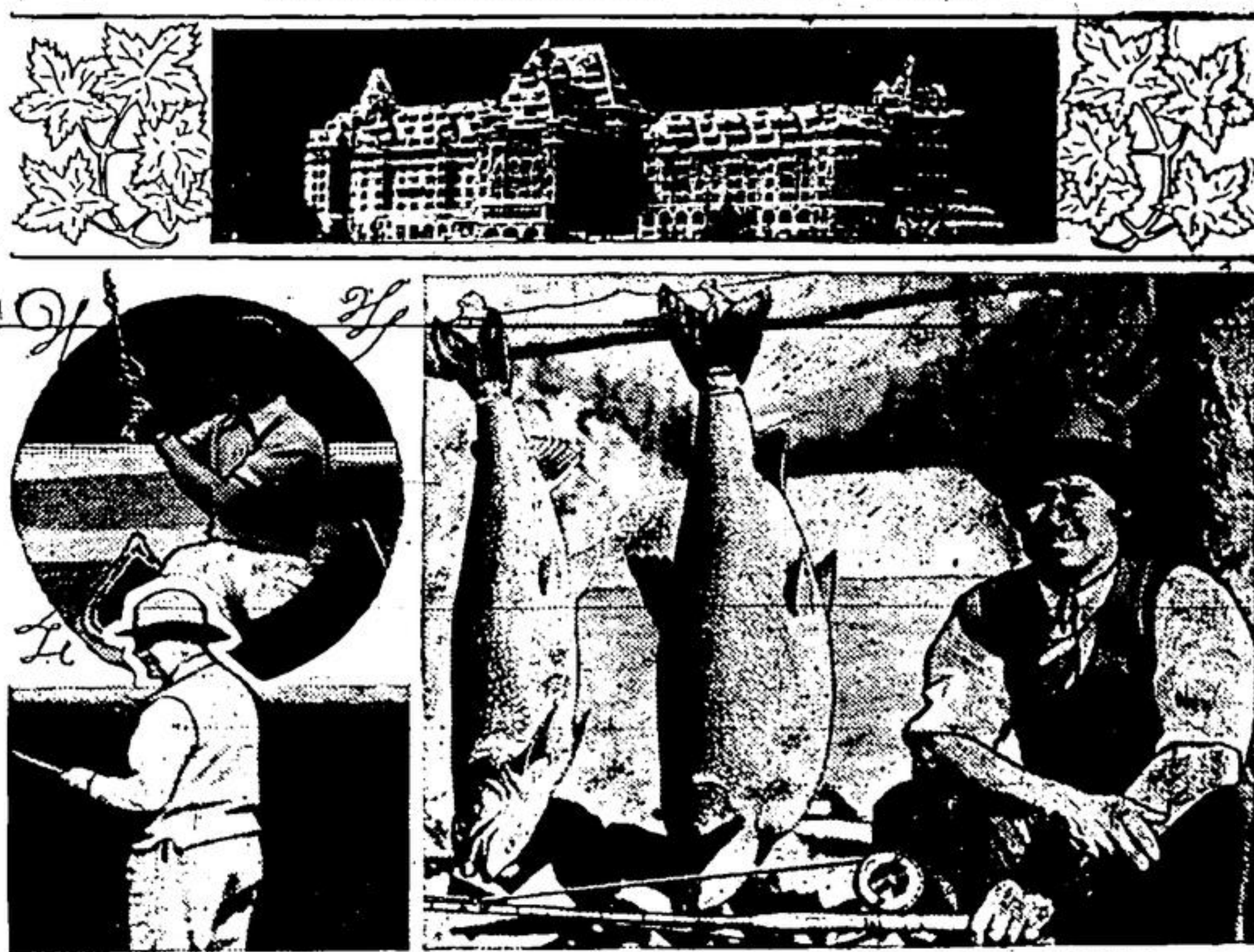
BEFORE you as a buyer, run two roads. One is the road of knowledge, of an advertised product. Thousands use it. There is no mystery about it, no doubting, with nothing hidden. It leads the way definitely to a fountain pen, a floor wax, or a toothpaste that will give you satisfaction. When you use an 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 the fishing near Banff Springs Hotel in the Rocky Mountains, probably because when visitors had finished "writing home" about the scenery, facilities for golf, tennis, and swimming, mountains to be climbed on foot or horse, the health-giving qualities of the air, and the fun to be found throughout year round, there were no suitable descriptive words left for the fish.

Business Directory

DR. J. A. McNIVEN Physician and Surgeon Office and Residence—Corner Bower Avenue and Eighth Street.

DR. E. J. NELSON Physician and Surgeon Electro-Therapy Phone 88

Phone No. 22 P. O. Box 228 HAROLD NASH FARMER, M. A. Barrister, Solicitor, Notary Public, Conveyancer, Etc.

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