

FINE!

There ain't no use in kickin' friend,
When things don't come your way;
It does no good to holler round,
And grumble night and day.
The thing to do is curb your grief,
Cut out your little whine;
And, when they ask you how you are,
Just say, "I'm feelin' fine."

There ain't no man alive but what is
Booked to get his sleep;
There ain't no man that walks but what
From trouble gets his rap.
Go mingle with the bunch, old boy,
Where all the bright lights shine,
And when they ask you how you are,
Just say, "I'm feelin' fine."

Menu Hints

Recipes for New and Novel
Dishes; Household Ideas and
Suggestions

STEAK AND CAKE FOR MEN

Present your husband and your male
guests with steak. Finish the meal with
cake and coffee. No need to worry
about your other dishes so far as the
men are concerned. They have a steak
and cake complex. Here are recipes for
two dishes made especially delectable
by the use of natural pineapple juice.
Try them when you wish particularly
to please.

STEAK SUPREME
(6 servings)

- 1 flanked steak
- 1 large onion
- 2 tablespoons butter
- 2 tablespoons flour
- 1 teaspoon salt
- 1 teaspoon mixed dry herbs
- 1/2 teaspoon pepper
- 1/2 teaspoon paprika
- 1 teaspoon dry mustard
- 1/2 cup pineapples—sliced, vinegar
- 2 cups pineapple juice

Melt the butter in Dutch oven and
brown the sliced onion and powdered
herbs, remove onion and brown the
steak, which has been cut into pieces
3 by 3 inches and rolled in flour. Add
remaining flour, brown slightly, then
seasonings and hot pineapple juice.
Cover closely and simmer for several
hours, or until steak is tender.

MAUI ICE BOX CAKE

- 1 1/2 tablespoons gelatine soaked in 1/4
cup cold water
- 1 1/2 cups pineapple juice
- 1 cup sugar
- 1 pinch salt
- 2 tablespoons lemon juice
- 1 teaspoon grated lemon rind (zest)
- 3 egg whites
- 1 cup whipping cream
- 1/2 cup pineapple tidbits
- 1 dozen vanilla wafers, or
- 2 dozen lady fingers
- Maraschino cherries

Soften gelatine in cold water, heat 1/2
cup of the pineapple juice and dissolve
the gelatine. Add sugar, salt and re-
maining pineapple juice and lemon zest
and juice. Chill until jelly starts to con-
geal, then fold in the stiffly beaten egg
whites and whipped cream. Turn into a
mold lined with the cakes and chill until
firm.

Unmold and serve garnished with
pineapple tidbits, cherries and addition-
al whipped cream slightly sweetened,
tinted a pale green and put on the cake
with a pastry tube.

PINEAPPLE-TOMATO ASPIC

- 2 cups solid pack tomatoes
- 2 cups pineapple juice
- 2 tablespoons gelatin
- 1 tablespoon dried thyme
- 1 teaspoon salt
- 1/2 bayleaf
- 1/2 teaspoon grated onion
- 1/2 teaspoon Worcestershire sauce
- Small can of asparagus tips

In a saucepan place the tomatoes with
all of the seasonings of the water from
the can of asparagus. Simmer slowly
on the fire for about 20 minutes, or until
the tomatoes are very soft. Then strain
through a fine sieve, pressing through as
much of the pulp as possible.

While this is cooking, soak the gelatin
in 1/2 cup of the pineapple juice. Over
the pour the tomato juice, which has
been heated to the boiling point, and
stir until dissolved. Rinse individual
molds in cold water, place the asparagus
tips in them in regular shapes, then pour
in a little of the gelatin mixture and
leave in the ice box to harden. As soon
as the mixture has set, remove and add
more of the gelatin until the mold is
full. By adding a small quantity of gela-
tin mixture at a time, the design of
garnish is kept on the bottom of the
mold instead of floating on the top,
which when inverted becomes the bottom
of the salad.

Serve on crisp lettuce with mayonnaise
or other dressing.

BREAKFAST SETS THE PACE

The food you give your family at
breakfast will set the pace for the whole
day—for we must never lose sight of
the fact that a long time has elapsed
since the evening meal the night before.
Appetites will awaken at the sight of
an icy cold half melon, filled to over-
flowing with golden, crisp corn flakes.
This "delicious" eating and then to
give the family quick energy for work
or play.

TOASTED MELON CUP

Chill small ripe cantaloupe. Cut in
halves, allowing one half to each serv-
ing. Remove seeds. Cut thin slice from
bottom of each half so that cantaloupe
will rest firmly on plate. Fill centre
with corn flakes. Serve with light cream
and powdered sugar.

**THE OLD MAN
OF THE
BIG CLOCK TOWER**



the estimate of crop returns would be:
fall wheat, 23.3 bushels to the acre;
spring wheat, 18 bushels; barley, 28.5
bushels; oats, 38.3 bushels.

"We've had some remarkably cool
weather during the past week. Frost has
been observed three times during the
present month (August)."

"Acton's Civic Holiday was celebrated
yesterday (August 10th)."

"Acton and Milton met in a baseball
game at Milton and Acton won by a
score of 22-11."

"While the 11.05 train from the east
was standing at the depot yesterday
morning, Mr. George Robinson, Toronto,
was jostled in the crowd, and later dis-
covered that his pocket book and papers
were missing. Later that afternoon
Albert Henry and C. A. Clark were ar-
rested and charged with the theft. On
the evidence obtained they were commu-
nicated for trial at the Fall Assizes. \$105 was
found concealed in the lining of one of
the prisoners' hats."

"I think that will be all for this week,
and I'll try to be more regular and not
allow the Fall Fair to interfere with my
usual articles."

The Old Man

**"CONCENTRATED MILKS" OR
"MILK IN VARIOUS FORMS"**

Now that the schools are closed, thou-
sands of happy children and parents
have temporarily left their city homes to
enjoy the summer vacation in the coun-
try. Perhaps the holiday season will be
spent in a cottage situated sufficiently
near a town or city to procure the family
food supply, including milk, meat and
groceries without any difficulty. On the
other hand, the camp or cottage may be
so located that fresh foods cannot be
regularly obtained, in which case care-
ful planning is necessary to ensure three
wholesome, healthful meals every day.

Milk is one food that should be given
special consideration under such circum-
stances, for this valuable food must be
provided in adequate amounts—particu-
larly for the children. Where the purity
of the milk is doubtful or where there
is the problem of obtaining a daily supply
of fresh milk or of keeping the milk
sweet, it is indeed fortunate that one
can turn to the various concentrated
milks on the market, and use them un-
hesitatingly in place of fluid milk. To
buy and use these concentrated milks to
advantage, every consumer should be
familiar with their composition, the
process of manufacture and their relative
food values to fluid whole milk. The
following amounts have been calculated
as the approximate equivalents in food
value to one quart of whole milk: 12
ounces evaporated milk; 5 ounces whole
milk powder; 8 1/2 milk powder 23 1/2
ounces plus 2 ounces butter.

Factories where these milk products
are made are under Government inspec-
tion and labels intended for use by the
manufacturer must be submitted for ap-
proval to the Dairy Branch, Dominion
Department of Agriculture. All concen-
trated milks are manufactured according
to definite standards which, as defined
in "Regulations under the Food and
Drugs Act," are as follows:

Evaporated Milk (unsweetened con-
densed milk) should be milk from which
a considerable portion of water shall
have been evaporated, and shall contain,
all tolerance being allowed for, not less
than 25.5 per cent. of milk solids, and
not less than 7.8 per cent. of milk fat.

Condensed Milk (sweetened condensed
milk) shall be milk from which a con-
siderable portion of water shall have
been evaporated, and to which sugar
shall have been added. It shall contain,
all tolerance being allowed for, not less
than 28 per cent. of milk solids and not
less than 8 per cent. of milk fat.

Milk powder shall be the soluble pow-
der product made from milk and shall
contain not less than 95 per cent. of milk
solids, and not less than 26 per cent. of
milk fat.

Skim Milk Powder shall be the soluble
powder product made from skimmed
milk, separated (machine skimmed) milk
and shall contain not less than 95 per
cent. of milk solids. The word "Skim-
med" shall appear on the label in letters
of the same size as those used in the word
"Milk."

In using any of the concentrated milks
the directions appearing on the container
should be carefully followed. Evaporat-
ed milk may be reconstituted to resemble
whole milk by adding sufficient water to
replace the amount evaporated in process
of manufacture. This milk will keep for
a prolonged period of time in the un-
opened can, but after being exposed to
the air, should be treated as fresh milk.

Whole milk powder may also be reconsti-
tuted to resemble fresh milk by adding
the necessary amount of water. If skim
milk powder is used the reconstituted
product will lack the fat present in whole
milk, but this can be easily made up by
using extra butter. Because of its added
sugar, condensed milk is not a substi-
tute for fresh whole milk, but it can
be advantageously used, diluted with
fruit and in many other instances where
fresh milk and sugar would be served
together.

Worms, by the irritation that they
cause in the stomach and intestine,
deprive infants of the nourishment that
they should derive from food, and mal-
nutrition is the result. Miller's Worm
Powder destroys worms and corrects the
morbid conditions in the stomach and
bowels that are favorable to worms, so
that the full nutriment of the child is
assured and development in every way
encouraged.

Do Not Trust Him Gentle Lady..!

The modern woman seldom needs
such a warning. She is alert and self re-
liant—on her guard against the plausible
and insincere. Even so, she is apt to fall
for "Mr. Just-as-good".

You often meet Mr. Just-as-good
when out shopping. You start, let us say,
by asking for a well-known branded food
because the name comes easily to your
tongue. In this you are possibly wiser
than you realize. That particular brand
is only well-known to you because it has
been well and consistently advertised.
There is nothing uncertain about it. The
limelight of publicity shows up defects
just as clearly as merits. If the product
had not been good the very advertising of
its branded name would have warned
people to avoid it. Yet this particular
brand has stood the test so well that it has
made countless friends who have proved
its quality and worth.

It is at this point that Mr. Just-as-good
is often introduced to you. He may be
good or he may not—you cannot tell. The
chances are that if the product had been
of outstanding merit its makers would
have identified it by a branded name and
found ways and means to tell the world
about it forcefully and often. If you ac-
cept it you are dealing with the unknown,
running the risk of second best or worse,
taking a serious chance with the family's
food supply.

The wisest buyers nowadays refuse to
bring Mr. Just-as-good into their homes.
The more you know about goods and
their makers, the more intelligently you
can invest the family budget, the more
easily you can safeguard the health and
well being of husband and children.

Put your faith in advertised goods---
it will not be misplaced. Select branded
goods to suit your needs in your own home
before you shop. You can rest assured
that they are the safest---the best money
can buy.

*Advertised products are not always the
cheapest you can buy; but they are
always the Cheapest in the end*

Business Directory

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