DROP THY BURDEN AND THY CARE

Ere Thou alcepest, gently lay Every troubled thought away: Put off warry and distress As thou puttest off thy dress: Drop thy burden and care In the quiet arms of prayer.

Lord, thou knowest how I live, All I've done amiss forgive: All of good I've tried to do, Strengthen, blow and carry through; All I love in safety keep. While in Thee I fall anleep. -Henry Van Dyke.

Menu Hints

Recipes for New and Novel Dishes: Household Ideas and

Buggestions

"CHEER UP" DISHES FOR THE

CHILDREN September-and the return to schoolis not a popular month with most chlidren, but the ringing of the school-bell is welcome music to the ears of mothers and housewives, who will now find time

to prepare new and tasty dishes. The fresh, fruity tang of pineapple juice kinds novelty and zest to Autumn meals. Used in delicious recipus such as these, it will make your kiddles forgot some of the woes of "book-larnin"."

> GRAHAM PINEAPPLE MOLD (Serves 6)

- 1 tablespoon butter
- 1% cups pineapple julce 2 tablespoons cornstarch
- 14 cup crushed grahum cruckers la cup pecan meats
- I cup finely cut eccounut

14 cup diced bananas Add butter to pineapple juice bring to a boil. Stir in cornstarch, which

has been mixed with 2 tablespoons cold water, and cook until thick and clear. Remove from heat and cool. Pold in other ingredients. (Add sugar and dash of salt if desired.) Pill a wellbuttered fancy mold or individual molds and chill thoroughly.

Unmold and serve as a salad with garnish of lettuce and dressing, or as dezert with whipped cream.

VEAL CUTLET

- (Serves 8) 1 cup long grain rice
- 214 cups pineapple juice 4 tablespoons or 14 cube butter
- I small, or 14 large onion, grated 14 cup grated cheese 2 cups lightly packed cooked yeal

Salt and pepper to taste Cracker crumbs

I egg-beaten with 3 tablespoons milk Wash rice in several waters. Heat pineapple juice, butter, and grated onion to bolling point, atlr in rice and cook until soft and liquid absorbed. Remove from the heat. Then stir in the grated cheese and veal and season to taste with salt and pepper.

Form into cutlets or croquettes, roll in crumbs, dip in egg, then roll in crumbs. Pry in deep fat heated to 373 degrees P. in a frying basket until brown Drain on brown paper and serve piping hot with a highly seasoned cream sauce into which has been beaten I teaspoon of chopped parsley, 15 teaspoon of chopped green pepper, 14 teuspoon green onion or chives, and 1 hard-cooked egg.

THAT "BUSY DAY" LUNCH

In the midst of a busy day, many a housewife skips her lunch. 'This is a great mistake, which the good lady will acknowledge when she begins to before the day's work is done. Ready to eat cereal is a complete answer to the busy day lunch problem. And here are a few suggestions for these one-dish lunches':

CEREAL "SUNDAES"

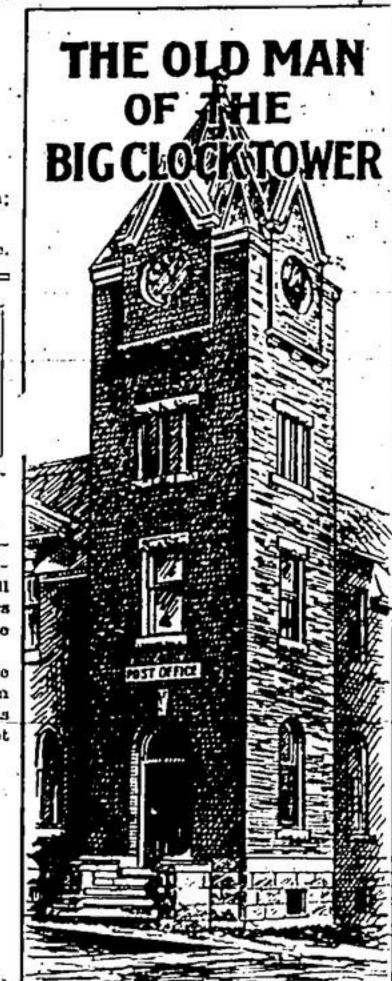
Stewed or canned fruit liberally sprinkled with corn flakes, brown sugar and top milk or light cream.

Corn flakes with a oprinkle of bran flakes and light "cream, flavored sweetened with maple-flavored syrup. Cold boiled rice with a spoonful of jelly, a sprinkling of whole bran, served with light cream.

TWO SEASONS ONLY IN SOUTH AFRICA

Down in South Africa they have only two seasons, summer, which is from October 1st to April 30th, and winter, from May 1st to September 30th; there is no spring or autumn season. Pebruary is the warmest month and July the northern portions of the globe. This reversal of seasons works out to the benefit of Canadian dressmaking establishments, according to the Industrial Department of the Canadian National Railways, production for spring autumin wear fitting in with the South African seasons. Canadian frocks looked on with a favorable eye by South African women, particularly those for afternoon and business wear of paste shades and floral designs, but there the disadvantage of the rapid change in fushions which has taken place some cases so quickly that it was impossible to fill the orders before the change-over.

Worms, however generated, are found in the digestive tracts, where they got up disturbances detrimental to the health of the child. There can be no comfort for the little ones until the hurtful intruders have been expelled. No better preparation for this purpose can be had duced into Acton. The Council didn't, than Miller's Worm Powders. They will however, sanction the application at the immediately destroy the worms and cor- first meeting. rect the conditions that were favorable to their existence.



REGRET

If time could only turn back, even for a I'd find the kindly deeds I lost along life's

I'd say the simple words to make come starved heart glad. I'd spread some cheerfulness for souls!

I'd right each little wrong, and mend each broken thread,

The Acton Fair has come and gone again for another year and what a glorious day it was to be out-of-doors. don't know when I've enjoyed a fair as much her last Tuesday and Wednesday. Of course the big reason was that the da; was so summer-like that I could stay out without any fear of catching

The attractions seemed even better until October, being at its height in than even those of others years and I July, August and September. met a lot of my old friends from miles

send word when you would be there, proper treatment, a product of unex-Of course it would take a little arrang- celled quality results. ing, but I think it would please a lot of us who look on the fair as a spot fer and wegetable canning industry consistmeeting the friends of other years.

conduct. I haven't anything but praise tables valued at \$8,257,298. Of the canfor the men and women who conduct ned vegetables packed, tomatoes rank this annual event. They're doing a lot of fine citizenship work and making a good name for Acton and the Acton Fair.

Along with all the other elderly man I've been enjoying the work on streets. It gives me something to get out and we those fine days before the long winter days come. I watched the paving operations and my memory turned back to other days on Mill Street when a dirt road, oft-times a very muddy dirt road, was the main thoroughfare.

Of course back in other days Mill Street wasn't the chief business street centre and the lower end of Mill Street. There wasn't anything faster than a stopped him and said: "Mr. Smith, would spirited team of horses that travelled you please tell me the difference between the streets and while the bumps were a | Cherubim and Scraphim?" bit bothersome, the travel was a lot easier! than over some of the corduroy roads a moment or two. Then he replied, with of that day, and folks weren't in as big an inspiration: "Well, they did have a a hurry to get through town as they are difference. I believe, but they have made They had usually taken quite a it up." while to get here and were rather letsure

about the time spent in town. About the first convenience, it seems to me, was when the dust nulsance got pretty back, arrangement, were made to sprinkle the main street in the summer time to keep the dust from blowing about too much. .It won't take a very old chap to remember the days of the sprinkling cart and our friend, John Williams, who used to run the livery stable and provide the team to draw this apparatus up and

Street improvements have come along pretty lively in the last twenty-five or thirty years—a lot faster than in the years before that time. You young people have seen improvements come

lot faster during these years. But here I haven't been back in the old files for over a month and I'm going to go back there for some of my closing recollections for this week.

It was just fifty years ago that billlards were first talked of being intro-

Here is the list of successful entrance candidates at Milton for that year: William Dewar, Myrrha Murray, Samuel Bews, Janet Duncan, Donald S. Moore, Ephiam Buck, Letla Thornton Emma Moore, Prank Hagyard, Anna Pettigrew, Alexander Elliott. Of course you will recall that Milton and Oakville were the only two centres in the County where this examination could be written.

Fito at the Beardmore tanneries did The fire was in the iron barn-crushing to the Dominion Horticulturist. All disbuilding and the blaze was conflict cased or damaged tubers should be sort- Canadian National Steamships freighter The United States shows 814 per 10,000; the fire says: "Special praise, is" due from 33 degrees to 35 degrees P. Stor- trade. The opal is a combination of centage in Europe goes to Belgium, with Messrs, John Kenney, Jr., and C. Sands ing potatoes in the pasement of a dwell- silica and water and has no coloring of 186 murders, but Germany has the largof the rolling department, for their ex- ing house is not, as a rule, satisfactory, [bjelf but minute cracks, or figures, and est aggregate (1,223) though this avercellent manipulation of the nozzle in the lowing to the difficulty of providing impurities in the stone give it color. very teeth of the flames. Credit is also proper ventilation. Many thousands of The black variety of opal is found at Lion. In the nine countries under review due Mr. A. Bremner for his systematic bushels of politices are lost each year Lightning Ridge, in New South Wales, the total murders amounted to no fewer organization of the workers."

or intends to be at Toronto Exhibition parature is too high. this week." 'That was the week of September 17th.

Mr. J. S. Hatton, of Milton, has sold the Central Experimental Parm, by th his private residence to Mr. J. S. Deacon Chemistry Division, to determine the

The volunteers went into camb blacking and brush, soap towel and comb, degrees F. with one day's rations of cold ment or cheese, and bread. Those were the

Dr. Thomas' Edectric-Oll Well-rubbed should be cleaned with course wandsensation of ease and rest. A trial of it removed with a little vinegar on a clean will establish faith in it.

FRUIT AND VEGETABLE CANNING

Fruit and vegetable canning in Canada is carried on most extensively in the Provinces of Ontario, British Columbia and Quebec, where climatic conditions I'd do and say the little things I might are favorable for the growing of fruits have done and said. and vegetables. The principal fruit canned in Ontario are: apples, pears, plums, peaches, cherries, currants, googeberries, blueberries, raspberries and strawberries. In addition, British Columbia has the spricet and the logan berry. The vegetables canned include: tomatoes, peas, corn, beans, beau, carrots, pumpkin, equash, spinach and asparagus- The canning season begins in June and continues through the summer and autumn

A development of the last few years around. I missed some of them that of great importance and possibilities is are usually here and I wondered if they home canneries. It is estimated that in were here or if I had missed them in 1934 there were about 1,700 registered establishments operating in Quebec with I was wondering if it wouldn't be a a production of probably 230,000 cases. good plan if friends would make arrange- The movement is spreading into Eastern ments to meet at some particular place Ontario and other important vegetableon the grounds. Perhaps that space in growing districts. These small unit cultfront of the Arena, where the Boy Scouts neries are largely operated by individual had their rest tent, would make a good vegetable growers. The commodity is place. Call it the meeting ground and processed in a fresh state, and, with

In 1933 the pack of the Canadian fruit ed of 1,201,275 cases of fruits, valued at Don't think I'm critical of the fair's \$2,894,951 and 4,531,542 cases of vegefirst in the number of cases with 1,659,-856, baked beans with 1,45,706 cases comes next, followed in order by peas with 822,890 cases and corn 401,856 cases. Of the fruits canned, pears came first with 394,374 cases, followed by apples with 230,704 cases, peaches 161,-515 cases and plums 135,716 cases. Other mportant canned goods were 1,438,523 cases of soups of all kinds and 462,478 cases of tomato Juice.

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Weekly News Letter

Storing Potatoes

should be us dry us possible, according "Nearly everybody in town has been constructed bins and where the tem-

Storing Poultry Meats Experiments are being conducted at optimum storage temperature of poultry at meats and the most satisfactory method Niagara in September, also. The boys of packing them. The information thus \$8,005,000. went to Georgetown by G. T. R., and obtained should prove valuable to those thence to Burlington by N. & N. W. Ry. placing poultry on local or export Then by boat to Ningara. Each man markets. At present it is recommended had in his knapsack a change of shirt, that commercially packed dressed poultry if you want friends, let others excel you. Nellie Melba. change of boots, needles and thread, tin should not be held longer than two or plate and cup, knife, fork and spoon, box three weeks at temperatures above 3:

Handling Eggs Eggs should be collected at least once daily, and during very cold and very warm weather collections thould be made at noon and night to avoid freezing or heating. The eggs should be taken at once to a cool cellar, where there is a fairly uniform low temperature. It may be advisable to open one It Bids Pain Begons,-When neuralgia or two windows and substitute screens. racks the nerves or lumbago cripples the covered with cheesecloth, to carry of back is the time to test the virtues of odor or excessive moisture. Dirty eggs it will attil the pain and produce a paper, but not washed. Stains may be cloth. Washing eggs destroys the pro-

> Confidence in another man's virtue no slight evidence of a man's own.

> tective coating and lowers the grade.

BLACK OPALS COME ONLY FROM AUSTRALIA

Black opals come only from Australia, When going into storage; potatoes fields of Australia cover an area of 250 which statistics are complete, there were by 550 miles in the centre of the con- 2,913 murders, equivalent to 61 thent, according to the master of a 10,000, or one murder every three hours. ed out. The best storage temperature is in the Canada-Australia-New Zealand the total is 10,617. The highest perthrough storingfun faulty cellars, closely Australia, and nowhere else in the world, than 16,108. Some very fine stones have been recovcred from the Australian fields. One weighing five ounces was found in 1911, valued at about \$1,500. Three large stones were found in 1928, 790, 590 and 232 carats, respectively. Since the fields were opened, the total value in opals ness of a summer night, in the pride of obtained to date amounts to roughly a good thing done, in the flush of a

SIXTEEN THOUSAND MURDERS

The lowest percentage of murders goes to the credit of Holland, with Great which also supplies opals in the world of Britain a good second. The highest is four recognized varieties, boulder, sand- to the discredit of Chile, but the highest stone, seam and black. Opals are gen- total is recorded in the United States. erally found in a barren country and the In Chike, during 1932, the last year for

GEMS OF THOUGHT

Where is happiness? It is to be found in the world all about us, in the stillsummer dawn, the following of an ideal, the strong grip of a friend, the perfect heart of a rose, or the wild sweetness If you want enemies, excel others; lof a song. It is always very near.-Dan.e

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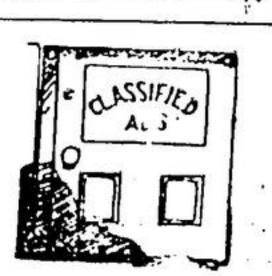
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